

HEALTHY LIVING

Who is the Author of your health?

Recent discoveries have confirmed that we are no longer at the mercy of our genetic inheritance. Our genes are similar to the words and paragraphs that make up the chapters of a novel. And what's truly exciting is that we are the authors of our own life story. This means we needn't succumb to what befell our parents, be it heart disease, cancer, arthritis, diabetes, or any other age-related chronic disease that robs us of good health, as we grow old.

We now know what we think, what we do, and what we put into our bodies to what we are exposed to environmentally sends messages to our genes to create either a state of sickness or health. Our genes need to be bathed with good thoughts and good nutrition. Furthermore, when our lives are filled with meaning, purpose, and loving relationships, our bodies are able to function optimally and remain healthy right until the very end.

I suppose we could go around blaming our parents for everything including the lack

of good health. Or we could take personal responsibility for what happens to us. Those that are interested in making it to a healthy 100 and beyond will find the book, *Breaking The Age Barrier*, extremely helpful. Everything from managing stress, to developing an exercise program and ideally diet, to which nutritional supplements and natural products to take is covered in helping you get the most out of life. Why spend the last few decades of your life aching, in pain, and fatigued, when you don't have to? Yes, that's right you don't have to. And yes, you can control how your body and mind ages. It begins with you and what you choose to do in this moment of time.

Farid Wassef is a Certified Clinical Nutritionist and owner and chief pharmacist at Guardian Houston Pharmacy. He recently co-authored the just-released book, *Breaking The Age Barrier*, published by Penguin.

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