

Ww Your Good Health

Unlock your healthy genes!

Your body is made up of dozens of genes with the power to rev your health, slow aging and prevent diseases when activated—and experts say that's surprisingly easy to do!

✓ Protect your breasts with edamame

Enjoying a daily 1/2 cup of edamame (green soybeans) could cut your breast cancer risk as much as 21%, Japanese research shows. The credit goes to an unusual compound in soy that activates genes that encourage breast cells to grow and divide normally.

■ **Tip:** Edamame, which have a slightly sweet, almost pea-like flavor, are delicious steamed and lightly salted, and make a yummy addition to hummus, salads, soups and stews. If you prefer, 1/2 cup of tofu or 8 oz. of soy milk daily is also protective.

✓ Keep your brain young with ashwagandha

A daily 200-mg. to 600-mg. dose of this Ayurvedic herb switches on genes that help clear away amyloid plaques, the nerve-damaging sticky buildup in the brain linked to memory-robbing ills like dementia, shows a study in the journal *Proceedings of the National Academy of Sciences*. Ashwagandha also encourages the formation of new brain cells, enough to improve your focus and memory in as little as 30 days, says study coauthor Neha Sehgal, Ph.D.

Important: Check with an M.D. before starting a new supplement.

✓ Avoid Type 2 diabetes with fish!

You can activate your body's sometimes-sleepy blood glucose-controlling genes just by enjoying three 4-oz. servings of fish and one cup of nuts every week. According to Yale researchers, the healthy fats in these foods switch on genes that help muscle cells soak up and burn blood sugar for fuel, cutting your risk of Type 2 diabetes 25%!

✓ Prevent heart woes with greens

Researchers have pinpointed a troublesome gene that can cause plaque to form in arteries. Fortunately, you can shut that gene off by eating one cup of leafy greens (such as spinach or kale), plus two cups of any other fruits and veggies daily, reveals a study in the journal *PLOS One*. This single step is effective even among people with a strong family history of heart disease, says study coauthor Sonia Anand, M.D.

✓ Keep your tummy happy with yoga

Many common stomach woes (such as chronic indigestion and irritable bowel syndrome) are inherited. To the rescue: 20 minutes of gentle yoga poses daily! Stretching, deep breathing and stress reduction activate genes



that help your digestive tract function at its peak, say doctors at Winthrop University Hospital. (Find free yoga classes at YouTube.com.)

✓ Lower your blood pressure by reining in sugar

A gene that makes artery walls prone to tightening can more than double your risk of high blood

pressure! The secret to turning off that troublemaker? Avoiding sweetened drinks, switching to whole-grain, high-fiber carbs and cutting back on desserts. Turns out, eating less sugar deactivates that high-blood-pressure gene, taming hypertension for 77% of people within two months, says Jacob Teitelbaum, M.D., author of *Beat Sugar Addiction Now*.
 —Brenda Kearns

Maximize your health with Walnut-Crusted Salmon with Buttermilk Cheese Sauce

This gourmet-good dinner is packed with gene-activating nutrients that help keep your blood sugar in check and your heart strong!

- 1 1/3 cups walnuts
- 1/2 cup buttermilk
- 1/4 cup dry breadcrumbs
- 1/4 cup feta cheese
- 2 Tbs. heavy cream
- 1/4 tsp. pepper
- 4 (6 oz. each) salmon fillets, skin on
- 1 egg, beaten
- 4 cups fresh baby spinach

● In bowl, combine 1 cup walnuts and buttermilk; cover. Refrigerate 8 hours (overnight is best). Preheat oven to 400°F. In food processor, combine remaining 1/3 cup walnuts with breadcrumbs; process until walnuts are finely chopped. Spread mixture over plate; reserve. In clean food processor, combine buttermilk mixture with cheese, cream and pepper. Cover; blend until smooth. Rinse salmon; pat dry. Dip flesh side of fillets in egg, then into reserved breadcrumb mixture. Place in shallow baking pan skin-side-down. Bake 12-15 minutes or until cooked through. Rinse spinach; drain. In microwave-safe bowl, microwave on High in 10-second intervals until just wilted. Divide spinach among 4 plates; top with salmon and buttermilk cheese sauce. Makes 4 servings.



Wake up more "good" genes by . . .

Walking! Exercising daily makes the genes that help you produce mood-boosting serotonin and kill off cancer cells 30% more active, British research shows. In fact, even if you have a strong family history of depression or cancer, getting fit can cut your risk to normal levels in as little as six months!

Our expert: California Walnut Board.
 16 WOMAN'S WORLD 9/4/17

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