



"Includes a 10-day jump-start plan"--Jacket.

Impossible Choices, The Breast Cancer Gene, and How I Defied My Destiny

Uk Cove

Taking Control of Your Genetic Destiny with Diet and Lifestyle

Unlock the Astonishing Power of Your DNA for Optimum Health and Well-Being

Unzip Your Genes

Cook Right 4 Your Type

A Breakthrough Program to Treat the Root Cause of Illness and Optimize Your Health

Unzip Your Genes will show you how take your own health into your own hands. You will no longer sit on the sidelines--instead you can play an active and empowered role in the state of your own health. In this book you will: • Understand how the environment and your genes interact. • Learn how to use your own genetic information to your advantage. • Create an actionable plan based on your genomics to radically transform your health and improve your vitality. • Discover how to improve your health span and lead a productive, happy and healthy life. Dr. Jennifer Stagg is an experienced physician and expert in Precision Medicine--an emerging approach for disease prevention that takes into account an individual's genes, environment, and lifestyle. In Unzip Your Genes Dr. Stagg provides insight on how you can take practical steps that can radically transform the state of your health and well-being.

Why Your Genes Need Traditional Food

The Remarkable, Completely Misunderstood Relationship Between You and Your Genes

Unleashing the Power of Consciousness, Matter & Miracles