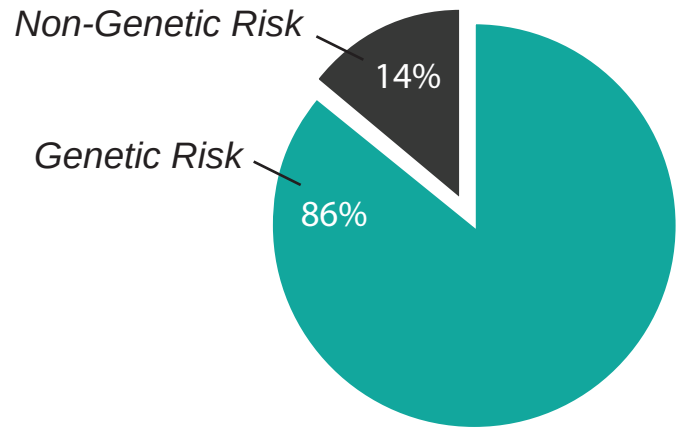


# MANY FACTORS CAN LEAD TO OBESITY

- SIDE EFFECTS OF RX MEDICINE
- HORMONAL IMBALANCES
- FAILURE TO CONTROL CRAVINGS
- UNHEALTHY DIET
- LACK OF APPROPRIATE EXERCISE



- **GENETICS ALSO PLAY A ROLE...UP TO 86% OF HEALTHY WEIGHT LEVELS IS TIED TO GENETICS**

The Weight Management panel tests for five genetic markers that have been shown through research to be associated with an increased BMI. These genes are involved in different aspects of weight management.

## THE WEIGHT MANAGEMENT PANEL INCLUDES:

- |              |  |
|--------------|--|
| <b>FTO</b>   | Appetite regulation and craving frequency    |
| <b>MC4R</b>  | Metabolism regulation                        |
| <b>FABP2</b> | Dietary fat sources and fat utilization      |
| <b>ADRB2</b> | Carbohydrate digestion and physical activity |
| <b>SH2B1</b> | Regulation of leptin and insulin             |

## Benefits Of Using Genetic Testing

*You will receive:*

- Personalize Diet & Exercise Plan Designed for you based on your Genetic Makeup
- Recipes that are tailored to maximize results



# LET US HELP YOU PERSONALIZE A DIET & EXERCISE RATIO THAT FITS YOU BASED ON YOUR GENETIC MAKEUP!

## A MORE IN-DEPTH LOOK AT THE WEIGHT MANAGEMENT GENE PANEL

GENE	PATIENT TYPES	WHAT TO DO
<b>FTO</b>	THIS PERSON IS HUNGRY ALL THE TIME, SLOW TO FEEL FULL AND AS A CONSEQUENCE CRAVES HIGH CALORIE FOODS.	<p><b>Diet</b> : Focus on portion control, eat slowly, chew food thoroughly and avoid unmonitored snacking. Choose <b>low-starch vegetables and fruit</b> with skins as the main source of carbs to increase fiber intake. Eat a higher amount of <b>calories from protein</b> which digests slowly, and a lower amount of calories from fat thus encouraging use of existing fat stores.</p> <p><b>Exercise</b> : <b>Moderate Level</b>, 10-40 Minutes <b>5-7 days per week</b></p>
<b>MC4R</b>	THIS PERSON LOSES WEIGHT MORE SLOWLY THAN OTHERS. THEY ARE HUNGRY ALL THE TIME, SLOW TO FEEL FULL AND AS A CONSEQUENCE CRAVE HIGH CALORIE FOODS. THEY HAVE AN INCREASED CHANCE OF BEING INSULIN RESISTANT. INCREASED CHANCE OF CHILDHOOD OBESITY.	<p><b>Diet</b> : Eat small, portion controlled meals, with <b>lots of fiber</b> to increase feeling of satiety. Eat food with low calorie density like vegetables, and fruit and particularly green leafy salads, so if servings are large - it is with low calorie food. <b>Limit fat intake</b> because fat often has high calorie density. <b>Reduce simple carb</b> intake such as refined foods and foods high in sugar, to control food cravings and to prevent excess carbs from being stored as fat.</p> <p><b>Exercise</b> : <b>High-Intensity</b> to burn off excess glucose.</p>
<b>FABP2</b>	THIS IS THE PATIENT THAT GAINS WEIGHT ON THE KETO DIET. THEY ABSORB SATURATED FATS AT A HIGHER RATE THAN THOSE WITHOUT THE RISK ALLELE. THIS PATIENT MAYBE INSULIN RESISTANCE AND STRUGGLE WITH HIGH TOTAL AND LDL CHOLESTEROL.	<p><b>Diet</b> : Eat fiber rich meals with plenty of protein which breaks down slowly. <b>Keep fat intake low</b>. Use <b>monosaturated fats</b> as opposed to saturated fats. Reduce simple carbohydrate intake such as refined foods and foods high in sugar, to control food cravings, prevent excess carbs from being stored as fat. <b>Aim for 25 grams or more of fiber</b> each day. Fiber is very important for FABP2 variant allele carriers through it's action on stabilizing blood sugar levels, insulin, and blood lipid levels.</p> <p><b>Exercise</b> : Daily before meals at <b>low intensity</b> with resistance to burn fat.</p>
<b>ADRB2</b>	SUSCEPTIBILITY TO OBESITY AND ASTHMA. PATIENTS WITH THIS RISK ALLELE WILL OFTEN HAVE TROUBLE LOSING WEIGHT DESPITE ENGAGING IN HIGH INTENSITY EXERCISE.	<p><b>Diet</b> : <b>Low Carbohydrate Diet</b> is very important for this allele type. Choose complex, low glycemic carbohydrates like whole grains, low starch vegetables, fruit with skins to increase fiber which helps control leptin, insulin levels, and fat in the bloodstream. <b>Eat 20-30 grams of protein with each meal</b> to ensure slower digestion time, maintain consistent supply of proteins for healthy muscle retention with exercise.</p> <p><b>Exercise</b> : <b>Low to moderate, 60 minutes per day</b>. Although, exercise has less impact on weight loss with the allele.</p>
<b>SH2B1</b>	INTENSE HUNGER CRAVINGS, ESPECIALLY FOR SWEETS AND HIGH CALORIC FOODS, ESPECIALLY SUGAR. INSULIN RESISTANCE.	<p><b>Diet</b> : <b>Protein</b> helps maintain the balance of insulin and leptin in the body and reduce spikes. Eating little and often helps improve leptin signaling. Choose <b>complex low glycemic carbs</b> like whole grains, low starch vegetables and fruit with skins to increase fiber, which helps control leptin, insulin levels, and fat in the blood stream. Ideally, eat carbohydrates with a glycemic index less than 55. Limit fat intake because fat often has high calorie density.</p> <p><b>Exercise</b> : <b>30-60 minutes daily at moderate intensity</b>.</p>

*“A goal without a plan is just a wish”*



**TALK TO US ABOUT YOUR  
PERSONALIZED PLAN TODAY!**