Off with the bad
On with the good

Genes, Health and Ceres
Faye Blake    UAC    May 2018
Firstly – talking DNA

- 2 metres DNA in every cell
- Wrapped up in Histones
- Chromatin outside layer
- Tags/markers sit on chromatin
- Markers make genes accessible or not - or turns on or off
- Genes don’t change
Important Facts

- Epi – means upon or above
- Epigenetics named by British scientist in 1940s
- Epigenetic instructions leads to different cells being made
- Methylation = ‘punctuation’
- Research from early 80s
- After genome project more attention after 2006
More important facts

- Embryo – methylation starts - turned on and off at cell division
- Markers influenced by environment, food mother, cigarettes, stress, work
- All transmitted and then passed down - diet can turn off in offspring
- Multiple generations from both men and women when sperm/egg developed
- Also after birth – markers can develop

But they are reversible
What affects the phenotype

*Phenotype = activated genes at any given time and aligns with our physical body*

Factors causing changes: behavioural, diet, physical

- Trauma
- Environment – food, social environment, mood, indoor spaces, dust, mould
- Natural light, climate, toxins
- Exercise and lifestyle
- Career – what we do with our time
- Mind – spirit – and what we believe

We can influence - leading to:

- Health control
- Future control
Where important

- Epi marks –
- Cancer, Diabetes, Asthma, Huntingtons, Alzheimers
- We have protection on but stress and environment can turn them off
- New drugs being tested now that can restore cells to origins

Challenge
- For drugs - how to target toxic marks and not good ones
- Eat and live healthily and cut stress
- Understand impact on future generations

Faye Blake    Amsterdam School of Astrology    www.asastrology.nl
Telemeres

**Telomere Length**
Predicts: Aging, Disease and Depression

**Telomerase**
Enzyme That Increases Telomere Length

- Stressful Prenatal Development
- Childhood Abuse (Verbal = Physical)
- Domestic Violence
- Post Traumatic Stress Disorder
- Nutritional Deficiency
- Loss of Love

- Good Nutrition
- Exercise
- Self-Love & Love
- Positive Outlook
- Happiness / Gratitude
- In Service
Research done

- Twins
- Study in Canada – stress of mothers in winter power out
- Dutch Hunger Winter
- Rat experiments

Consequences

- DNA is dynamic! Can control disease
- New approach – epigenetic reversal

Need a new narrative
Angelina Jolie

“..., but the truth is I carry a “faulty” gene, BRCA1, which sharply increases my risk of developing breast cancer and ovarian cancer.

My doctors estimated that I had an 87 percent risk of breast cancer and a 50 percent risk of ovarian cancer, although the risk is different in the case of each woman.”

Only a fraction of breast cancers result from an inherited gene mutation. Those with a defect in BRCA1 have a 65 percent risk of getting it, on average.
Angelina Jolie
4 June 1975
9:09 Los Angeles
California
AA rating
Link with Astrology

Ceres
<table>
<thead>
<tr>
<th>Name</th>
<th>Ceres</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jean-Baptiste Lamarck (1744)</td>
<td>Ceres in Pisces sextile Uranus trine Mercury</td>
<td>Theory of inheritance of acquired characteristics</td>
</tr>
<tr>
<td>CERES DISCOVERED</td>
<td>1801</td>
<td></td>
</tr>
<tr>
<td>Charles Darwin (1809)</td>
<td>Ceres in Pisces conj Pluto Mercury</td>
<td>Origin of the Species 1859</td>
</tr>
<tr>
<td>Gregor Mendel (1822)</td>
<td>Ceres in Pisces sextile Saturn, Uranus, Neptune</td>
<td>Founder of modern genetics</td>
</tr>
<tr>
<td>Friedrich Miescher (1844)</td>
<td>Ceres in Scorpio square Sun</td>
<td>Paved the way for DNA inheritance research</td>
</tr>
<tr>
<td>Oswald Avery (1877)</td>
<td>Ceres in Aqu square Sun</td>
<td>Isolated DNA studying inheritance</td>
</tr>
<tr>
<td>Erik Erikson (1902)</td>
<td>Ceres in Gemini conj Sun</td>
<td>Developmental psychologist</td>
</tr>
<tr>
<td>Barbara McClintock (1902)</td>
<td>Ceres in Gemini conj Sun</td>
<td>Gene research in Maize</td>
</tr>
<tr>
<td>Conrad H. Waddington (1905)</td>
<td>Ceres in Pisces square Mercury</td>
<td>Coined the term epigentics in 1942</td>
</tr>
<tr>
<td>Name</td>
<td>Ceres</td>
<td>Notes</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>------------------------------------</td>
<td>---------------------------------------------------------</td>
</tr>
<tr>
<td>Maurice Wilkins (1916)</td>
<td>Ceres in Virgo square Sun</td>
<td>DNA structure with Franklin x-rays</td>
</tr>
<tr>
<td>Francis Crick (1916)</td>
<td>Ceres in Cancer conj Pluto</td>
<td>DNA double helix</td>
</tr>
<tr>
<td>Rosalind Franklin (1920)</td>
<td>Ceres in Gemini square Saturn</td>
<td>Structure of DNA</td>
</tr>
<tr>
<td>James Watson (1928)</td>
<td>Ceres in Aquarius conj Mars</td>
<td>DNA double helix</td>
</tr>
<tr>
<td>Robin Holliday (1932)</td>
<td>Ceres in Capricorn opp Pluto</td>
<td>Research into DNA mechanisms (1964)</td>
</tr>
<tr>
<td>Arthur Riggs (1939)</td>
<td>? Born in Ceres California !</td>
<td>Geneticist on epigenetics and methylation</td>
</tr>
<tr>
<td>Elizabeth Blackburn (1948)</td>
<td>Ceres in Leo conj Pluto</td>
<td>Telemere research</td>
</tr>
<tr>
<td>Michael Meaney (1951)</td>
<td>?</td>
<td>Stress, maternal care and gene expression</td>
</tr>
<tr>
<td>Moshe Szyf (1955)</td>
<td>Ceres in Capricorn square Sun</td>
<td>Geneticist – great TED talk</td>
</tr>
<tr>
<td>Elissa Epel</td>
<td>?</td>
<td>Telemere and psychology - safety factor</td>
</tr>
</tbody>
</table>
Barbara McClintock
16 June 1902
Hartford, Connecticut
Time unknown
Why Ceres and environment

- Astronomy between Mars and Jupiter
- Myth - Weather
- Myth – Last part
History Ceres

After 1801

▪ Elements started being put in order
▪ Theory genes – Lamarck
▪ In 1815 Volcano in Suribawa changed the global climate
▪ World population reached 1 billion

After 2006

▪ Film Al Gore ‘An inconvenient Truth’
▪ Record greenhouse gases/ major fish study
▪ ‘Final end’ of genome project
▪ Explosion of epigenetic research
The best part of a juice cleanse is that you don't have time to eat because you're too busy telling everyone you're on a juice cleanse.
“Excuse me if I'm clinging on to life, but my parents wove me from tight thread.”

“I never wear mascara; I laugh until I cry too often.”

“Always keep your smile. That's how I explain my long life.”

“Excuse me if I'm clinging on to life, but my parents wove me from tight thread.”

Jean Calment died aged 122
Contact

- faye@fayeblake.nl
- www.fayeblake.nl
  with free blog

Astrology and free stuff
- www.asastrology.nl