

[PDF] Change Your Genetic Destiny

Catherine Whitney, Dr. Peter J. D'Adamo - pdf download free book



Books Details:

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Description:

From Publishers Weekly Broadening his approach to diet and health beyond the four blood types, naturopathic physician D'Adamo (*Eat Right 4 Your Type*) profiles six GenoTypes and explains how readers can reprogram gene responses to lose and maintain weight, repair cells, avoid illness and age well. D'Adamo draws on epigenetics, the study of the interaction between genes and environment, to argue that tailoring diet and lifestyle to GenoTypes (genetic survival strategies that predate ethnicity and race and correspond to such external traits as body type, jaw shape and teeth patterns) is the most effective means to achieve optimum health. While conditions in the prenatal

environment—our own and our ancestors—have profound effects on our genes, D'Adamo contends, readers can take control of their inheritance by turning on positive genes and silencing negative ones through methylation, histone acetylation and other biological processes. He provides methods for readers to determine their types; these include body measurements, fingerprints, and personal and family history. D'Adamo's dietary recommendations are flexible and consist of lists of foods that enhance each GenoType and foods to limit or avoid, but readers can find meal plans and recipes on the author's Web site. D'Adamo's engaging writing style, enthusiasm for his subject and personalized advice will appeal to those who enjoy taking a hands-on approach to their health and exploring new theories. (*Jan.*)

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