

PROPOSITIONS

- 1) Homocysteine levels associate with limited site-specific changes in genome-wide DNA methylation of blood leukocytes. (this thesis)
- 2) Folate and vitamin B12 measurements in blood are needed to validate the observed dietary effects on genome-wide DNA methylation. (this thesis)
- 3) Cigarette smoking shows a wide and long lasting impact on site-specific DNA methylation of blood leukocytes. (this thesis)
- 4) Biological databases, require up-front and extensive data cleaning and statistical analysis to get accurate and reproducible findings from big data. (this thesis)
- 5) The houseman method is insufficient for correction of cell-type heterogeneity in DNA methylation measurements. (this thesis)
- 6) Timing and pattern of exercise can enhance the effect of diet, to optimize the notion “you are what you eat”. (Luc van Loon)
- 7) The idea that methylation patterns could be an aging clock presents an opportunity and a challenge for anti-aging medicine. (Josh Mitteldorf)
- 8) Prevention of chronic diseases requires, besides behavioral changes, also investments in education, food policies, and urban infrastructure. (Willett WC et al, 2006)
- 9) We are wrecking the oceans because of our addiction to cheap, plastic products and packaging, and a comprehensive global failure to steward these materials properly. (Matt Prindiville)
- 10) Optimism, smiles and a positive perception of aging increases longevity. (Giltay EJ et al, 2004; Peterson C, 2010; Levy BR et al, 2002)
- 11) A hidden connection is stronger than an obvious one. (Heraclitus of Ephesus (535-475 BC))