

Discover the power of DNA for personalised nutrition

The impact of diet, lifestyle, exercise and the environment on our individual genetic makeup is huge. Through an understanding of your genetic susceptibility nutritional bypasses can be provided to help you work towards optimal health.

So which test is for you?

DNA Diet — will help you to identify;

- Weight management problems
- Predisposition genetically to being overweight
- Which diet to select to maintain healthy weight throughout your life
- The barriers to weight loss

Genes tested:

- Fat absorption & metabolism
- Insulin resistance; regulation of appetite; energy intake
- Exercise response
- Circadian rhythm (clock genes)
- Inflammation predisposition

DNA Health — is an absolutely vital test to take for your health and longevity. It tests 7 essential processes:

- 1. Lipid metabolism insights** — to advise where moderations should be made in your diet.
- 2. Methylation** — to advise on whether you need to take extra vitamins for gene function.
- 3. Detoxification** - to identify what you may need for effective detoxification e.g. antioxidants, cruciferous vegetables.
- 4. Oxidative stress** — to identify where antioxidant production is low, and where specific dietary interventions should be recommended to counteract free radicals.
- 5. Bone health** — to identify if vitamin D receptors are working optimally or where collagen is low
- 6. Inflammation** — to identify if you are predisposed to high levels of inflammation, how your stress levels are impacting on your health, how to decrease chronic disease risk, increase performance and the ability to lose weight.
- 7. Insulin resistance** — identifies insulin sensitivity and what foods are needed to ensure blood sugar balance.

DNA Sport — provides insights into the kind of exercise / activities you should be focusing on in order to optimise your training programme and general health.

With DNA Sport most markers of inflammation are measured. Those markers that have a high impact on stress markers and obesity risk and weight loss problems are also considered. It also takes into account your predisposition to and affinity with:

- Injury
- Recovery
- Strength versus endurance training capability

DNA Oestrogen — given the importance of both oestrogen and progesterone in breast cancer development, this test covers 10 genes and gene variants and allows for appropriate diet and lifestyle interventions to be incorporated into a protocol for you. It tests genes involved with:

- Oestrogen biosynthesis
- Oestrogen metabolism
- Phases I and II detoxification