



# Genetic Nutrioneering

*Jeffrey S. Bland*

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# Genetic Nutritioneering

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## **Genetic Nutritioneering** Jeffrey S. Bland

The Human Genome Project is producing a revolution in health, raising the prospect of averting hereditary diseases by re-programming our genes. Having identified genes linked to diseases such as cancer, diabetes and arthritis, researchers have shown that unfavourable genetic messages can be improved by changes in lifestyle, diet and environment. This book uses detailed questionnaires to help you to read your own genetic characteristics and to construct a comprehensive nutritional programme tailored to your own needs.

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