



myDNAhealth

intelligent health and nutrition

www.mydnahealth.co.uk

GENETIC TESTING, THE FUTURE OF PERSONALISED
NUTRITION AND HEALTH

INTELLIGENT & INSIGHTFUL



What is DNA?

Deoxyribonucleic acid (DNA) is a complex chemical that carries genetic information that tells our cells how to grow and function. It is shaped in two strands that wrap around each other in a double-helix. Humans have about 3 billion bases of which more than 99 percent are the same in all people.

The information in DNA is stored as a code and made up of four basic building blocks, known as bases: adenine (A), guanine (G), cytosine (C), and thymine (T).

What is a gene?

Genes are made up of DNA and act as instructions to make molecules called proteins. Every person has two copies of each gene, one inherited from each parent.

Most genes are the same in all people, but a number of the genes (less than 1 percent) are different from the normal population and is often called genetic variations. It is these differences that can contribute to health conditions such as increased risk to overabsorb fats, be inflamed, poor detoxification ability and so on.

Genetics is therefore the key that can unlock the code to healthy living.



What can a DNA test tell me?

A DNA test can highlight your genetic variations and whether these variations put your health at risk. Alongside this, it is also important to assess your environment and lifestyle as your genes can be activated and deactivated by signals from your environment.

Take control of your health and wellbeing!

• Methylation Function

• Apolipoprotein E

• Stress & Burnout

• Sleep

• Food Cravings

• Bone Health

• Cortisol Release

• Sugar Metabolism & Carb Sensitivity

• Detoxification: Phase 1 & Phase 2

• Inflammation & Oxidative Stress

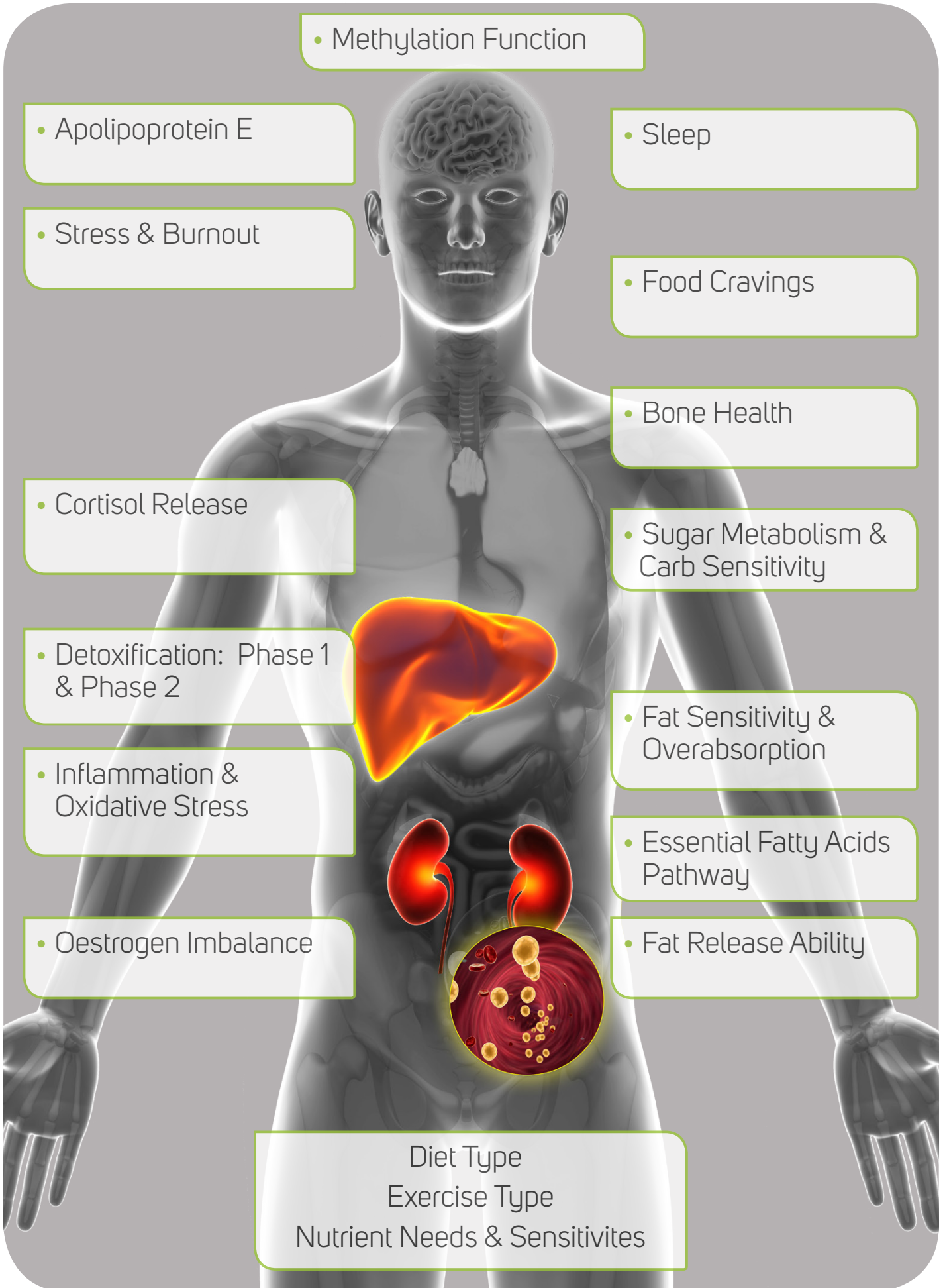
• Fat Sensitivity & Overabsorption

• Oestrogen Imbalance

• Essential Fatty Acids Pathway

• Fat Release Ability

Diet Type
Exercise Type
Nutrient Needs & Sensitivities



Comprehensive Overview



Sleep



Stress



Burnout



Cortisol Release



Cravings



**Fat Metabolism +
Sensitivity**



Fat Release Ability



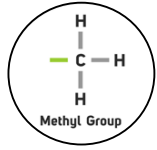
Sugar Metabolism



APOE



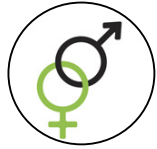
Detoxification



Methylation



**Inflammation &
Oxidative Stress**



**Oestrogen
Imbalance**



**Essential Fatty
Acids Pathway**



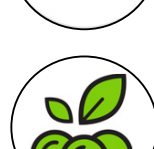
Caffeine Sensitivity



Lactose Intolerance



Iron Sensitivity



Antioxidants



Glutathione



Magnesium



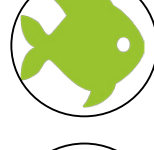
Vitamin D



Folate + Vitamin B



Omega 3 & 6



Dietary Type



Exercise Type

How to get started

1

Book an appointment

See back cover for contact details.

2

Provide a DNA sample

Follow the instructions and post the DNA sample back using the prepaid return envelope.

3

Complete the questionnaires

You will receive an email from Customer Support with a link and security code to complete the questionnaires online.

4

DNA Report

Your report will be ready in about four weeks from receipt of your DNA sample. Your practitioner will inform you when the report is ready.



Why myDNAhealth?

Our unique approach combines genetic testing with questionnaires which highlight epigenetic (environment) weaknesses impacting genes and future health outcomes.

myDNAhealth can help you achieve your optimal health and wellbeing leading to a more healthy and balanced lifestyle.

We help you discover your unique genetic profile and whether you are supporting genetic risk factors with your diet and lifestyle.



Data Privacy & Security

At myDNAhealth, we're committed to maintaining the security and confidentiality of your personal information. Your DNA data belongs to you!

We even have complete anonymity with our lab and only the DNA swab number is used as reference. No personal data is shared. All swabs are also destroyed after DNA is extracted.



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