



**OBESE FATHERS MAKE** for unhealthy children, who could also be vulnerable to cancer, says a new research.

The study by Duke University Medical Centre is the first to show that paternal obesity may alter a genetic mechanism in the next generation, suggesting that a father's lifestyle factors may be transmitted to his children.

"Understanding the risks of the current Western lifestyle on future generations is important," said molecular biologist Adelheid Soubry, postdoctoral associate at the Duke Cancer Institute, who led the study, the journal *BMC Medicine* reports.

"The aim of this study was to determine potential associations between obesity in parents prior to conception and epigenetic profiles in offspring, particularly at certain gene regulatory regions," said Soubry, according to a Duke statement.

Researchers looking at health outcomes in newborns have historically focused on pregnant women. Studies have shown that

## Obese dads make for unhealthy children



nutrition and environmental factors during pregnancy can affect children's health and may raise their risk of chronic diseases. However, little has been done to uncover how paternal factors can affect children.

The Duke research team sought to determine associations between obesity in

parents and changes in DNA methylation at the insulin-like growth factor 2 (IGF2) gene among offspring.

DNA methylation regulates the activity of certain genes, which can reflect a higher risk for some diseases. Decreased DNA methylation at the IGF2 gene has been tied to a greater risk of

developing certain cancers, including colorectal and ovarian cancers.

"Our genes are able to adapt to our environment. However, we adjust in a way that may be problematic later," said Cathrine Hoyoy, cancer epidemiologist at Duke Medicine and the study's senior author. *IANS*

## ALIGN YOUR LIFE

### Letting Go

**JUST LAST MONTH** Ana walked into my office looking tired and beaten. I was meeting her after three years and felt like she had aged. She was visibly shaken and had added pounds.

I waited for her to calm her nerves before she spoke. "You were so right when you said let go of your past. I tried, I really tried. But I am just so angry all the time and I want to kill someone," Ana burst out crying. She had been through a messy break-up with the love of her life, and was unable to come to terms with it.

She had been struggling for years now, losing focus, gaining weight and was about to be fired from her job. It was evident she was carrying too much emotional baggage. The most common complaint I hear from clients is that they are not able to forgive or forget their past. This leads to anger, guilt, remorse and in some cases even depression. Many are stuck and unable to move on with their lives.

The key to happiness is not in remembering the past, but in letting it go. It is all about training your mind to choose thoughts of forgiveness over thoughts of anger. With a little bit of practice, it is very easy. The best way to move on emotionally is by clearing your immediate surroundings. Throw away old photographs that remind you of the painful period, give away old gifts that are part of unwanted memories and move out all the clutter.

Once all the clutter has been cleared, light scented aromatherapy oil or sandalwood incense. This will help in cleansing the clogged energy and inviting the new energy. Second and most important step is to take some time out on daily or weekly basis and start writing your feelings. This could be in regards to a situation or about unresolved issues, anger towards a person, or simply unexpressed feelings.

Once it's all on the paper, take the paper to the sink or in an outdoor open space and burn it. By doing so, you will be sending a strong message to your subconscious mind that this part of your life is over and you are ready to move on. Continue this exercise a few times until you feel you have nothing more to write.

The only way to move forward in life is by releasing your past. Remember, to invite something new and exciting first you must let go of something old and stagnant. So why wait? Start letting go and open up your life to new and positive experiences!

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## Mind over matter

### Can brain trick you into losing weight?

**BRAIN CIRCUITRY CAN** trick your body into losing weight, says a study.

Scientists from Sydney and New South Wales Universities, identified the brain circuitry that can trick the body into losing weight.

Shu Lin, Yanchuan Shi and Herbert Herzog, professor and his team have been studying the complex processes behind energy balance using various mouse models, the journal *Cell Metabolism* reports.

They have shown that the neurotransmitter Neuropeptide Y (NPY), known for stimulating appetite, also plays a major role in controlling whether the body burns or conserves energy, according to a Sydney statement.

The researchers found that NPY produced in a particular region of the brain - the arcuate nucleus (Arc) of the hypothalamus - inhibits the activation of 'brown fat',

one of the primary tissues where the body generates heat.

"When you don't eat, or dramatically curtail your calorie intake, levels of NPY rise sharply.

"High levels of NPY signal to the body that it is in 'starvation mode' and should try to replenish and conserve as much energy as possible.

"As a result, the body reduces processes that are not absolutely necessary for survival," said Herzog.

"Evolution has provided us with these mechanisms to help us survive famine, and they are strictly controlled.

"When people had to survive by finding food or hunting game, they could not afford to run out of energy and die of exhaustion, so their bodies evolved to cope," concluded Herzog. *IANS*

