

# EPIGENETICS:

## 3 ESSENTIAL RULES

### TO UNLOCK OUR GENES' POTENTIAL

#### THE FUTURE IS OURS TO SHAPE.



#### RULE NUMBER 1: CHILL OUT

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- Meditate 12 minutes or more a day
- Sleep 7-9 hours most nights
- Exercise 20 minutes or more a day

#### RULE NUMBER 2: CLEAN UP

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- Filter the air in your home
- Be mindful of what you eat, drink, and put on your skin
- Eat organic, high-quality food
- Avoid plastic and other harmful food packaging
- Fast periodically to reset body functions



#### RULE NUMBER 3: PLAY WELL WITH OTHERS

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- Choose organic, high-fiber, deeply colored fruits, vegetables & spices
- Reinforce your microbiome with high-quality probiotics
- Use antibiotics and other medications sparingly
- Avoid damaging substances like sugar, artificial sweeteners, mold, pesticides, alcohol, and tobacco

Three simple rules can build momentum and change the trajectory of your health.

Ann Shippy MD  
EVERY LIFE WELL.