Lifestyle Ownership and Health

So I want to encourage you to take absolute ownership of your lifestyle and you will drastically reduce the chances of being another unfortunate statistic.

Don't be a fool and think that genetic tendencies alone are going to write your story because over 90% of all illness and disease comes down to lifestyle choices that dictate how your genes behave.

It's called epigenetics. We now know that epi genetics is so much more powerful than the genes themselves. Change the environment and That heart attack at 50, well, that started at 20. The Alzheimer's at 70, started that 40. Loss of independence at 80 began at 30. Aging that you want tomorrow begins with the choices you make today.