Beyond the DNA: Epigenetics and its role in health

Genetics refers to our biological makeup, which we inherit from our parents. Epigenetics, on the other hand, refers to the modifications that can be made to our DNA sequence without changing the DNA itself. These modifications can be influenced by lifestyle factors such as diet, stress, and exercise.

A DNA “Primer”

Understanding how epigenetics works is crucial for understanding how our environment can affect our health. The pewgenetics logo is a representation of the DNA molecule, which is made up of four nucleotides: adenine (A), thymine (T), cytosine (C), and guanine (G).

But new research shows...

The “Nitty Gritty”—how does it work?

Epigenetic marks can be added or removed from DNA, which can alter gene expression without changing the DNA sequence. These epigenetic modifications can be passed down through generations, influencing the health of future generations.

Diet, Stress, Exercise, Sleep

Diet, stress, exercise, and sleep are all important factors that can influence epigenetic marks. By making healthy lifestyle choices, we can help to positively influence our epigenetic marks and improve our health.

And this process affects our DNA: from your everyday life.