

SmartTalk Blog

5 Insights Hidden In Your DNA [Free Guide]

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Would you like to know more about the nutrition and fitness insights hidden in your DNA?

Then download our FREE new PlainSmart guide, *5 Weight Loss Insights Hidden in your DNA*.

Not just for weight loss, our guide gives you a peek into how we process the food we eat – on a genetic level – as well as why some of us have that proverbial "sweet tooth" and some of us don't! Or why an extra cup of coffee might actually be beneficial for certain people, yet harmful to others. The tendency to develop and maintain healthy eating and activity habits derives from your genetics, as well as your past experience and your present environment. Knowing your genetic tendencies can help you choose the best strategies for your healthy eating behavior and preferences. The good news is that you can always take steps to maintain healthy eating behaviors, no matter what your genetic predispositions might be.

Welcome to SmartTalk, our PlainSmart Wellness and Weight Management blog.

Stop by often for:

- Practical tips for good nutrition
- Activity and exercise strategies
- Healthy and delicious recipes
- Events and specials
- The newest science in wellness and weight management
- Good news about what's going on at PlainSmart!

Diabetes? Kidney disease?

We now accept Medicare for Medical Nutrition Therapy. Call us at 720-214-7949 for more information.

DNA diagnostics allow Registered Dietitian Nutritionists (RDNs) like us to pinpoint solutions for your specific needs, whether it's weight loss, low energy, food intolerances, or simply a desire for a healthier lifestyle.

Star in Your Own Success Story

Your unique health and weight management needs are no longer a mystery! Decode your own personal DNA insights to manage your nutrition and metabolism, to boost your health and athletic performance, and to develop everyday habits for a lifetime of wellness.



Download our FREE DNA guide here.

[download guide](#)

Interested in learning more? We'd love to tell you!

We use a customized approach to nutrition and fitness for your own genetic blueprint, developed from your DNA test results and the most current evidence-backed scientific research. Ask for more info!

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