



The DNA Restart: Unlock Your Personal Genetic Code to Eat for Your Genes, Lose Weight, and Reverse Aging

By Dr Sharon Moalem

Blackstone Audiobooks, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. The DNA Restart by world-renowned neurogeneticist and New York Times bestselling author Dr. Sharon Moalem walks you through revolutionary steps to a diet and lifestyle perfect for your individual genetic makeup. The DNA Restart plan utilizes decades of in-depth scientific research into genetics, epigenetics, nutrition, and longevity to explain the pivotal role genes play in the journey to ideal weight and health status. Dr. Moalem's unique twenty-eight-day plan shows you how to upgrade sleep, sensory awareness, and exercise; conduct easy genetic self-tests that allow you to individualize your carbohydrate intake levels, determine your genetically optimized level of alcohol intake, and more; and genetically thrive by incorporating umami-rich recipes and oolong into your diet. Inspiring testimonials and delicious recipes with mix-and-match meal plans round out this groundbreaking diet book.



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