

## Epigenetic Alterations: Epigenetics in Health and Disease. Impact of Deniplant Tea

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**Abstract:** *Background Conditions such as cancers, metabolic disorders, psoriasis, and degenerative disorders have been found to be related to epigenetic alterations. Diet is one of the more easily studied, and therefore better understood, environmental factors in epigenetic change. Thus, an enhanced understanding of how epigenetic mechanisms modulate gene expression and how nutrition can optimize healthy epigenetic patterns can positively influence human health.*

*The aim of the present project is to investigate whether a dietary intervention could ameliorate the clinical manifestations and modulate the epigenetic error in psoriatic disease.*

*Materials and methods Nutrients could interact with the epigenome to "protect or boost cognitive processes across the lifespan". As we better understand the connections between diet and the epigenome, the opportunity arises for clinical applications in psoriasis.*

*Results Recent studies have shown positive results for epigenetic-based therapies for psoriasis, which may be a field of increased focus in the coming years in search of better treatments. Deniplant tea can restore epigenetic alterations, resulting in amelioration or prevention of psoriasis and other systemic disease phenotypes, possibly also as a genetic modulator (CARD14 gene). The authors made EGO-Deniplant an online program for food control, modulating symptoms in psoriasis.*

*Conclusion Epigenetic alterations have given insight into the understanding of the pathophysiology of psoriatic disease.*

**Key words:** nutrients, gut microbiota, immunomodulation

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Epigenetics is the study of how an individual's behavior and environment can cause changes that affect the way the body's genes work. Unlike genetic changes, epigenetic changes are reversible and do not change the DNA sequence, but they can change the way the body reads a DNA sequence. Epigenetic changes affect gene expression to turn genes on and off (1).

Because the individual's environment and behavior, such as diet and exercise, can lead to epigenetic changes, it is easy to highlight the link between genes,