



Outsmart Your Genes: How Understanding Your DNA Will Empower You to Protect Yourself Against Cancer, Alzheimer's, Heart Disease, Obesity, and Many Other Conditions

Brandon Colby

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Learn what you and your doctor can do today to alter your genetic destiny.

Predictive medicine is the most exciting--and potentially groundbreaking--medical development in decades. Written by Brandon Colby, MD, a leader in the fields of predictive medicine and genetic testing, *Outsmart Your Genes* will empower you, the reader, with a clear understanding of exactly what predictive medicine entails and how it can be used today to protect your health as well as the health of those you love.

Written in straightforward, nontechnical language, *Outsmart Your Genes* enables everyone, even those without any background in genetics or medicine, to understand the benefits of predictive medicine. Separating myth from fact and answering all the tough questions, *Outsmart Your Genes* clearly explains:

- How the revolutionary new medical specialty called predictive medicine analyzes your genes and provides you with clear solutions to protect your health and wellbeing
- The many ways in-which learning about your genes can help you formulate a genetically tailored nutrition and athletic plan that may help you shed those extra pounds and stay trim and fit. (A specialized field of genetics known as *nutrigenomics*.)
- How predictive medicine can help both prospective and current parents protect their children against SIDS and also help minimize the impact of and most effectively treat many other childhood diseases such as autism, asthma, dyslexia, obesity, and diabetes.
- Learn about the genetic technologies of companies that provide genetic testing including 23andMe, Illumina, Life Technologies, Complete Genomics, Pacific Biosciences, Sequenom, Quest and LabCorp.
- The top five questions you need to ask in order to assess:
 1. The credibility of the laboratory doing the testing.
 2. The types of diseases included in the test.
 3. How thoroughly the test actually evaluates your risk for each of the diseases.
 4. Whether the information is provided in a way that makes it actionable.
 5. Whether the results will be delivered in a format that is straightforward and easy to understand.

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This *Outsmart Your Genes: How Understanding Your DNA Will Empower You to Protect Yourself Against Cancer, Alzheimer's, Heart Disease, Obesity, and Many Other Conditions* is great guide for you because the content that is full of information for you who also always deal with world and get to make decision every minute. This book reveal it data accurately using great organize word or we can say no rambling sentences inside it. So if you are read the item hurriedly you can have whole info in it. Doesn't mean it only offers you straight forward sentences but hard core information with wonderful delivering sentences. Having *Outsmart Your Genes: How Understanding Your DNA Will Empower You to Protect Yourself Against Cancer, Alzheimer's, Heart Disease, Obesity, and Many Other Conditions* in your hand like obtaining the world in your arm, information in it is not ridiculous 1. We can say that no e-book that offer you world throughout ten or fifteen second right but this publication already do that. So , this is certainly good reading book. Hi Mr. and Mrs. busy do you still doubt that will?

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