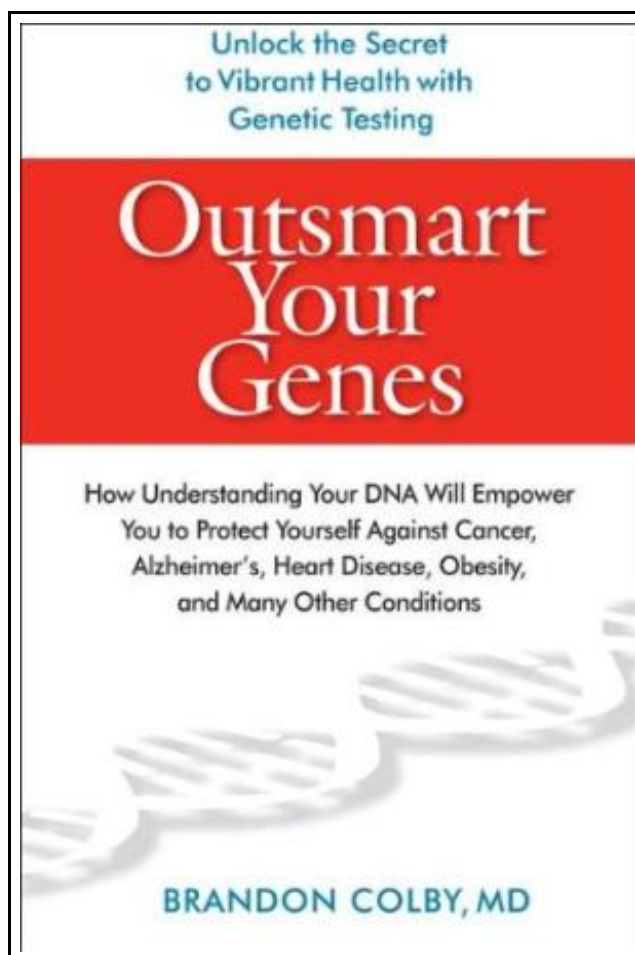


Outsmart Your Genes: How Understanding Your DNA Will Empower You to Protect Yourself Against Cancer, Alzheimer's, Heart Disease, Obesity, and Many Other Conditions (Hardback)



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Reviews

The book is great and fantastic. It is written in straightforward words and phrases rather than difficult to understand. You won't really feel monotony at any time of your respective time (that's what catalogues are for regarding should you question me).

(Payton Miller)

OUTSMART YOUR GENES: HOW UNDERSTANDING YOUR DNA WILL EMPOWER YOU TO PROTECT YOURSELF AGAINST CANCER, ALZHEIMER S, HEART DISEASE, OBESITY, AND MANY OTHER CONDITIONS (HARDBACK)

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Perigee Books, United States, 2010. Hardback. Book Condition: New. 217 x 167 mm. Brand New Book. Predictive medicine is the most exciting-and potentially groundbreaking-medical development in decades. Written by Brandon Colby, MD, a leader in the fields of predictive medicine and genetic testing, Outsmart Your Genes will empower you, the reader, with a clear understanding of exactly what predictive medicine entails and how it can be used today to protect your health as well as the health of those you love. Written in straightforward, nontechnical language, Outsmart Your Genes enables everyone, even those without any background in genetics or medicine, to understand the benefits of predictive medicine. Separating myth from fact and answering all the tough questions, Outsmart Your Genes clearly explains: *How the revolutionary new medical specialty called predictive medicine analyzes your genes and provides you with clear solutions to protect your health and wellbeing. *What the process will entail and how simple it is. For example, the process doesn't even require blood or use needles - instead, all that's needed in order to run the analysis is a small amount of your saliva. *What your genes can reveal about your overall health and how we can use that information to provide you with a genetically tailored plan for preventing cancer, Alzheimer s, heart disease, obesity, and many other conditions. As opposed to just generalities, specific examples are given so that you'll know exactly how medicine will improve your life. *The many ways in-which learning about your genes can help you formulate a genetically tailored nutrition and athletic plan that may help you shed those extra pounds and stay trim and fit. *How predictive medicine can help both prospective and current parents protect their children against SIDS and also help minimize the impact of and most...



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