



Your Genes & Nutrition

Nutrigenomics is the science of how our genes and nutrition interact and impact on our health and wellbeing.

We inherit our genes from our parents. There is a dynamic interaction between our genes and environment. Nutritional intake and toxins are two major environmental factors that interact with our genes and involve metabolic pathways such as methylation, inflammation, oxidative stress and detoxification.

We can optimise how well our genes function with the assistance of genetic profiling and appropriate nutritional and lifestyle interventions.

Each person has a different genetic profile. Each person has different nutritional requirements. Each person's exposure and ability to eliminate toxins varies. Each person's situation is unique and requires personalization for improved health outcomes.

Fortunately the knowledge and technology is now available through the use of gene profile testing. It is best done as part of an integrated holistic medical approach which combine standard medical practice with evidence based nutritional support.

For further information about genetics please refer to the following websites:

- <http://www.genetics.edu.au/Genetic-conditions-support-groups/Understanding-Genetics>

For further information about nutritional genomics please refer to the following websites:

- <http://nutrigenomics.ucdavis.edu/?page=information>
- http://www.nchpeg.org/nutrition/index.php?option=com_content&view=article&id=395&Itemid=559