

Nutrigenomic Testing Categories



Lipid

- Your genes can impact your good cholesterol and your bad cholesterol.

Metabolism

- Heart health depends on a host of several things such as environment, dietary lifestyle, genetics.
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Methylation

- The process of repairing our DNA is called Methylation.
 - B Vitamins are not needed in large amounts but crucial in repair and producing new DNA.
 - inflammation can decrease the methylation process.
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Detoxification

- The management of detoxification in your body are handled primarily by a group of enzymes
- The most common one we have heard the most about is Glutathione.
- This comes from your liver. Glutathione helps to make the toxins more water soluble and more easily excreted through your urine and sweat.

Nutrigenomic Testing Categories Continued



Inflammation

- Inflammation is a normal response and is essential step in tissue healing when kept in check.
- When your body can't turn off this process, it increases your chance of getting some common disorders know as obesity, heart disease, arthritis, and inflammatory bowel disease and have been associate with chronic low-grade inflammation.

Bone Health

- Our bones are continuing to dissolve old bones and create new bone tissue.
- Once we hit the age of 30 our bone mass starts to reduce. This is especially true for women after they reach menopause.
- genetics and nutrition, both play an important role in determining your over all bone health.

Oxidative Stress

- Free radicals can be compared to the exhaust of a car. A product of burning engery
- They can damage DNA, cells membranes and proteins.

Nutrigenomic Testing Categories Continued



Insulin

Sensitivity

- Insulin is a hormone that helps your body utilize the glucose (sugar) from the foods you eat and drink.
- The research suggests that being insensitive to insulin or resistant to insulin can lead to a greater risk of Obesity and Type II Diabetes, high blood pressure, heart disease, and disrupted fat metabolism.

My

Concerns

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What I Would

Like to Learn

More About

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