

# ASHBY ADVISOR

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Each year there is more and more data and studies confirming and expanding our knowledge of the interaction of genetics and our environment. A study published in PLOS.org showed that exposure to pesticides during pregnancy can cause damage across up to four generations (This study was done on rats obviously, since no one is going to expose a pregnant female human to this test.)

But what the study shows is that exposure to an environmental pesticide by your grandmother could affect you directly by changing your DNA (or your children's DNA.) Remember that DDT was banned two generations ago. This experiment used the chemical Methoxychlor, which was brought out as the replacement for DDT (it was also banned by the way.)

This study shows how environmental exposures can change our long-term genetic lineage. These researchers only looked at a pesticide. We have to assume, until proven otherwise, that other toxic exposure could cause generational DNA damage as well.

By the way, Methoxychlor is still used in Mexico and other South American countries. So fruits and vegetables from these areas could have US banned chemicals in them. So the safest advice for expectant moms – organic fruits, vegetables, and meats as much as possible. Do not use pesticides around your home. Even the chemicals in cleaners could be an issue. Much more research will be coming out in this area in the near future, I'm sure.

A Swedish study found that 80% of heart attacks could be prevented by adopting 5 (five) healthy lifestyle factors. So what are the five factors and how much does each contribute to reducing heart attack risk?

- 1 - Healthy diet 18%
- 2 - Moderate alcohol consumption 11%
- 3 - Not smoking 36%
- 4 - Physical activity 3%
- 5 - Low abdominal circumference or waist size 12%

Interestingly enough on the healthy diet side they found that a lack of healthy foods produced a greater burden of disease than an excess of “unhealthy foods”. Even though physical activity only contributed 3% it would go a long way to keeping the abdominal fat down.

Grab Life, be thankful you're here, and go.

Quote: “Unless you change how you're, you will always have what you've got.”