

Moira Mac – Epigenetics

Moira Mac learned the theory behind the new science of epigenetics through a series of life experiences that spanned over two decades and led to the publication of her book **SOUL WHISPERS: HEALING THE FAMILY TREE**. She learned that the experiences of our ancestors are encoded in our DNA and retained in our cellular memory. Becoming aware of this and acknowledging how it affects the choices we make in every aspect of our lives can help to set us free from the past, live in the present and offer hope for the benefit of future generations.