WHAT YOUR GENES CAN AND CAN'T TELL YOU

And where to start with food choices to support optimal genetic expression



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Have you ever been told that something "runs in the family," and felt like that was the end of the story?

It's a common feeling, especially for women dealing with weight, hormones, inflammation or lipoedema. But genes are not the whole story, and they are not a sentence.

Think of your genes as a recipe book, not a verdict.



They hold the recipes, but your food, sleep, movement, stress and gut health all help decide which recipes get used, and how loudly.

This guide explains what your genes can and can't tell you, and gives you simple food habits that work with your body.

No jargon, no guilt, just a clearer way to look at your health.

Let's get into it.

WHAT YOUR GENES CAN AND CAN'T TELL YOU

Genetic testing can help show:

- How your body may handle fats and carbohydrates
- Where inflammation may tend to run higher
- Which nutrients you may need a little more of
- How well your body may process everyday exposures and hormones

Genetic testing can't:

- Predict your future
- Replace good food, sleep and movement
- Explain everything about you (your gut, hormones, stress and life stage all matter too)
- Tell you that you are "doomed" to anything

Your genes are a map, not a sentence. A map doesn't tell you where you must end up. It helps you choose a smarter route.

Targets such as protein, carbohydrate and fat still matter. Genetics helps us personalise them and choose the foods that suit you best.

FIVE FOOD HABITS THAT WORK WITH YOUR GENES

1. Cruciferous vegetables most days - Broccoli, cauliflower, cabbage, Brussels sprouts and broccoli sprouts contain sulforaphane, which helps switch on Nrf2, your body's own antioxidant and detox switch. Tip: steam them lightly rather than boiling them for a long time.

2. Colourful, polyphenol rich plants - Berries in small serves, leafy greens, red cabbage, capsicum, herbs, spices, olive oil and green tea are rich in plant compounds that feed your good gut bacteria and help calm inflammation. If you have a sensitive gut, introduce these foods gradually.

3. Oily fish twice a week - Salmon, sardines and mackerel provide omega-3 fats, which support a healthy inflammation response. Other omega oils work for those who don’t eat fish.

4. Leafy greens daily - Spinach, rocket, silverbeet and kale provide folate and magnesium, which your body uses for many everyday processes.

5. Herbs and spices - garlic, ginger, turmeric and rosemary add flavour and plant compounds at almost no cost.

A GENTLE WORD ON PERFECTION

You don't need to do all of this at once, and you don't need to do it perfectly. Small, steady steps add up.

Small steps for this week

- Add one cruciferous vegetable to your dinner three nights this week
- Swap one processed snack for a real food option
- Notice which foods leave you feeling steady and which leave you flat

Questions to reflect on

- What "runs in my family" that I've quietly accepted as unchangeable?
- Which foods make me feel my best?
- What one small habit could I start this week?

PROGRESS, NOT PERFECTION. ALWAYS.



YOUR NEXT STEP

If this resonates with you, I'd love to help you work out what's right for your body, whether that's weight loss, menopause symptoms, gut health, lipoedema, or simply feeling like yourself again.

I offer a free, no obligation chat where we talk about what's going on for you and what might help. No pressure, just a conversation.

Click here to find a time
in my diary for a chat.

If you're curious about your own genes, my favourite testing is through a company called Fitgenes. This type of testing gives you so much helpful information, and it truly changes the way you focus on your health.

Learn more about genetic testing via my website
www.carriereedy.com

Get in touch to find out more.

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