

When Diet is Wrong,
Medicine is of **NO USE**
When Diet is Correct,
Medicine is of **NO NEED**



YOUR GENE BASED
Action Plan 
WITH LIFESTYLE MODIFICATIONS

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GENOMAX DNA TESTING PROGRAM Is Your Personalized Guide for a Healthier YOU

With Personalized Gene-based Diet & Customized Lifestyle Modification



Nutrigenomics, also known as Nutritional genomics, is a science studying the relationship between human genome, human nutrition and health. This is a unique approach in which we recommend you gene-based foods and exercise that work best with your body to maximize your individual performance, with which you can live healthier.

Benefits :

- ✓ Reverse various lifestyle diseases
- ✓ Increased energy levels
- ✓ Reduced cravings and acidity
- ✓ No mood swings
- ✓ Improved digestion

Personal Information

HEIGHT	167.64 cms
WEIGHT	56 kgs
IDEAL BODY WEIGHT	67-68 kgs
FOOD PREFERENCES	Non vegetarian
PRIMARY HEALTH FOCUS	
HEALTH GOALS	To achieve and maintain a healthy body weight and to improve overall health status



THINGS TO DO

“To eat is a necessity, but to eat intelligently is an art”

- La Rochefoucauld

TO AVOID	TO INCLUDE	IN MODERATION
<ul style="list-style-type: none"> ➤ Refined And Processed Food Items (Bakery Products) - White Bread, Biscuits, Toast, Khari, Cakes, Cookies, Donuts, Croissants Pastries Etc.) Pizzas, Nan Etc. ➤ Refined Sugar & Sweetened Products: Table Sugar, High Fructose Corn Syrup, Candy, Maple Syrup, Ice Cream, Soda Etc. ➤ Deep Fried Food Items and Reused Oil, Dalda, Vanaspati. ➤ Packaged Foods & Ready To Cook Mixes (Soups, Noodles, Cereals Etc.) And Sauces, Mayonnaise, Fatty Dressings. ➤ Organ Meats, Red Meat, Sausages, Hot Dogs, Regular Ground Beef and Cuts Of Meat With Visible Fat, Fried Chicken And Other Chicken Dishes With The Skin. ➤ Dairy Products: Milk, Cheese, Paneer, Condensed Milk, Etc. (And Any Foods or Products Made Up of Them) 	<ul style="list-style-type: none"> ➤ Cereal Group: Oats, Bajra, Jowar, Ragi (Nachni), Rajgira, Samai, Rice Kodo Millet, Little Millet, Wheat ➤ Pulse Group: Red Beans, Black Beans, Cannellini Beans, Cow Peas, Green Peas and Variety of Lentils. ➤ Fruit Group: Fresh Seasonal Fruits. ➤ Vegetables Group: All Fresh Vegetables and Green Leafy Vegetables. ➤ Dairy Group: Curd and Buttermilk, Lactose Free Milk ➤ Meat Group: Lean Pieces of Chicken Without Skin, Eggs, Fish (Salmon, Tuna, Sardines, Herring, Anchovies, Scallops and Other Cold-Water Fish) Or Take Fish Oil Supplement. ➤ Beverages: Green Tea, Jasmine Tea, Herbal Tea, Ginger-Tulsi-Turmeric Tea, Coriander Seeds Tea. 	<ul style="list-style-type: none"> ➤ Caffeine Items: Caffeine (Coffee, Tea, Aerated Drinks, Energy Drinks Like Red Bull Etc., Chocolates) ➤ Starchy Vegetables Like Yam, Potato, Cassava, Sweet Potato, Turnips, Butternut Squash ➤ Sugary Fruits Like Mango, Chikku, Bananas, Muskmelon, Pineapple <div style="text-align: right; margin-top: 20px;">  <p>Let Food Be Thy Medicine</p> </div>



YOUR PERSONALISED GENE-BASED DIET RECOMMENDATION

MICRONUTRIENT MANAGEMENT	Tendency of Vitamin B6 Deficiency	Consume foods such as brown rice, beans, fish, chicken, tofu, carrots, spinach, green peas, sweet potatoes, banana, potatoes, avocados, and pistachios.
	Tendency of Vitamin B2 Deficiency	Curd, buttermilk, eggs, broccoli, Spinach and Turnip greens
	Tendency of Vitamin B12 Deficiency	Widely found in animal foods. You can make sure that you get the required amounts of vitamin B12 everyday by incorporating curd, buttermilk or naturally fermented foods like idli, dosa, dhokla etc. You can even sprinkle nutritional yeast powder in your dals and sabjis.
	Tendency of Vitamin K deficiency	Include Green leafy vegetables, such as kale, spinach, turnip greens, collards, Swiss chard, mustard greens, parsley, romaine, and green leaf lettuce. Vegetables such as Brussels sprouts, broccoli, cauliflower, and cabbage.
	Tendency of Magnesium Deficiency	Green leafy vegetables such as spinach and Broccoli (which are rich in magnesium-containing chlorophyll), cereal, grain, nuts, banana, and legumes.
	Tendency of Vitamin E Deficiency	Consume foods such as wheat germ / wheat grass juice, almonds, peanuts, sunflower seeds, green leafy vegetables, avocados, and vegetable cooking oils such as sunflower, wheat germ, safflower, corn and soyabean oil.
	Tendency of Zinc Deficiency	legumes, nuts, eggs
FOOD INTOLERANCE AND FOOD SENSITIVITY	Circadian Rhythm	Exercise time needs to be shifted towards the evening time of the day
	Tendency of Lactose Intolerance	HIGH
	Tendency of Caffeine Metabolism	POOR
	Salt Metabolism	Avoid excess sodium consumption in the form mayonnaise, ketchups, sauces, processed and packaged foods. Choose pink salt/sendhanamak

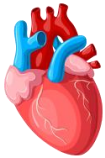


SUGGESTED MEDICAL MONITORING

B9

Vitamin B9

YES / NO



Cardiac Profile

YES / NO

B12

Vitamin B12

YES / NO



Thyroid Profile

NO

Mg

Magnesium

YES / NO



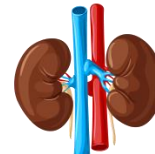
Liver Profile

NO

Cu

Copper

NO



Renal Profile

YES / NO

K

Vitamin K

YES / NO



Uric Acid Levels

YES / NO

RECOMMENDED FOOD SUPPLEMENTS

Food Supplements, as the name suggests, need to be used when your diet doesn't provide the essential nutrients your body needs. Supplements must be taken to bridge the gap between your dietary intake and nutritional requirements. However, ensure not to consume them unnecessarily and in extra amounts. Your food still remains your primary source of nutrition anyway.

Following are the recommended food supplements (Not required to be taken all together)

Kindly check your homocysteine levels, incase of abnormal levels kindly consult your physician.

- Methyl B12 – kindly do a blood test to check the serum B12 levels. If the B12 level is below 200, then take a supplement. Otherwise nutritional yeast will help. 500 mcg daily for 1 week, then 500 mcg once a week for 6 weeks, then 500 mcg once a month for lifetime. a) Solgar, Sublingual Methylcobalamin (Vitamin B12), 500 mcg
b) Veg B12(Methylcobalamine+Methyl tetra hydro folate) by Unived
- Calcirol sachets/D-rise sachets – exposure to direct sunlight for 20 mins everyday ensures that you get your daily dose of vitamin D. Kindly do a blood test to check the vitamin D levels. If the level is below 6, then take calcirol sachet once a week after breakfast for 8 weeks, otherwise exposure to sunlight will help.
- Probiotic such as Enterogermina/Vibact/PrePro HS- **For intestinal healing**

DISCLAIMER: Always consult your physician when you are considering adding any food supplements to your eating plan. These products do not intend or claim to replace, diagnose or cure any ailments or sickness nor should it be seen as a replacement for conventional medicine. Kindly continue your medications as prescribed by your doctor.



FAT, WATER, SALT AND SUGAR INTAKE

Oil



4tsp (20g) Oil A Day. Choose From: Mustard Oil / Safflower Oil / Til / Sunflower/Coconut : Cold-Pressed/Filtered.

You Are Sensitive To Fat. Kindly Decrease Your Oil Intake.

Natural And Whole Fats Have Been Included In Your Diet.

Avoid Deep Fried Food – Consume It Occasionally i.e. Once In 45 Days – and fried at Home. Never Repeat The Same Oil For Frying.

Ghee



1 tsp home-made ghee from organic Indian cow's milk.

Water



3-3.5 liters a day.

Some tips to increase water intake:

- Always keep a bottle of water on your desk/ car/ home/ bag to remind yourself to drink at regular intervals.
- Keep reminders on your phone/ smart-watch every 2 hours to drink water. Make your water interesting and flavourful: Try detox water- add 2-3 slices of lime, few mint leaves, cucumber slices, a slice of ginger to your water.
- Water with a pH of 8.5 has known to have long term health benefits

Salt



You are sensitive to salt. Use a low-sodium salt / Rock salt/ Himalayan Pink salt for Cooking.

½ tsp a day, Rock salt or Sea Salt.

Tea / Coffee



You are recommended to have can have green tea/detox water/lime juice/Welocity'sHistago



EXERCISE / PHYSICAL ACTIVITY

Moderate Intensity Workout -

Brisk Walking

40mins: medium intensity: 3 times a week

Strength training

30mins: 3 times a week (you can use low weight dumb bells or resistance band, squats, lunges, planks, etc.)

Deep breathing exercises

Every day on waking up and few rounds before sleeping.

Meditation

Every day for 15-20mins.

Cycling

At the speed of 20-30 km/hour

Swimming

At the speed of 5-8 km/hour, 1 hour everyday



DISCLAIMER: Always consult physical trainer or an authorized physiotherapist before you start your new exercise regimen. These exercises are meant to give you a broad guideline. Kindly do these exercises under the supervision of an expert and subject to your physical capabilities, especially if you are prone to injury or suffering from any illness or medical condition. If you experience faintness, dizziness, pain or shortness of breath at any point in time while exercising you should stop immediately.



YOUR PERSONALIZED DIET PLAN

Meal/ Timing	Meal Options
Early Morning	
Breakfast	
Mid Morning	
Lunch	
Evening	
Dinner	

It's not about being **Perfect.**
It's about **efforts.**
And when you bring
that effort every single day,
that's where
****TRANSFORMATION****
happens.



YOUR CUSTOMIZED LIFESTYLE MODIFICATIONS

SLEEP

A refreshing sleep plays an important role in good health, well-being and better quality of life. It helps in healing and repair. It maintains a healthy balance of hormones.

Your recommended sleep Timing : 10:00 PM TO 6:00 AM

STRESS- FREE LIVING

- Do one thing at a time
- Keep your schedule simple
- Do something calming like breathing exercises (Pranayam)
 - Everyday for 10 mins
- Positive actions start with positive thoughts.



SUNLIGHT

Expose to sunlight for 15-20 mins every day.

Sunlight enters the body in 2 ways-

- **90% through the eyes-** early morning or late afternoon, when the sun is low on horizon, because of when the sun rays are oblique(slant and steep angle of sun rays). Select one time - either sunrise or sunset, and stand on the bare earth. Look straight into the sun for 10 seconds. Add 10 seconds everyday. Gradually increase the amount of gazing(looking at the sun) to 20 minutes. In between when you are tired, walk barefoot on the earth. Continue for the rest of your life. Within a few days, you'll notice an increase in enthusiasm and increased physical energy.
- **10% through the bare skin** - important for calcium production to make strong bones and strong teeth. (Please make sure not to apply sunscreen while exposing to sunlight)



***Health and fitness cannot be bought, nor can it be stored.
You need to work at it constantly.***

