How does dna relate to you

Science, Anthropology

Recent studies show that DNA directly relates to an individual in regard to the exercises that an individual participates in and the degree of aging. All the information on an individual's body cells is contained in the DNA, which is a twisted band of strings consisting of the individual genes that create cells. At the end of these strands, there exist telomeres that prevent the unraveling of chromosomes (News Medical, 2012). In addition, the wellbeing of an individual is contained in these strands of chromosomes and the caps at the end, telomeres. This is because, the telomeres; as a result of preventing fraying, they also prevent aging and the development of malignant tumors that threaten appropriate health (The Philadelphia Inquirer and The Washington Post, 2008).

Moreover, through participating in exercise, the telomeres experience extended life by making them appear younger and thus staying in place. This leaves an individual healthy showing the direct relationship between an individual and the DNA in them. In addition, DNA is unique in everyone, which, in turn, makes every person unlike the other who follows mutation during replications. These mutations occur during terms of misprints and entire changes in replicated DNA. Therefore, this information indicates that only DNA of identical twins is similar (Port, 2008).

In terms of survival, for one to live in adverse conditions, genes contained in the DNA effect changes (Designed DNA, 2012). These changes lead to evolutions and adaptations that allow an individual to cope in adverse conditions. In addition, changes could be physical in the form of shape of the teeth or hair color and even the behavior of an individual so as to escape danger (San Diego University of Man, 2001). In conclusion, the relation

between an individual and DNA cannot be refuted as it is the DNA that accounts for the unique characteristics they possess.

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