**YOU received your 23andme genetic information.... NOW WHAT?? The computer reports do not know YOU as an individual and cannot pinpoint the way YOUR genes are being expressed!**

Genetic expression is determined/affected by a person’s entire environment. This includes sleep habits, nutrition, nutrient availability, exercise or lack of, environmental exposures, etc. It is easiest to consider your parent's health history. Is there anything you would like to change for your own health history or your children's? For example, there is a genetic propensity for insulin resistance; and protocols that can be adopted to turn

off the genetic expression or "optimize" the expression of these genes to prevent blood sugar regulation from being your challenge.

Using genetic interpretation, personal interactions with the client, & Spectracell testing, the "epigenetic Lens" offers a level of guidance that provides clarity related to the client's current genetic expression. This precise information combined with the client's goals; allows us to develop a nutrition, lifestyle, and supplementation program that alters the client's genetic expression (epigenetics) to enable them to achieve their personal wellness goals. Whether it is weight loss, weight/muscle gain, blood sugar regulation, detoxification optimization, improved sleep quality, improved exercise results, improved energy levels, cognitive function, or mood or more; YOUR individual genetics is the road-map to achieving your goals.

Real health and vitality are ours for the taking. The confusion over what to do, when to do it, and having to decipher mountains of seemingly contradictory information can stand in the way of you achieving your wellness goals. The premise that what works for one, works for all has been displaced by the genetic revolution. We no longer have to settle for the "one size fits all" approach to health.

***Thru genetic interpretation we now have the ability to identify genetic opportunities to change the course of the client's health or wellness as they define it.***

**How Can Epigenetics Help Me?**

***Epigenetics is the way your genes express themselves***

**Using a highly personalized Epigenetic "GPS" approach; I work with Client's, focusing on the areas of:**

* Sleep optimization

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Nutrition (both Weight Loss & muscle building), metabolism optimization &

optimal blood sugar control and lipid regulation Supplementation requirements & utilization

Optimal genetic based Workout, performance enhancement, and recovery

Optimization of Detoxification pathways Hormone optimization & metabolism And more....

**Contact me for a complimentary consultation!**