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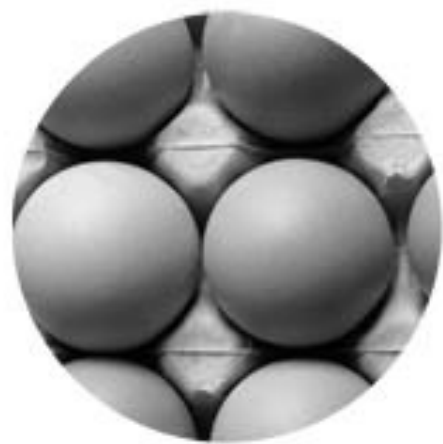
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# How Genetics *Can Impact Your* Nutrition

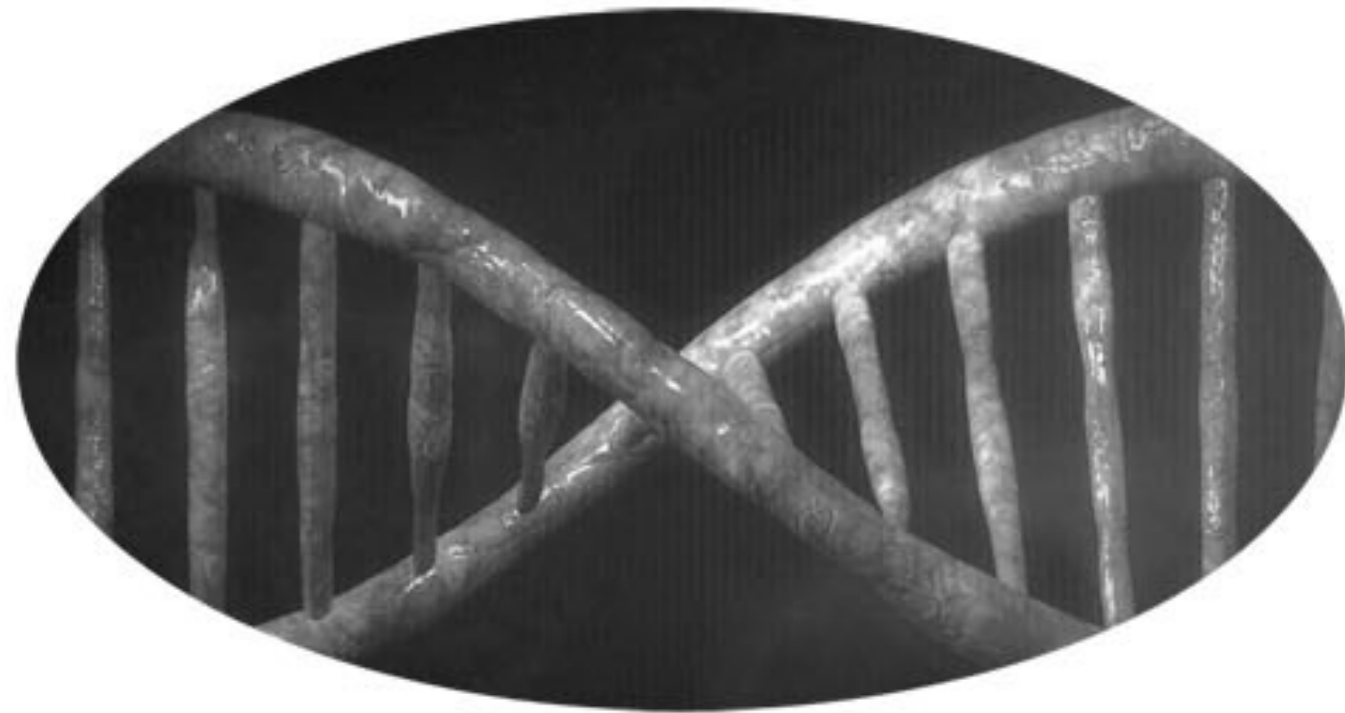


There's no lack of diet advice online. Weight loss and healthy eating are hot topics, and resources abound, touting everything from low carb, high protein nutrition to detox plans to gluten-free fare. If you're like many, you're probably seeking the magic food formula that will give you the body and wellness others achieve. The catch is, *what works for one does not work for all.*

*Everyone is unique.* You need only look at other people to see how different we all are, and the same is true with the way our bodies react to food. What DNA testing offers is an understanding of the way you individually process various foods, and your special nutritional requirements. It forms a basis for *life-long diet guidelines*, made specifically for you and your body's needs.







The *Nutritional*  
*Markers* A DNA  
Test Can Reveal

## *Carbohydrate Sensitivity*

We all know people who can binge on carbs and not gain an ounce, and others for whom a bite of pasta goes straight to their thighs. Our genes determine how carbohydrates are used for energy. For people scoring high on carb sensitivity, a small amount of carbs can go a long way, and a specific genotype can place people at a higher risk of type-2 diabetes.





## *Fat Sensitivity*

Genetics play a role in the transportation and metabolism of fat that we take in as part of our daily eating. A report can measure fat sensitivity from two standpoints:

### *A. Reaction to saturated fat in regards to weight*

**management:** Because of differences in genetics, a low carb, high fat diet is not for everyone. People with a certain genotype can tolerate fats well, while others grow obese with the same fat consumption.

### *B. How saturated fat intake affects your overall general*

**health in regards to cholesterol:** Some people are efficient at using saturated fat for energy, while in others saturated fat is more likely to raise cholesterol levels and be linked to cardiovascular disease.







## *Detoxification*

This marker looks basically at liver function, or how well the liver works at removing toxins from the body. Two genes in particular, GSTM1 and GSTT1, deal with removing carcinogenic toxins. People with deleted forms of these genes can make up for it in their diet by eating more cruciferous vegetables.





## *Antioxidant Requirement*

Antioxidant need is a significant marker, which affects how well you recover from the stresses of exercise.

Antioxidants grab breakups, or oxidative ions from the body, and flush them out before they can spread. Knowing your antioxidant requirement will allow you to make small changes to your diet in order to enhance your recovery.



## *Omega 3 Requirement*

Omega 3 fatty acids are a type of unsaturated fat, often referred to as essential fatty acids because our bodies need them to function normally. Not manufactured in the body, they must be taken in as part of our diet. Among other things, they lower blood fats, help reduce rheumatoid arthritis, and have an anti-inflammatory effect. If you have a high natural inflammatory response, you can be advised to raise your Omega 3 levels through diet or supplements.





## *Vitamin B Requirement*

Folic acid or vitamin B9 does the essential role of converting homocysteine into methyamine. Elevated homocysteine levels increase risk of cardiovascular disease, hypertension and stroke. If you are missing the gene that breaks B9 into a usable form, you can make up with diet or supplements.







## *Vitamin D Need*

Vitamin D is well-publicized for bone health, but it is also needed for hormone production, metabolism, fibroid, adrenal and gut health, and regulation of the immune system. Fifteen to 20 minutes in the sun may not be enough, it turns out, to get your needed dose, as genetics may prevent you from absorbing enough of the vitamin.



## *Food sensitivity*

### *Salt*

A raised sensitivity to salt is related to the ACE gene, which is associated with increased risk of blood pressure when sodium levels are high or present within the diet. People with intermediate to high sensitivity will want to keep sodium around 2.2. grams max per day.





## *Alcohol*

Genes affect your body's response to alcohol. Slow metabolizers will benefit from moderate consumption, which has a positive effect on HDL cholesterol levels. With fast metabolizers, alcohol is fairly quickly washed out of the body.



## *Caffeine*

Caffeine tends to stay a long time in the body. Fast metabolizers, however, can handle more total caffeine, and if they have it later in the day will probably still be alright with it in terms of sleep, compared to slow metabolizers.





## *Lactose Tolerance*

You either produce lactase, which deals with lactose, or you don't. Without lactase, lactose ferments as it enters your intestines, causing the discomfort people complain of.



## *Celiac Disease*

About 1 percent of the population experience an adverse reaction to gluten, which is a protein found in grain such as wheat, barley and rye. Eating gluten can create an immune reaction in the small intestine, from diarrhea to malnutrition or, in extreme cases, anemia. Gluten-free has become something of a fad lately, but a DNA test can tell you if you will really benefit from a restricted diet.





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