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Biology vs. Environment

It is indisputable that both the natural environment and the experiences of a person's upbringing play significant roles in their behavior. On the other hand, I think that the natural world more profoundly influences human behavior. The genes and hormones in our bodies have a much more significant impact on our behavior than the environment—the debate over whether their natural habitat or upbringing influences individuals dates back centuries. The question being discussed is whether human behavior is determined by our genes (nature) or by the environment in which we are raised (nurture). There is evidence to support both positions in this argument. On the other hand, I think that the natural world more profoundly influences human behavior. However, a person has control over environmental factors. The environment a person grows up in has more impact on their life. It has been observed that only a certain percentage of people with a particular genetic mutation go ahead and develop the illness. Some people go ahead and live to their old age, yet they have a genetic predisposition. This shows that the environmental factors determine whether genetic factors express themselves fully. One should focus on modifying external factors in medical conditions with multifactorial causation. They have the maximal impact on health and wellbeing. With this message in mind, it is therefore essential to understand the various things a person can do to minimize the risk of illness.

The most relevant decision is what an individual decides to eat. Society has been misled to a large extent by food companies on what constitutes a healthy diet. In many cases, these companies sponsor their research and bribe professionals to give a message that supports their

products. This has led to the massive growth of the fast-food industry. The news is that all types of meat are suitable for maintaining good health. The reality is that meat is associated with medical conditions such as hypercholesterolemia, cancer, hypertension, and diabetes. The best type of diet for humans is a purely plant-based diet. This provides all the essential protein required and makes one energetic. Plants have antioxidants that neutralize inflammation within the body. A plant-based diet is beneficial for athletes. It reduces the recovery time and improves performance. Food choices are the first type of environmental modification that people can perform. To be successful, it is essential to ignore all the misinformation in mainstream media advertisements. The focus should be on scientifically sound diet advice. Apart from eating healthy, it is necessary to have a regular exercise regimen. One should also avoid harmful habits that may result in illness. Some risky practices include smoking, excessive alcohol consumption, and drug use.

A great deal of evidence suggests that our genes influence our behaviors. For instance, research on twins has revealed that identical twins are more likely to behave in a manner comparable to one another than fraternal twins. This lends credence to the idea that inherited characteristics influence human behavior. Hormones are another factor that can affect human behavior. Take, for instance, the hormone testosterone, which has been linked to aggressive behavior. Compared to men with low testosterone levels, those with high testosterone levels are more likely to exhibit aggressive tendencies. This demonstrates that hormones can affect the behavior of humans.

There is evidence to suggest that genetics play a role in shaping a person's character and personality, which would fall under the category of natural causes. For instance, research on twins has shown that identical twins are more likely to share characteristics of their personalities

and behaviors than fraternal twins. This lends credence to the idea that these characteristics and behaviors share a basis in genetics. Regarding personality and behavior, research has shown that adopted children are more like their biological parents than their adoptive parents. This is the case for adopted children. This again lends credence to the idea that genetics play a part in molding these aspects of a person's personality.

On the other hand, there is evidence to support the theory that a person's upbringing plays a more significant role than genetics in determining their personality and character. For instance, children brought up in homes subjected to abuse or neglect are more likely to display behavioral problems and mental health issues than those brought up in homes where they are shown love and support. This lends credence to the idea that a person's upbringing has a more significant influence than their genes on the development of these aspects of their personality. In addition, children brought up in poor households have a greater risk of developing various issues, including poor health, low educational attainment, and criminal behavior. This again lends credence to the idea that a person's upbringing has a more significant influence than their genes on the development of these aspects of their personality.

It is believed that humans' behaviors can be influenced by their environments. For instance, research has shown that children who grow up in homes where there is physical or emotional abuse have a higher risk of becoming abusive adults themselves. This lends credence to the idea that one's surroundings can shape their behavior. On the other hand, I think that the natural world more profoundly influences human behavior. The genes and hormones in our bodies have a much more significant impact on our behavior than the environment. The discussion regarding whether their natural habitat influences a person or their upbringing has been going on for centuries and continues to this day. There is not yet a conclusive answer to the

age-old debate regarding which factor—genetics or the environment—plays a more significant role in developing a person's character and personality. Evidence supports both sides of the argument, and the truth likely lies between the two extremes.

The question then becomes, which is more significant, nature or nurture? It's likely a combination of the two. The environment, in addition to a person's genes, is a substantial factor in developing that person's character and personality. Both are necessary for a person to grow into a well-rounded individual, and neither one is more important than the other.