

## Nutrigenomics or Gene health

Overall health, longevity and the absence of chronic disease relies on a number of factors associated with lifestyle. A healthy diet rich in plant foods, good quality protein, beneficial fats and prebiotic fibres is commonly prescribed, but rarely do we consider how these measures enrich our health through our genes.

### Nutrigenomics

Research in the area of nutrigenomics has identified a large number of bioactive compounds in plants and other foods which are able to influence how our genes affect our health.

No longer are individuals considered to be at the mercy of their genes. A healthy lifestyle may alter gene expression, reducing the risk of genetically linked diseases. Similarly, the inheritance of 'good genes' does not ensure a long life with the absence of chronic illness as gene expression may also be negatively influenced by a poor lifestyle.

Research is attributing our health less and less to only genetics and more to epigenetics – up to 80% influenced by our lifestyle!

Many conditions are thought to be the result of poorly functioning mitochondria (powerhouse) in cells. One example is Type 2 Diabetes – the build up of *trans*- and hydrogenated fats within the cells of type 2 diabetics, combined with poor nutrient consumption, results in reduced efficiency of the cells leading to insulin resistance.

More than 80% of our immune system is within the gastrointestinal tract. Therefore, the health of our digestive system is vital for reducing risk of infection and preventing chronic inflammation, allergies and autoimmune diseases. Optimal gastrointestinal function is largely dependent upon maintaining healthy mucous membranes to prevent leakage of toxins into the body. Correct strains of probiotics can regulate metabolism within the colon and prevent leaky gut which leads to the progression of inflammation and increased passage of pathogens.

Providing our cells with the nutrients they require to function well and help them combat lifestyle challenges is what good nutrition is all about. Using Haemaview live blood screening, Dagmar is able to assess your digestive health and identify any nutritional deficiencies. Following a comprehensive assessment, your specific nutritional needs can be addressed.

Should you also wish to know what your genetic blueprint says, DNA testing is available on request. However, lifestyle has greater influence over our health than our genes do.