



DNA Health is designed to identify potential diseases that are influenced by one's lifestyle or nutritional decisions. This panel assists in optimizing well-being and health by personalizing lifestyle and diet choices. DNA Health aims to establish the optimal nutrition necessary for good health, longevity, and disease risk mitigation.

Genetic predispositions are not the end game, but give the insights to change the outcome of your future. Early detection with the appropriate intervention are the keys to a healthier life.

Take control
of your
health and
wellness

Who needs this gene panel?

If you have one of the following:

- ☐ Mood or sleep problems
- ☐ Issues with Fatigue
- ☐ Neurological Symptoms
- ☐ Immune Challenges
- ☐ Detoxification Weakness
- ☐ Bone Weakness
- ☐ Difficult Weight Management
- ☐ High Blood Pressure

DNA Health reports on genes involved in the following areas:

- ☐ Oxidative Stress
- ☐ Inflammation
- ☐ Detoxification
- ☐ Methylation
- ☐ Bone Health
- ☐ Cholesterol metabolism
- ☐ Insulin Resistance
- ☐ Food Responsiveness, such as sensitivities to lactose, caffeine and salt intake

Why is this important?

Oxidative Stress

leads to free radicals which are implicated in cancer, heart disease, strokes, MS, Alzheimer's, Parkinson, premature aging and almost any debilitating, degenerative condition.

Inflammation

when out of control can disrupt your immune system and lead to a variety of chronic diseases.

Detoxification

is the physiological process of removing toxins from the body.

Methylation

is a biochemical process involved in almost all of your body's functions.

- ☑ The production and recycling of glutathione — the body's master antioxidant
- ☑ The inflammation response
- ☑ Serotonin production and the balancing of brain chemistry
- ☑ Energy (mitochondrial) function
- ☑ The repair of cells damaged by free radicals