Write a 1,000 word Reaction Paper. You will be completing the following tasks and gathering the following information for your paper:

1. Begin your paper by *defining* epigenetics in your own words.
2. Complete the [*Family History-Dr. Oz.pdf*](https://mdc.blackboard.com/bbcswebdav/pid-3905032-dt-content-rid-10541614_1/xid-10541614_1) .  Find out which disease(s) you are *most* at risk for. **(See the pdf attached)**
3. Research and locate *one* article on epigenetics and *whatever disease you are most at risk for*: **Article**: Smoking and Rheumatoid Arthritis, *International Journal of Molecular Sciences*. 2014, Vol. 15 Issue 12 (**See article attached)**

Read the epigenetics article and get the general idea on epigenetics.

1. Continue your paper with a discussion of the epigenetics article. Be be sure to cite the author(s) of the article you find using **APA style**. Aim for about a page for this part of your paper.
2. Discuss the concept of epigenesis *in light of your family history* and the article you read. Aim for one page for this section of your paper.
3. Complete the Living to 100 Questionnaire. *Integrate* your findings on the questionnaire into your discussion. Aim for another page. **(See attached)**
4. Discuss *how you can improve your health and longevity* in light of your findings in this questionnaire, your understanding of epigenetics, and your knowledge of your family history. This should be your final page.

You can go over or under a page for any of the sections of the paper as long as your **total paper is 1,000 words** not counting the references.

**Rules for an "A" Paper**

◻    1,000 words

◻    Original work; plagiarism score of less than 10% (90% original work)

◻    Double-spaced, 12-point font, 1-inch margins

◻    Covers all 6 tasks

◻    Cite your article APA style (author & year within body of paper; full reference at end)

◻    No abstract, no cover

◻    Place your name and reference number on the first page. Use page numbers.