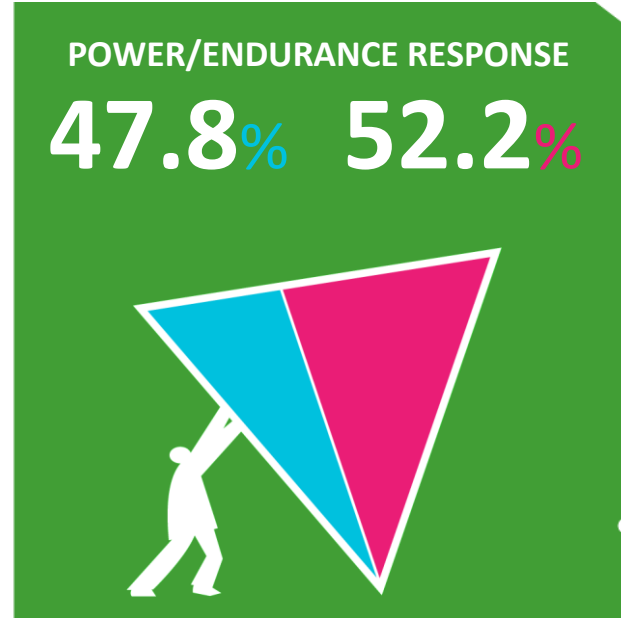


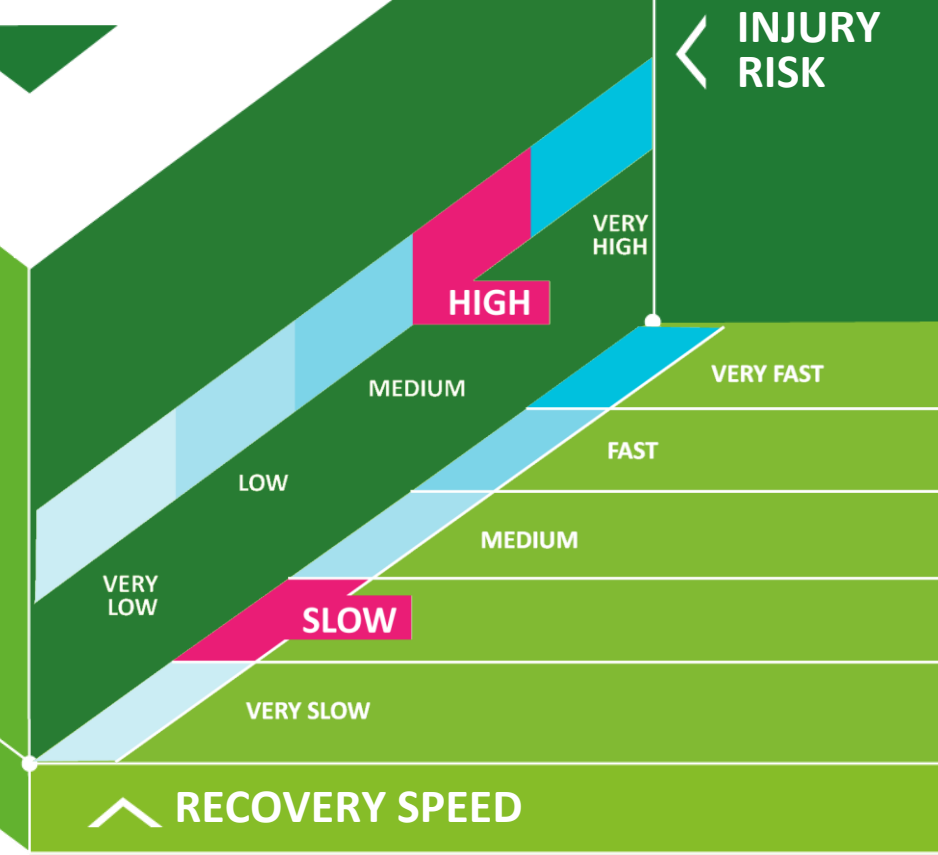


Breanna Gunn
 OUR GENES MAKE US WHO WE ARE, SO NATURALLY THEY IMPACT EVERY ASPECT OF OUR HEALTH AND WELLBEING. UNDERSTANDING YOUR DNA WILL HELP YOU MAKE THE RIGHT CHOICES TO LIVE A HEALTHIER LIFE.



DNAFit

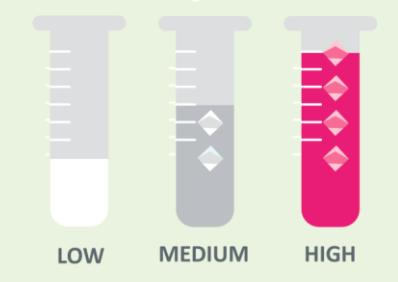
INJURY RISK



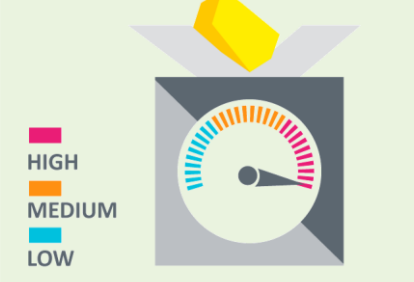
RECOVERY SPEED

DNAFit
DIET

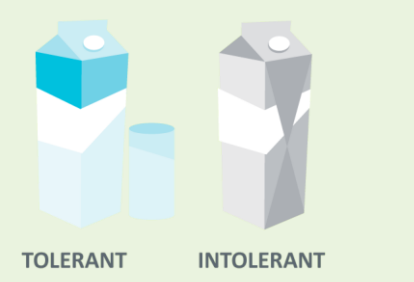
OPTIMAL DIET TYPE



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.



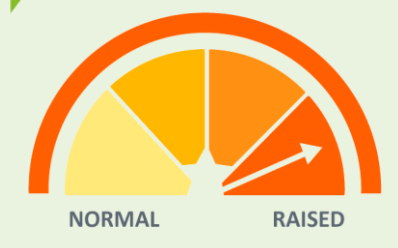
LACTOSE INTOLERANCE
 Lactose is a sugar present in milk and most dairy products, and it is digested by an enzyme called Lactase. In many people the presence of this enzyme decreases significantly with age – determined by the lactase gene variant. This results in a reduced ability to digest lactose itself, 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.



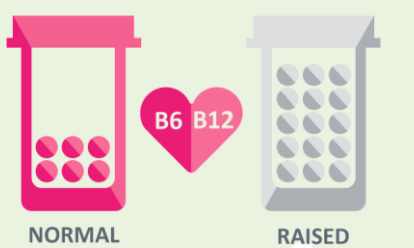
ALCOHOL SENSITIVITY
 Moderate alcohol consumption is associated with some health benefits, e.g. improved lipid profile. But, it is well known that over consumption has both short and long term negative consequences. The benefits to HDL cholesterol levels seem to be influenced by genetic variation in 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.



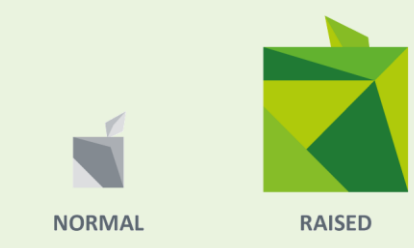
OMEGA-3 NEED
 Omega-3 fatty acids are a type of unsaturated fat, often referred to as 'essential fatty acids' thanks to their role in making our bodies function normally. Oily fish, such as mackerel, salmon and sardines are a great source of dietary Omega-3's.



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.