



# **Trace Your Genes to Health: Use Your Family Tree to Guide Your Diet, Enhance Your Immune System**

*Chris Reading*

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## **Trace Your Genes to Health: Use Your Family Tree to Guide Your Diet, Enhance Your Immune System** Chris Reading

What do cancer, cardiovascular disease, arthritis, Alzheimer's disease, lupus, celiac sprue, depression, cystic fibrosis, and dozens of other conditions have in common? First, they all express genetic predispositions that can be traced within family genealogies. Second, they usually can be positively affected by nutritional measures?measures that are based on an understanding of who is at risk, what dietary and environmental factors are likely to trigger the conditions, and what nutrients can help to fortify the immune system against the onset of disease.

Trace Your Genes to Health offers hope to millions, first through its comprehensive approach to understanding medical genetics, and then through dietary and nutritional

protocols that can either prevent common conditions from occurring, or successfully manage them once they appear.

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