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Entertainment

Book reveals link between genes, environment and you

How many times have you heard that your destiny is determined by your genes? Probably more than you care to count, and unless you are the child of Michael Jordan or Bill Gates, it's rather depressing. But don't despair — according to “The Biology of Belief,” by Dr. Bruce Lipton, that “central dogma” of modern science is on the ropes.

Lipton, a noted researcher and professor of cell biology who has worked at Stanford University, is a pioneer in the field of Epigenetics, the study of how the environment affects gene activity. In this book, he gives an excellent overview of new, widely accepted scientific research that actually leads to sensible explanations of things people have believed in for centuries without “scientific proof” — things like energy healing, telepathy and God.

Lipton brings it all together beautifully as he outlines a new paradigm for the lives of cells and with it, mind-bending implications for the lives of human beings. He describes in detail his theory that the cell membrane, not DNA, is the true “brain” of the cell. He describes the electrical processes of cells and the complex ways they are affected by energy from the environment, also touching on the meaning of new discoveries in quantum physics. He covers a lot of scientific material, but his down-to-earth, engaging style makes complicated concepts easy to understand.

Lipton also weaves in a humorous and touching account of his personal journey, from age seven, when he discovered his passion for unlocking the mysteries of cells, through his years as a frustrated professor, who hit a professional and personal low and then had the breakthrough that allowed him to tie together all that

had fascinated him about the nature of life. He makes his points with humor and humanity — his excitement about these new discoveries is contagious.

This is absolutely not a new-agey, “happy thoughts will solve all your problems” book. Lipton backs his assertions with serious research, and his conclusions are nothing short of astonishing. His refusal to let accepted scientific dogma blind him to the implications of what he found is awesome and inspiring. Though Lipton goes into detail about cell biology, this is no dry scientific tome it’s a radical look at the leading edge of what one might call the marriage of science and spirit.

If you’re an intellectual, but your conscience recoils from Darwinism’s insistence that “might makes right,” this book is for you. If you are deeply religious and feel you have to reject science because it rejects what you believe about God, this book is also for you. In the fog of the today’s “war” between science and religion, this book lights the way on a new path that science and spirituality can travel together — where the truth of one does not destroy the truth of the other. Now that’s an exciting possibility!

By Solvej Jordahl, Rockford Register Star