



Learn how to live a healthy life and leave a legacy of wellness by looking both to the past and to the future.

UNTIL I DISCOVERED David Barker's work, I subscribed to the conventional wisdom that chronic illness is pretty much the result of the genes we inherit from our parents and the lifestyle we choose to live. Now I see the landscape of health and wellness in a different light. Yes, your genes are involved, but they're like actors in a starring role. From the perspective of your genome, your epigenome is the director: it calls the shots on how each gene's part shapes up.

Traditionally we've argued about the relative impacts of nature and nurture as if they were two warring camps. Now, thanks to the science of epigenetics, we know that lifestyle does play a significant role in chronic illness, but not quite as we thought. Nature and nurture are tightly entwined — the image of the double helix comes to mind. Like those two parallel strands of DNA, nature and nurture interact, affecting all aspects of your life. Moreover, their effects don't begin or end with you and your parents. Their influence extends through the generations.

— Judith Finlayson

THIS IS NOT just another health promotion book. It explains why we are suffering the largest health epidemic in human history, why we need better wholesome foods to buy, why we need better food policy and why we must pay careful attention to the health and nutrition of our young women and men as they prepare to bear the next generation. Judith Finlayson offers a new and exciting view of how we have come to our present state of poor health and how we can reinvent ourselves as healthy.

— Dr. Kent Thornburg



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JUDITH FINLAYSON is a bestselling author who has written books on a variety of subjects, from personal well-being and women's history to food and nutrition. A former national newspaper columnist for *The Globe and Mail*, magazine journalist and board member of various organizations focusing on legal, medical and women's issues, she is also the author of over a dozen cookbooks. Judith lives in Toronto, Canada.

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YOU ARE WHAT YOUR GRANDPARENTS ATE

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What You Need to Know About
Nutrition, Experience, Epigenetics
& the Origins of Chronic Disease

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Foreword by Dr. Kent Thornburg



You Are What Your Grandparents Ate takes conventional wisdom about the origins of chronic disease and turns it upside down. Rooted in the work of the late epidemiologist Dr. David Barker, it highlights the exciting research showing that heredity involves much more than the genes your parents passed on to you. Thanks to the relatively new science of epigenetics, we now know that the experiences of previous generations may show up in your health and well-being. Many of the risks for chronic diseases — including obesity, type 2 diabetes, high blood pressure, heart disease and dementia — can be traced back to your first thousand days of existence, from the moment you were conceived. The biological roots of these vulnerabilities may extend back even further, to experiences your parents and grandparents had — and perhaps even beyond. Similarly, the food you eat and the experiences you have will affect your children and grandchildren.

This book makes hard science accessible. It is a call to action for social as well as personal change, delivering the message that by changing your own health you can also help to build a better world.