

NEW BIOLOGY or Epigenetics

Website: <http://www.brucelipton.com/>

The science of *epigenetics* is the study of molecular mechanisms used by the environment to control gene activity. This is a paradigm shift about the functioning of the human body, a reversal in the perspective of traditional medicine.

The field is more commonly referred to as the *New Biology* and research scientist Bruce Lipton, Ph.D. is the leading spokesman. His research on cloned stem cells revealed that genes themselves did not control life, but that our biology and behavior are primarily determined by our perceptions of the world, in other words our thoughts, feelings and beliefs. What was once considered magic or metaphysical is today's science.

Cellular and molecular biology research during the last decade is proving to be a catalyst for revolution in conventional medical science. It has shown that cell behavior and genetic expression are directly influenced by information derived from the environment, including energy. Rather than a bottom-up belief where genes within the cell control life, the new top-down philosophy has the nervous system, with its perceptions, attitudes and beliefs, controlling genes. (*also see Psychoneuroimmunology.*)

One area demonstrating how thoughts affect human biology is called *neuroplasticity*. With assistance from the Dalai Lama researchers have begun to discover how years of meditation can change the actual functioning of the brain in an enduring manner.

Dr. Lipton has been a teacher and/or researcher at many outstanding institutions, including The University of Virginia, The University of Wisconsin's School of Medicine, Stanford University's School of Medicine, The University of Puerto Rico's School of Medicine and Penn State University. His ground-breaking book, *The Biology of Belief*, was selected as the Best Science Book in the Best Books 2006 Awards.