



HEALTH & HEALING

Do you have the perfect genes?

by **Mike Ventresca**
Vital Choice

When was the last time you looked at your high school yearbook photo? If you're like me much of what you see has changed. However, there's one part that hasn't changed a bit – your genes!

Your genes govern much of how the body functions, or in some cases, malfunctions and causes disease. You can't change your genes, but an emerging science called Nutrigenomics is showing that you can improve their function and enhance your health.



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Simply put, Nutrigenomics uses DNA testing to help tell us which nutrients we need to maximize our health. Think of it like going to a gas station with no signs on the pumps. How do you know which fuel to use? Why pay for premium if your car runs better on regular? Imagine if you put diesel in a gas engine? Nutrigenomics not only puts signs on the pumps, but also tells you which fuel to choose.

Let's look at Vitamin D. We now know a gene called VDR is responsible for the utilization of Vitamin D. Through genetic testing scientists can tell if your VDR is "disadvantaged" or not functioning opti-

mally. A disadvantaged VDR is highly associated with low-bone density, bone fractures and even some forms of cancer. Therefore, if you're going to take Vitamin D, why not take one that is designed to compensate for this poorly functioning gene?

Now imagine if you could perform this analysis on twelve of your genes. The result would be a highly personalized nutritional program designed to maximize your health. This is precisely what NutriGenom from Solgar can do! NutriGenomX is the first in-store program that combines genetic testing with dietary supplements. Vital Choice is one of the first healthstores in Ohio to offer NutriGenomX in-store testing and supplements. I've already taken the test and encourage you if interested, to stop in or call Vital Choice.

Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.

This information is intended for informational purposes only and is not intended to diagnose or provide treatment for any condition. If you have any concerns about your own health, you should always consult with a healthcare professional. 00139684



Learn. Shop...be healthy!

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