

Genetic Kit Module

A Nutri-Environmental Genetic Focus

- In this module you will learn about the various genetic test kits AND applications to understand your superfoods and superchemicals.
- You will learn how to build a Nutri-Environmental Map
- You will learn how a popular cancer gene (BRCA) is influenced by various chemicals and foods.
- You will learn how to weave the workshop concepts into Nutri-environmental genetic interplay
- The workshop was important because it is the foundation and it will be revisited in each module. It was overwhelming for some but it will now start making sense of why it was an important first step.
- You will learn how to weave the genetic concepts from the workshop into reading reports
- Learn about hacks for eliminating select chemicals

Q/A

Why is this important?

To understand how you can find your predispositions and how to optimize personalized prevention measures.

Why are superchemicals so important to understand?

Everyone has different chemicals they are more sensitive to and important to know this for

1. Avoid 2. Up regulate enzymatic processing systems for those chemicals 3. Up regulate elimination systems for those chemicals 4. Use the right foods to support those chemical

Why are superfoods so important to understand?

Everyone has different vitamin and mineral inefficiencies which can then impact many pathways including detoxification (chemicals).

Why Nutri-Environmental Genetic Predispositions?

An unwell state does not stem from one gene, one deficiency or one toxicity but rather it is this Nutri-Environmental interplay that leads to an unwell state.

Do I need to have genetic testing for this module?

No not necessary. The concepts will allow for you to select the right applications.

If I have genetic testing is this the module for me?

Yes because this module is more about how to select the right applications

Who is this for?

Everyday people, Citizen scientists, Health Care professionals, Bio Nerds, Biomarker enthusiasts, someone who wants to figure out a chronic situation, someone who wants to ask well informed questions when speaking to their practitioner.

What is the time and cost commitment?

\$200/2hrs

