



Nutrition & Genetics



Nutrigenomics is the study of how diet interacts with your genes and how individual genetic differences can affect the way you respond to vitamins, minerals, and compounds in the foods we eat.

Cancer is the second leading cause of death in the world as of 2018. One-third of those deaths attributed to diet, environment and lifestyle factors, and it is estimated that up to 50% of cancers could be prevented by avoiding risk factors and implementing proven strategies. This is why this nutrition genome test is crucial for cancer patients and analyzing their genetic makeup and how their diet is affecting which genes are turned off and on which influences not only your health but the health of up to four generations.

Genetic testing digs deep into your enzyme function, which is effected by deficiency, toxicity, stress, drugs and toxins. Optimizing enzyme function with the dietary co-factors may help lower inflammation, balance hormones, improve mental health, optimize digestion, increase athletic performance, and decrease the probability of disease and cancers to further grow.

The application of the Nutrition Genetic Report can be applied to a wide range of pathways to help understand how disease can manifest, and how you can be proactive to understand your individual biochemistry. For cancer, the Nutrition Genetic Report can be a phenomenal aid in helping you understand your body's strengths and weaknesses, and how to epigenetically improve the probability of excellent health.