

Identically Different Tim Spector

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a brand new and updated edition for 2024 including the latest insights on diet and weight management drugs gene editing cancer testing anti ageing ultra processed foods and much more professor tim spectator number one bestselling author of spoon fed and food for life reveals the astonishing new science that is changing everything we thought we knew about genes and identity since the discovery of dna scientists have believed that genes are fixed entities that cannot be changed by environment spectator s pioneering epigenetics studies and the latest genetic research show that our genes are more like plastic able to change shape and evolve and these changes can be passed on to future generations this dazzling guide to the hidden world of our genes will make you rethink 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 tim spectator s book turns genetics on its head lucid surprising and with a very human face it brings epigenetics alive it is a great read michael mosley

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