



## Nutritional Genomics - A Consumers Guide to How Your Genes and Ancestry Respond to Food: Tailoring What You Eat to Your DNA

By Anne Hart

iUniverse. Paperback. Book Condition: New. Paperback. 368 pages. Dimensions: 9.0in. x 6.0in. x 1.0in. Learn to interpret the expression of your genes before you count your calories. If you're supposed to eat bright for your genotype, then you begin by mapping your genetic expression. Can the average consumer afford to find out what to eat for improved health and nourishment based upon tests of genetic expression? Can consumers override any inherited risks revealed in the genetic signature with foods and nutraceuticals individually tailored? What does it mean to eat smarter foods that target specific genes? How do your genes respond to what you eat? There is a strong connection between nutrition and genotype, especially in regards to your cardiovascular and central nervous system health. So you need to tailor foods intelligently to your DNA. Match what you eat to your genetic expression. Genes are distributed, function, and work in such ways that nearly every reasonable diet could work well in about six percent of the population. Nutritional genomics, often abbreviated as nutrigenomics, is about increasing that success rate. How will science working together with the consumer tackle the issues confronting us as the population ages? Consumer involvement can democratize the science of nutritional...



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