

Could the gym be making you fat?

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Feel like you're on the weight loss treadmill?

Have you been on every possible diet and slurped and gnawed your way through practically every protein shake and bar in the market? Have you spent hours pounding the treadmill and pushing weights and wondered why, that no matter how hard you try, the gym somehow seems to actually be making you fatter?! In fact, have any of your determined efforts taken you down the road to looking and feeling slim, taut and terrific? If you are like many, it seems that the road to successful weight loss is indeed the road less travelled by. More than likely, you are wondering how you will ever find your way through the maze of endless diet advice to even get close to reaching your desired bodyweight. And if you do get there, will you be able to keep off those kilos, or will they silently return to your bottom, hips and thighs? Sound familiar?

Can your genes lie to you?



Without wanting to sound like yet another fork in the diet road to nowhere, the answer to realising your weight loss goals may well lie in your genes. According to a recent government report on obesity, only **30% of your body weight is a result of environmental & lifestyle factors**, whereas a **whopping 70% is the result of genetics**. Clearly, knowing some simple facts about our genetic profiles can provide valuable insight into the choices we need to make for a lighter & healthier body.

The genetic profiling revolution in health care

Fortunately for those battling the modern day bulge, **a healthcare revolution** which will change how the world deals with many health problems, including weight loss, is currently gaining momentum. Convincing scientific evidence now supports the fact that our genes, which we simply cannot change, determine what dietary & lifestyle choices are best for our health. Due to genetic differences, the choices which work brilliantly for one person trying to lose weight may simply not work for another. While one person may be able to control poor diet habits with a couple of weekly workouts, another who eats well and never misses a day on the treadmill may actually put on weight!

Naturopaths, herbalists and nutritionists, doctors, dentists, physiotherapists, chiropractors and exercise professionals are slowly starting to implement genetic profiling health care into their practices. Why all the interest? **Because it is simple and it works!!** I have just attended a Fitgenes Genetic Profiling Certification Workshop and am in awe of this brilliant new tool that has just become available to help both our clients and ourselves to obtain better health outcomes. Armed with knowledge of their genes, individuals everywhere have started to **easily lose weight, control their blood pressure, improve fertility and avoid depression** by simply understanding how to compensate for their genes.

But what if I just have bad genes?

You may be wondering whether it is worth the risk of discovering that you have 'bad' genes which you can do absolutely nothing about? Rest assured that Fitgenes apply strict criteria for inclusion of each gene in their genetic profile panel to ensure that this will not occur. For inclusion, Fitgenes require that each gene is well understood by science, is related to healthy living and healthy aging and has a less beneficial variant which occurs in a substantial portion of the population. Last but not least, known nutritional and lifestyle interventions are available to compensate for the influence of any less beneficial variants of the gene.

Although is quite possible and even likely that you will discover that you have a 'less beneficial' gene variant which potentially (and only potentially!), increases your risk of diseases such as cancer and cardiovascular disease. In a room full of naturopaths at the certification seminar I attended, not one person was immune from having a few 'least beneficial' gene variants. However, this knowledge of your genes comes with the choice to implement diet, nutritional and other interventions which will compensate for the gene variant.

To illustrate this point, **you may in fact have excellent genes for fat metabolism,** but have another less beneficial gene variant influencing another body process which is currently **blocking your ability to lose weight.** Compensating for the influence of this less beneficial gene with the right diet, nutritional & lifestyle choices will enable you to unblock your fat burning pathway and to lose weight.



Many success stories from using the Fitgenes approach clearly illustrate that once you get to this stage, you are likely to be rewarded with many lost kilos with minimal effort. In fact, if you hit the gym too hard with your fabulous new body, you might find that you undo some of the good which you just did for yourself!!

Increase your health expectancy

The beauty of genetic profiling is that once you know that your genes are not cut out to run marathons, eat a high carbohydrate diet or smoke your way healthily to old age, you are more likely to be consistently motivated about making good choices to improve your **health expectancy**. Many of us can already expect a **longer life expectancy**, but **health expectancy** is certainly on the decline. Who wants to live longer but be unable to enjoy it because of rapidly declining health? It is often as we age that we are most likely to feel the effects of those less favourable gene variants. Accepting your genes and making simple changes for a lifetime is all that is required to improve your health expectancy.

How do I find out what genes I have?



DNA samples taken from your mouth with 2 test kit brushes can currently be analysed for 40 different genes which are known to impact our health and wellbeing. A test kit can be purchased from any **Fitgenes Certified Practitioner**, who will help you to prepare your DNA sample and send it off for analysis. After lab analysis, you will receive an easy to read **Genetic Profile report** which your practitioner will discuss with you. The report will indicate your genetic strengths and weaknesses in several key areas including your **inflammation and immune system, cell defence, cardiovascular health, fat metabolism, taste and bone health**.

How can I use my genetic profile to reach my health goals?

As a **Fitgenes Certified Practitioner**, I will discuss your genetic profile report with you and provide an overview of the key implications your genes may have on your health outcomes. I will also provide a quote for **an optional customised 12 week treatment programme** which is designed to help you to interpret and use your genetic information to achieve your weight loss and/or other health goals. The programme will include regular naturopathic consultations to guide you through your genetic profile and will be inclusive of recommended nutrigenomic and herbal supplements required to compensate for particular gene variants. It may also include pathology testing required to measure and track improvements in areas such as inflammation or liver function. Undertaking such a programme is highly recommended in order to maximise your understanding of your genes and how to implement the changes required, as well as to start noticing positive health benefits.

Make your appointment for a genetic profile test today: Ph **9375 1300**.

Yours in health & wellness,

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