

Nutritional Genetic Testing

Gene Analysis for Long-term Optimal Health

Optimize the health of your skin and bones; heart and mind by optimizing your personal diet and supplement intake. Genetic testing combined with a lifestyle assessment, provide you with a scientifically based, personal blueprint for optimizing health.

Testing examines your personal variations in nineteen genes that scientists have shown play major roles in your body's heart and bone health, detoxification and antioxidant capacity, insulin sensitivity, and tissue repair. Your DNA test results, combined with information from your completed lifestyle questionnaire, result in personalized, realistic steps you can take to improve and maintain your good health. Benefits you can expect include:

- Easier control of weight by making sure that you are not craving nutrients missing from your diet.
- Optimize the health and durability of your skin, hair and bones.
- Reduce your susceptibility to the big three diseases — heart disease, cancer and diabetes - by harmonizing your diet and life-style with your genome.
- Easier compliance with your self-improvement program because personalized advice lets you know that what you are doing is based on your unique needs and will be effective.

Recommendations are based on the unique combination of your genetic makeup, and include customized dietary and nutritional supplementation programs. Concrete information about the following seven areas in which the link between gene variations and lifestyle has been scientifically established are included in the testing and recommendations:

- **Heart Health.** Some genetic factors make it more likely that certain individuals will develop heart disease. Simple, easy-to-follow advice helps reduce that risk.
- **Bone Health.** Certain genetic factors indicate a need for foods that provide your bones with the nutrients they require to stay strong. Specific foods that will help solve this problem are listed.
- **B Vitamin Use.** Many people have genetic variations that interfere with the way their bodies use B vitamins, an important factor in cell growth and maintenance. Use of recommended supplements can solve this common problem.
- **Detoxification.** Genes can determine how well your body cleanses itself of harmful toxins. If necessary, we recommend specific foods to give your cleansing systems a healthy boost.
- **Antioxidants.** A genetically determined level of antioxidants controls how well our bodies neutralize free radicals, destructive molecules involved in aging and a variety of diseases. Supplementation can help minimize these destructive effects.
- **Inflammation.** Depending on your genetic profile, you may need certain foods to fight damaging inflammation.
- **Insulin Sensitivity.** If your genes increase your risk of insulin sensitivity, we will recommend dietary and lifestyle changes that help prevent this condition and reduce your risk of becoming diabetic.

The advice you will get from us is based on your body's real needs, not on the latest dietary fad. In addition to alerting you to diet and lifestyle factors to which you should pay particular attention, we provide you with personalized suggestions for nutritional supplementation that will enhance your health and well-being.