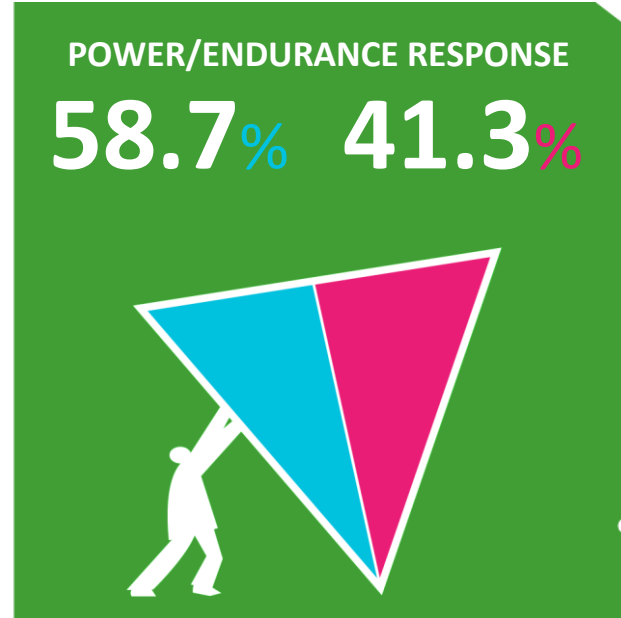




John Loehr
 OUR GENES MAKE US WHO WE ARE, SO NATURALLY THEY IMPACT EVERY ASPECT OF OUR HEALTH AND WELLBEING. UNDERSTANDING YOUR DNA WILL HELP YOU MAKE THE RIGHT CHOICES TO LIVE A HEALTHIER LIFE.



DNAFit

INJURY RISK

VERY HIGH

HIGH

MEDIUM

LOW

VERY LOW

MEDIUM

SLOW

VERY SLOW

VERY FAST

FAST

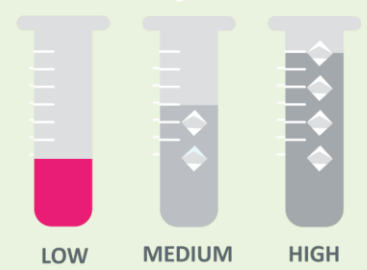
RECOVERY SPEED

DNAFit
DIET

OPTIMAL DIET TYPE

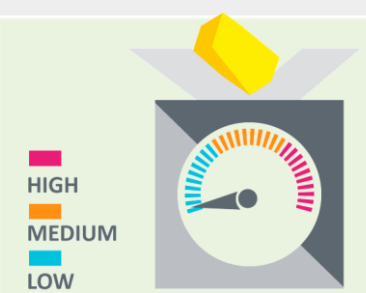


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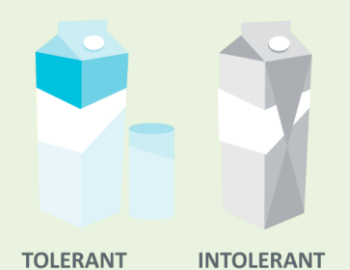
CARBOHYDRATE SENSITIVITY

Refined carbs are rapidly digested and absorbed, which may result in large swings in blood glucose levels and can also affect our energy levels and weight control. Some genetic variants are associated with an increased response to refined carbohydrates, which can have a negative effect both on glycaemia and weight management.



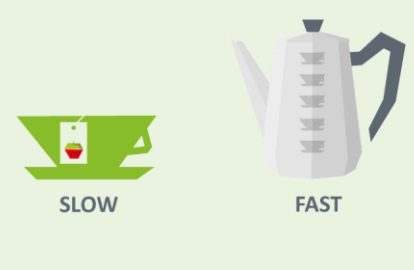
SATURATED FAT SENSITIVITY

Long-term overconsumption of saturated fats is associated with many health problems, and limits are advised. However, the way saturated fats are handled varies according to genetic variation – some of us are more efficient at getting fats from food, so in these cases a lower intake is advisable.



LACTOSE INTOLERANCE

Lactose is a sugar present in milk and most dairy products, and it is digested by an enzyme called Lactase. In many people the presence of this enzyme decreases significantly with age – determined by the lactase gene variant. This results in a reduced ability to digest lactose itself, which can cause symptoms of bloating, pain and discomfort for those affected.



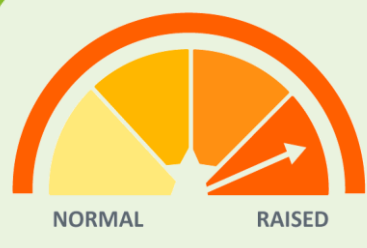
CAFFEINE SENSITIVITY

Caffeine is the most common stimulant we ingest on a regular basis. Primarily we get our caffeine from coffee, but also from energy drinks, tea and even certain medicines. While a moderate amount of caffeine is usually harmless, in some people excessive caffeine intake can cause anxiety, insomnia headaches and stomach irritation. Individuals can be classed as slow or fast caffeine metabolisers, determined by personal genetic variation.



ALCOHOL SENSITIVITY

Moderate alcohol consumption is associated with some health benefits, e.g. improved lipid profile. But, it is well known that over consumption has both short and long term negative consequences. The benefits to HDL cholesterol levels seem to be influenced by genetic variation in metabolizing alcohol enzymes and some benefit more than others – though of course always in moderation!



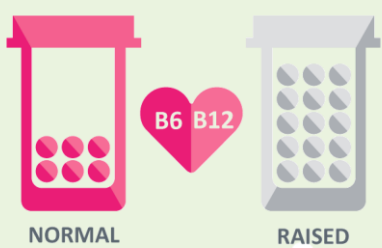
ANTI-OXIDANT NEED

Anti-oxidants are molecules found in fresh foods like vegetables and fruit; they play a role in the removal of free radicals, which can be harmful to our health. The Anti-Oxidant vitamins are Vitamins A, C and E.



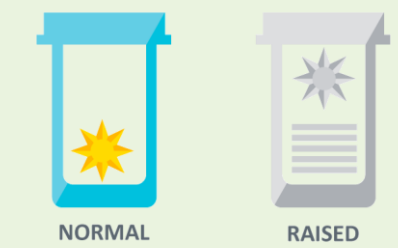
OMEGA-3 NEED

Omega-3 fatty acids are a type of unsaturated fat, often referred to as 'essential fatty acids' thanks to their role in making our bodies function normally. Oily fish, such as mackerel, salmon and sardines are a great source of dietary Omega-3's.



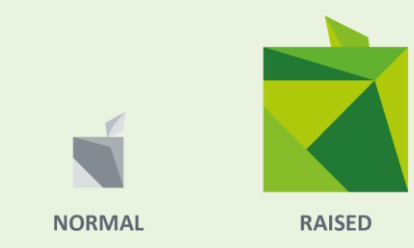
VITAMIN B NEED

Our nervous system, digestion and red blood cells depend on vitamin B to maintain normal function. Certain B Vitamins work in conjunction with folic acid to support our heart health - one gene in particular is well known for its roles in the utilization of folic acid and vitamins B6 and B12.



VITAMIN D NEED

Vitamin D helps us maintain normal blood levels of calcium and strengthens our bone structure. Although it is found in certain foods, our skin can also create Vitamin D when we are exposed to sunlight. Lack of enough vitamin D, over the long term, is associated with increased risk of osteoporosis and other health problems.



CRUCIFEROUS VEGETABLE NEED

Cruciferous vegetables are named for their cross-shaped flowers; they include cabbage, brussels sprouts, broccoli, cauliflower and kale. Their well-known health benefits are related to substances called glucosinolates, which help maintain cellular and cardiovascular health and promote removal of toxins.