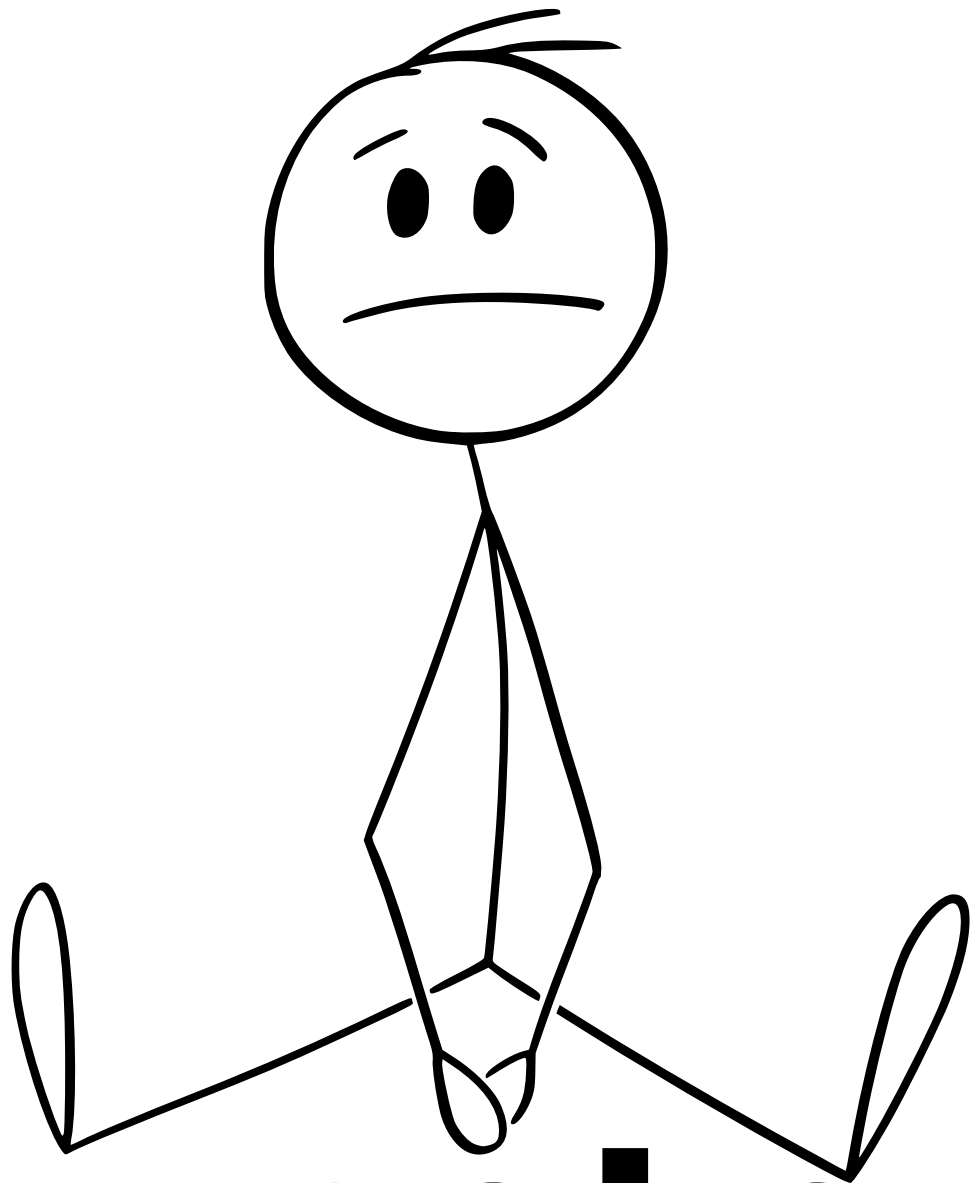




# Things to **know** about 'red' genes...

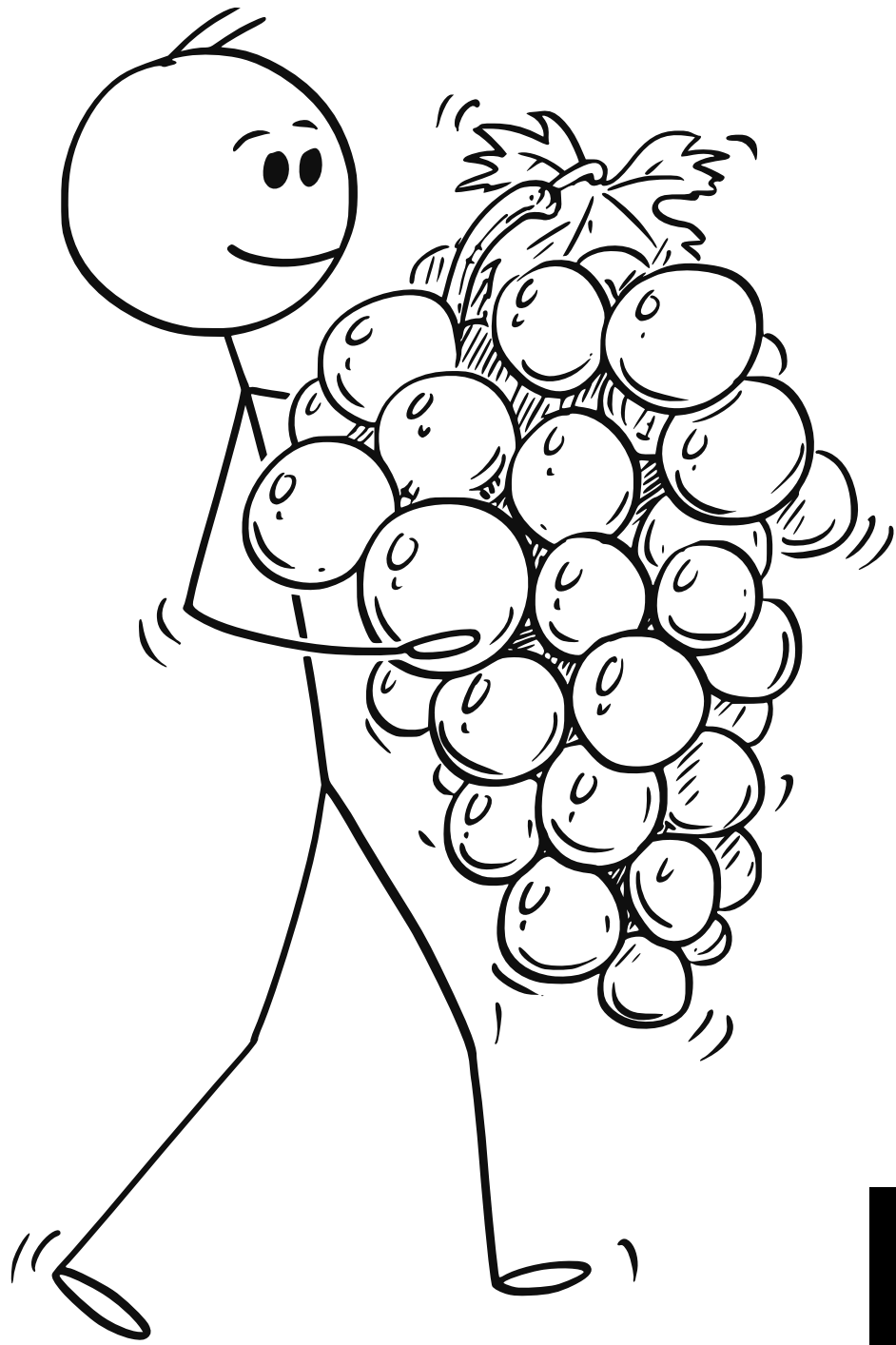




**they're  
not anything  
to be scared of**

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...

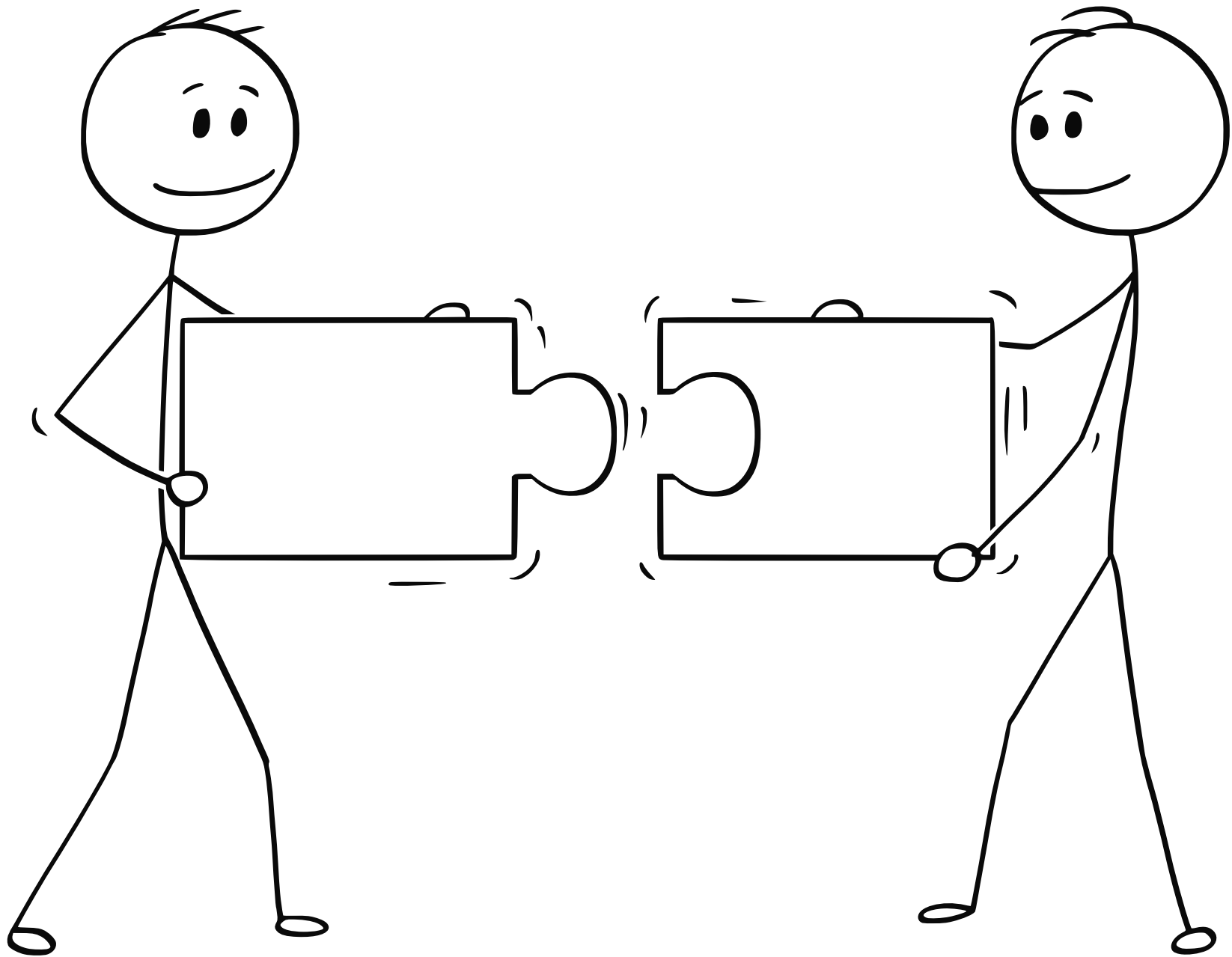




**their  
effect  
is (usually) -ve**

they're not the best genes to have, that's fair to say; but they don't live in isolation and the genes around them might actually be compensating. it is good to know because lifestyle & nutrition can minimise their effect...





# now we 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 your personalised plan...



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

