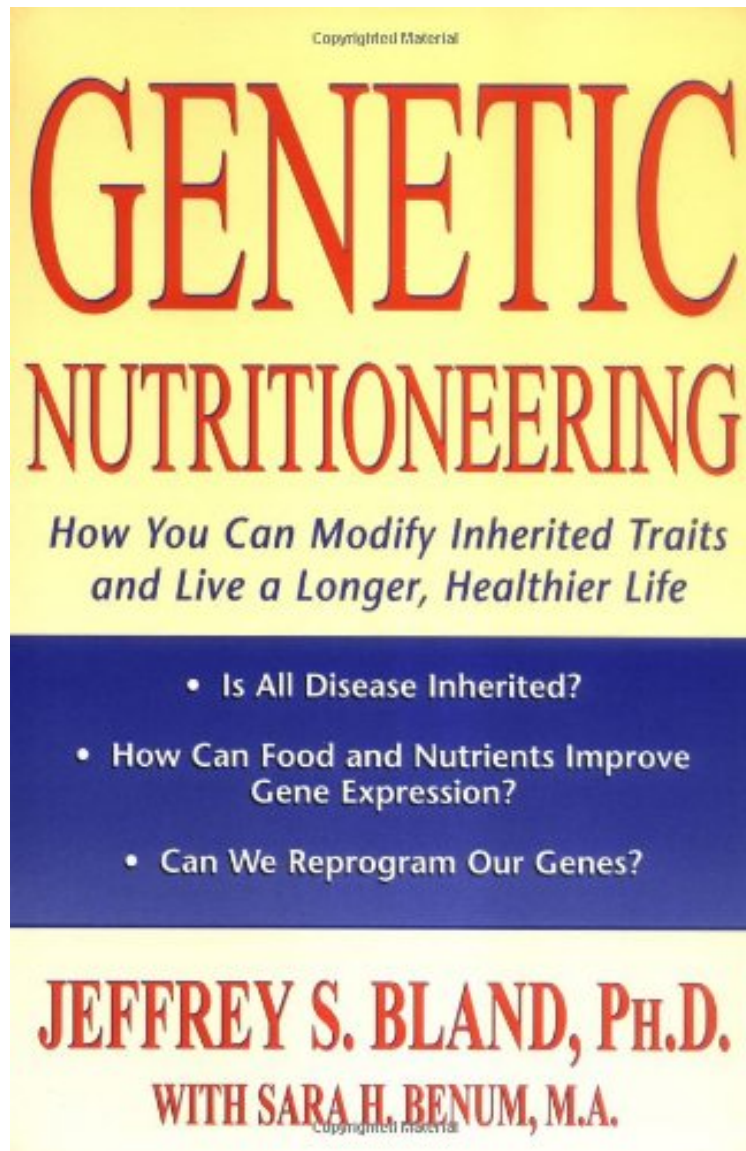


Genetic Nutritioneering

Jeffrey S. Bland

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for people looking to achieve their optimal genetic potential healthwise. Dr Bland explains clearly how our genes express the messages and affect the cellular level functioning according to the environment they are in. Under optimal environment, the gene message translation and post-translation effects lead to highly functional body, mind. The author explains how nutritioneering can be used to turn on helpful genetic messages and turn off bad genetic messages. This book is definitely a good read for anyone wanting to understand how optimal body, mind can be achieved through nutritioneering.

The Human Genome Project is producing a revolution in health, raising the prospect of averting hereditary diseases by re-programming our genes. Having identified genes linked to diseases such as cancer, diabetes and arthritis, researchers have shown that unfavourable genetic messages can be improved by changes in lifestyle, diet and environment. This book uses detailed questionnaires to help you to read your own genetic characteristics and to construct a comprehensive nutritional programme tailored to your own needs.