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Identically Different: Why You Can Change Your Genes ...

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review. Dec 25, 2013 Nicky rated it really liked it. Shelves: non-fiction, science-fact. I wasn't sure how this would turn out, since it mentions the widely ridiculed Lamarckian theory of inheritance, and the subtitle "Why You Can Change Your Genes" might sound a ...

Identically Different: Why You Can Change Your Genes by ...

Identically Different: Why You Can Change Your Genes. Identically Different. : Tim Spector. Orion, Jun 21, 2012 - Science - 280 pages. 0 Reviews. 'This is not simply a book of ideas, it is also a book of stories, most astounding, many heartbreaking' - Bryan Appleyard, SUNDAY TIMES. Since the discovery of DNA, scientists have believed that genes are fixed entities that cannot be changed by environment - we inherit them, pass them on to our children and take them with us when we die.

Identically Different: Why You Can Change Your Genes - Tim ...

This book is about how minor life events and the choices we make, as well as those made by our ancestors, fuse with our inherited genes to mould us into individuals. What makes you so different to your siblings? Why do you vote a certain way, remain faithful for twenty years, believe in God, love salads, be heterosexual, get cancer or depression, dislike sport or never put on weight? Using

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Identically Different: Why You Can Change Your Genes - Tim ...

Identically Different: Why You Can Change Your Genes by Tim Spector (2012-06-21)

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What makes you so different to your siblings? Why do you vote a certain way, remain faithful for twenty years, believe in God, or get cancer or depression? This title looks at how minor life events and the choices we make, as well as those made by our ancestors, fuse with our inherited genes to mould us into individuals.

Identically different : why you can change your genes ...

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On the other hand, there are twins who grew up together who diverge in sexual orientation, wealth and health. Genetic determinism is still prevalent in our culture and Identically Different is a necessary corrective. Epigenetics will revolutionise

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medicine and it is one of the keys to explaining the mystery of life.

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Identically Different: Why You Can Change Your Genes ...

They avoid dangerous sports, cigarettes, drugs, and gambling. As identical twins have exactly the same genes, there you have it, proof positive, it's all in the genes. Except it isn't. Nicky has had five men in her life, Louise 25. Even though they like the same kind of men and both enjoy sex and have orgasms, their attitudes are utterly different.

Identically Different: Why You Can Change Your Genes by ...

Identically Different by Tim Spector. ... and these changes can be passed on to future

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generations. Tim Spector's dazzling guide to the hidden world of our genes reveals the complex role they play in shaping our identities, and will make you think again about everything from sexuality to religion, cancer to autism, politics to pubic hair ...

Identically Different by Tim Spector | W&N - Ground ...

I believe that Diversity, both in the food we eat and the microbes we feed is the key. The trillions of microbes in our gut play an important role in digesting food and producing a number of chemicals vital for a strong immune system. We know that the greater the number of different types of microbe the healthier we can be.

In this book, a geneticist who studies identical twins "treats the view that genes are destiny with skepticism" (The New York Times). How much are the things you choose to do every day determined by your genes and how much is your own free will? Drawing on his own cutting-edge research of identical twins, leading geneticist Tim Spector shows us how the same upbringing, the same environment, and even the same exact genes can lead to very different outcomes. Thought-provoking, entertaining, and enlightening, Identically Different helps us understand the science behind what makes each of us unique and so

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quintessentially human.

Professor Tim Spector reveals the astonishing new science that is changing everything we thought we knew about genes and identity. 'Lucid, surprising and with a very human face. It brings epigenetics alive ... a great read!' Michael Mosley Since the discovery of DNA, scientists have believed that genes are fixed entities that cannot be changed by environment - we inherit them, pass them on to our children and take them with us when we die. Professor Tim Spector reveals how the latest genetic research and his own pioneering studies on epigenetics are rewriting everything we thought we knew about genes, identity and evolution. Conceptually, he explains, our genes are not fixed entities but more like plastic, able to change shape and evolve, and these changes can be passed on to future generations. Tim Spector's dazzling guide to the hidden world of our genes reveals the complex role they play in shaping our identities, and will make you think again about everything from sexuality to religion, cancer to autism, politics to pubic hair, clones to bacteria, and what it is that makes us all so unique and quintessentially human.

'This is not simply a book of ideas, it is also a book of stories, most astounding, many heartbreaking' - Bryan Appleyard, SUNDAY TIMES Since the discovery of DNA, scientists

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What should we eat? It's a simple and fundamental question that still bewilders us, despite a seemingly infinite amount of available information on which foods are best for our bodies. Scientists, dieticians, and even governments regularly publish research on the dangers of too much fat and sugar, as well as on the benefits of exercise, and yet the global obesity crisis is only worsening. Most diet plans prove to be only short-term solutions, and few strategies work for everyone. Why can one person eat a certain meal and gain weight, while another eating the same meal drops pounds? Part of the truth lies in genetics, but more and more, scientists are finding that the answer isn't so much what we put into our stomachs, but rather the essential digestive microbes already in them. Drawing on the latest science and his team's own pioneering research, *The Diet Myth* explores the hidden world of the microbiome, and demystifies the common misconceptions about fat, calories, vitamins, and nutrients. Dr. Tim Spector shows us that only by understanding what makes our own

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personal microbes tick and interact can we overcome the confusion of modern nutrition, allowing us to regain natural balance in our bodies. Countless recent scientific papers have been written on weight-loss topics like prebiotics and fructans, and The Diet Myth gathers these latest findings into one place, revealing new information about how best to lose weight and manage our bodies. Mixing cutting-edge discoveries, illuminating science, and his own case studies, Spector reveals why we should abandon fads and instead embrace diversity for a balanced diet, a healthy stomach, and a nourished body.

****THE SUNDAY TIMES BESTSELLER**** Everything we've been told about our diets is wrong Is breakfast really the most important meal of the day? Is there any point in counting calories? Is there any evidence that coffee is bad for you? Through his pioneering scientific research, Tim Spector busts these myths and combats food fake news. Spoon-Fed explores the scandalous lack of good science behind many medical and government diet recommendations, and how the food industry holds sway over these policies and our choices. Spoon-Fed is a groundbreaking book that forces us to question every diet plan, official recommendation, miracle cure or food label we encounter, and encourages us to rethink our whole relationship with food. 'A hugely enjoyable and critical look at common

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food myths' Michael Mosley 'Illuminating and so incredibly timely' Yotam Ottolenghi 'This book should be available on prescription.'
Felicity Cloake

Asa's teacher taught him all about oxymorons at school. He learned that an oxymoron is two or more side by side words with opposite meanings. He later found the perfect oxymoron to describe him and his brother Ace. Ace and Asa are "Identically Different". Follow the pair as they explore the differences and similarities of things they love the most and the beauty of oxymorons. Whether you are a twin or love twins this story is awfully good!

To look at one was to see the other. For family, even the girls' own father, it was a constant guessing game. For strangers, the surprise was overwhelming. And for the twins Olivia and Victoria Henderson, two remarkable young women coming of age at the turn of the century, their bond was mysterious, marvelous, and often playful--a secret realm only they inhabited. Olivia and Victoria were the beloved daughters of a man who never fully recovered from his wife's death bearing them in 1893. Shy, serious Olivia, born eleven minutes before her sister, had taken over the role of mother in their lush New York estate, managing not only a household but her rebellious twin's flights of fancy. Free-spirited Victoria wanted to change the

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world. She embraced the women's suffrage movement and dreamed of sailing to war-torn Europe. Then, in the girls' twenty-first year, as the first world war escalated overseas, a fateful choice changed their lives forever. It began when Victoria's life was about to become a public scandal. It led to a painful decision, and brought handsome lawyer Charles Dawson into the Henderson's life and family. Hand-picked by the twins' father to save his daughter's reputation, Charles was still mourning his wife's death aboard the Titanic, struggling to raise his nine year-old son alone, determined never to lose his heart again. Charles wanted to believe that, for the sake of his son, he could make an unwanted marriage work. But in an act of deception that only Olivia and Victoria could manage, the twins took an irrevocable step, which changed both their lives forever; and took one of the twins to the battlefields of France, the other into a marriage she longed for but could not have. From Manhattan society to the trenches of war-ravaged France, *Mirror Image* moves elegantly and dramatically through a rich and troubled era. With startling insight, Danielle Steel explores women's choices: between home and adventure, between the love for family and the passion for a cause, between sacrifice and desire. But at the heart of *Mirror Image* is a fascinating, realistic portrait of identical twins, two vastly different sisters who lead their lives and follow their

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destinies against a vivid backdrop of a world at war.

Do twins begin in the womb? Or in a better place? Kaeleigh and Raeanne are identical down to the dimple. As daughters of a district-court judge father and a politician mother, they are an all-American family -- on the surface. Behind the facade each sister has her own dark secret, and that's where their differences begin. For Kaeleigh, she's the misplaced focus of Daddy's love, intended for a mother whose presence on the campaign trail means absence at home. All that Raeanne sees is Daddy playing a game of favorites -- and she is losing. If she has to lose, she will do it on her own terms, so she chooses drugs, alcohol, and sex. Secrets like the ones the twins are harboring are not meant to be kept -- from each other or anyone else. Pretty soon it's obvious that neither sister can handle it alone, and one sister must step up to save the other, but the question is -- who?

The year 2001 marked more than just the beginning of Stanley Kubrick's Space Odyssey, it marked the beginning of the genome era. That was the year scientists first read the 3 billion letters of DNA that make up the human genome. This was followed by a veritable Noah's Ark of genomesandmdash;sponges and worms, dogs and cows, rice and wheat, chimps and elephantsandmdash;180 creatures aboard so

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far. So what have we learned from all this? How has it changed the way we practise medicine, grow crops and breed livestock? What have we learned about evolution? These are the questions science writer and molecular biologist Elizabeth Finkel asked herself four years ago. To find the answers she travelled the science frontier from Botswana to Boston, from Warracknabeal to Mexico and tracked down scientists working in the field. Their stories, told here, paint the picture of what it means to be part of the genome generation. 'The Genome Generation is absolutely riveting. These tales from the frontier are a 'must read' for everyone who wishes to understand our pastandmdash;the logic of evolutionandmdash;or take a peep into our exciting future at the creation of 'super plants' through 'digital agriculture'.'andmdash;R.A. Mashelkar, CSIR Bhatnagar Fellow and India President, Global Research Alliance

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