

DNAlysis

For Well-Being Specific to Each Individual

It is a well-known fact that not all diets, exercise routines and medical treatments show the same results for everyone. What may work wonders for one person, may have minimal or no effect for another person. Different lifestyle choices similarly affect individuals in a variety of ways – diet, exercise, stress and the environment all have an impact on longevity, but an individual's DNA is a wild card that needs careful consideration. Understanding this can make all the difference.

Personalised medicine is an emerging practice, using an individual's genetic profile to guide the prevention, diagnosis and treatment of disease. In order to get the information required to make these personalised choices, a DNA testing procedure, called DNAlysis is used.

This non-invasive DNA test identifies specific genes that are linked to optimum health and weight management. This provides the opportunity to personalise diet and exercise interventions and to recommend nutritional supplementation according to an individual's unique genetic profile.

These gene tests are divided into 4 major categories, which are: the estrogen gene test, health gene test, diet gene test and sport gene test.

THE DNA ESTROGEN GENE tests for high-risk polymorphisms in genes involved in metabolising estrogen and related compounds. The cumulative exposure to estrogen has a high correlation to the development of breast cancer. This test is therefore relevant to women considering oral contraceptives, hormone replacement therapy, bio-identical supplementation, in vitro fertilization as well as those who have been diagnosed with estrogen receptor breast cancer.

THE DNA HEALTH GENE test picks up genetic variations known to have a significant effect on health and susceptibility to chronic diseases such as osteoporosis, cancer, neural tube effects, cardiovascular disease and diabetes among others. This test further reports on cholesterol metabolism, bone health, insulin sensitivity and food responsiveness.

Nutrigenomics research has shown that personalised diet and lifestyle choices have a significant effect on the expression of these genes. Early detection and appropriate intervention is the key to treating these diseases effectively.

THE DNA DIET GENE test measures how the body metabolises cholesterol, fat etc. This testing method is among the most comprehensive and accurate weight related genetic tests available. This test is beneficial to those who struggle to lose weight, amid following a strict diet or for anyone who'd like to know which diet is best suited to them.

THE DNA SPORT GENE test measures genes affecting power, endurance and recovery of the body. The results give insights into an individual's potential for sport performance and trainability, an optimal exercise selection as well as recovery strategies and the risk of injury. This test is suitable for performance athletes, as well as the recreational athlete wanting to maximize their fitness. It reports on circulation and blood pressure, strength and cardio-pulmonary capacity among others.

The actual testing is simple to administer and requires thorough swabbing inside the mouth area – inside the cheek or underneath the lower or upper lip. The swabs are then sent to a lab for testing, after which a comprehensive report is sent from DNAlysis. It is very important, however, to have an accredited practitioner assist with the interpretation and management of the genetic advice in the report.

To find out more about the DNA testing or to book your appointment with one of the doctors at Health Renewal, visit www.healthrenewal.co.za or contact Health Renewal on 086 126 3972. 🌿