



Things to **know** about 'red' genes...

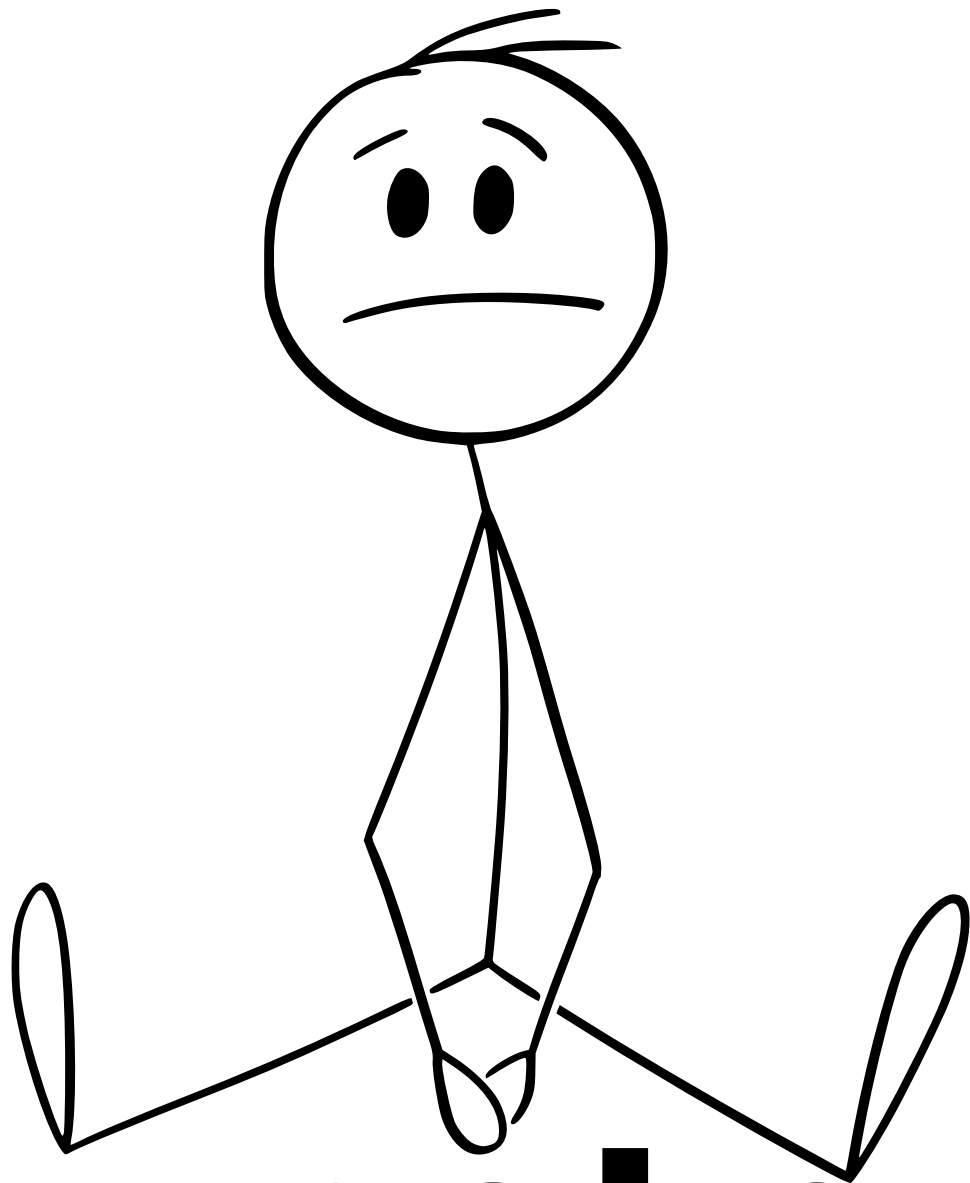




**their
effect is -ve**

they're not the best genes to have, that's fair to say; but they don't live in isolation and it is good to know these things so that we can minimise their effect...

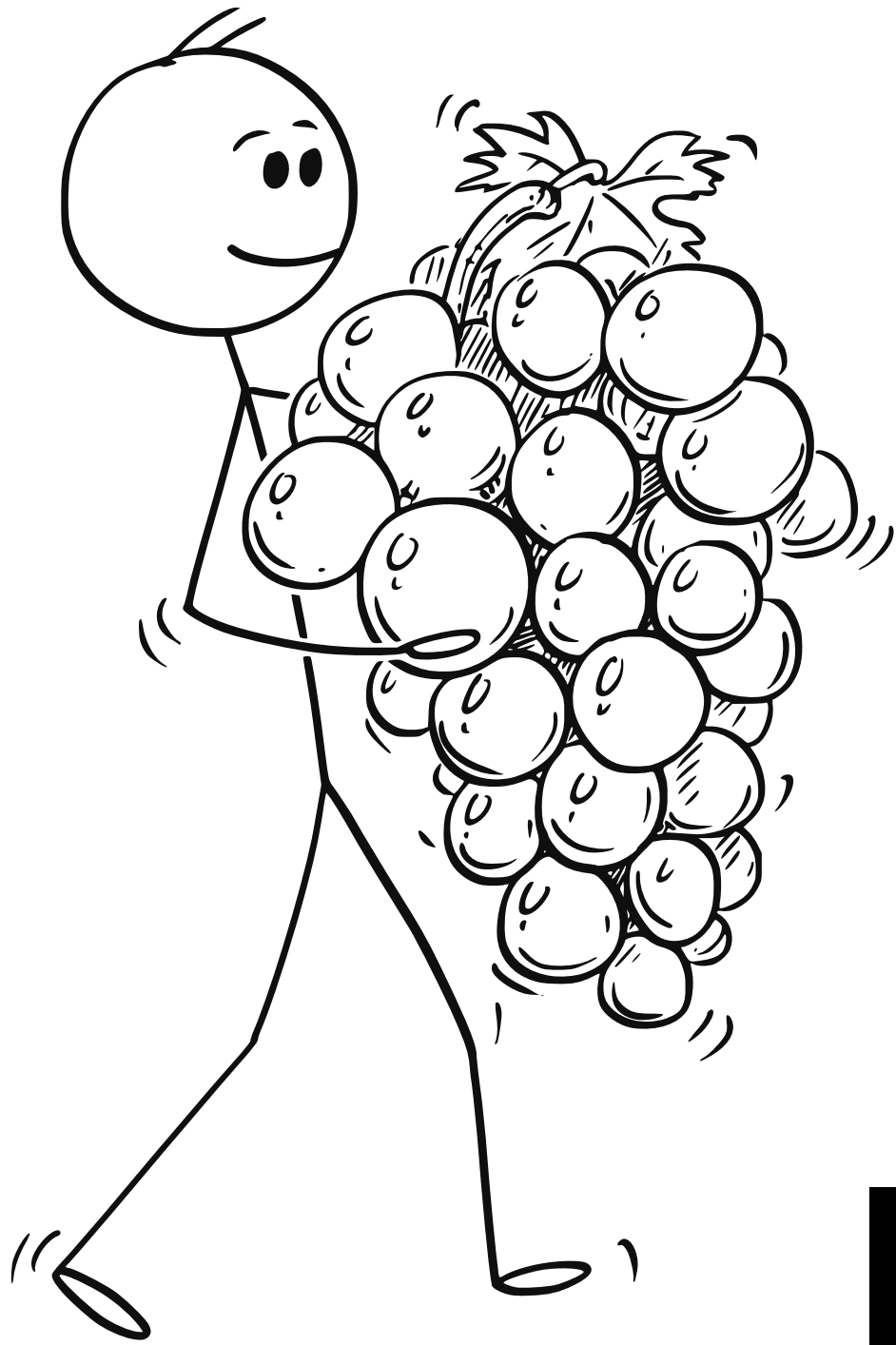




**they're
not anything
to be scared of**

the whole point of nutrigenomics is to improve the impact of your environment on your genes so that it improves your gene function...there's a lot we can do...

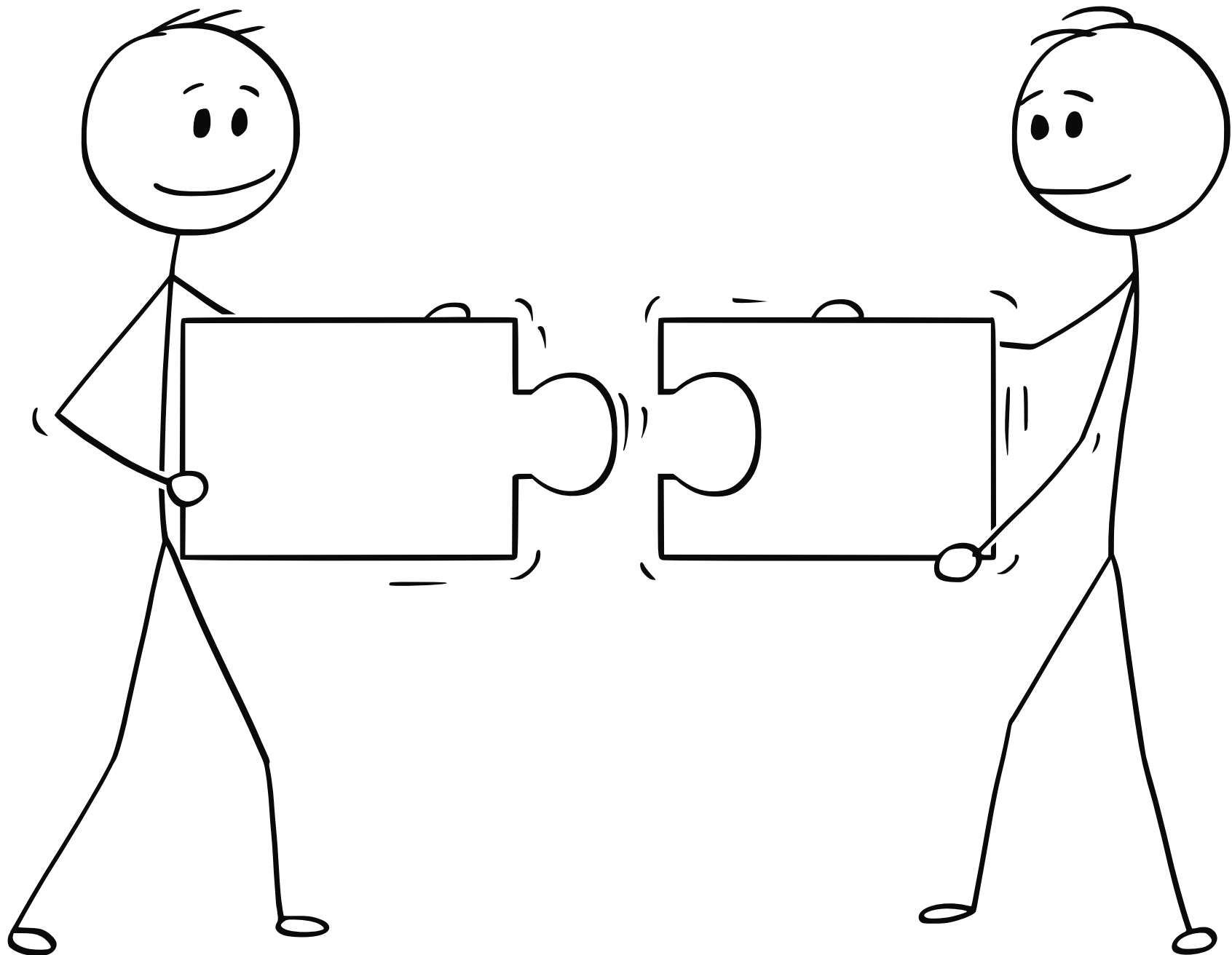




**it could
be quite
simple to solve**

it might be as simple as eating a whole bunch of berries; or maybe taking a daily supplement....





now we can create a plan

knowledge is power; together we work out what to **stop**, **start** & **do more of**...what to **add in**, **limit** and **avoid**...we create a plan...



if you
find this
interesting,
please get in
touch...

