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Rewriting your genetic expression

By Andrea Ann Kepes

The good news is out – rather than being hostage to our gene pool inheritance, we actually have the power to alter our genetic destiny! A world-renowned leader in cellular research and quantum physics, Dr Bruce Lipton, has proven that it is our environment and not our DNA which shapes the development of our cells.

At the forefront of a new test available in New Zealand, which comprehensively examines a person's genetic profile and designs for them a unique report, is local qualified physiogenomics consultant Tracy Power.

Passionate about the new procedure, called the Genetic Wellness Profile, Tracy has been travelling to Melbourne over the past two years studying anti-ageing medicine and is now certified to administer the test kit for your very own personal genomics reading. (The test isolates and examines 90 different gene types, all based around wellness).

Tracy has herself undergone the simple test which involves spitting into a vial, with the saliva sample being sent to Canada for analysis and then to Australia where an in-depth report is compiled by Smart DNA, which is headed by Australian molecular geneticist Margie Smith, PhD.

A spiral-bound folder gives personalised genetic readings including a lipid profile, blood pressure, diabetes, body composition, exercise, detoxification, oxidative stress, inflammation, brain health and metal binding profiles. Specific and maximum nutritional support and lifestyle interventions will be recommended where the individual has received genetic characteristics from both parents and those genes have been expressed).

Tracy then organises a Skype session with a registered nutritionist, who discusses and provides a summary of the report and gives lifestyle recommendations. *(Tracy will provide individual follow-up and answer any ongoing questions).*

"It's nothing to be scared of", explains Tracy. "It gives us a very predictive look into ourselves and our health to see which conditions may manifest." (However if we are aware of a tendency and take steps to counteract it, we can minimise the odds which is the proactive premise right at the heart of physiogenomic testing).

Interestingly, two landmark studies undertaken by Professor Dean Ornish M.D, Clinical Professor of Medicine at the University of California and his colleagues proved that changing our lifestyle changes our genes. In the first study,



a combination of improved nutrition, moderate exercise, stress management techniques and increased social support caused the expression of over 500 genes to be changed in only three months – in effect up-regulating or ‘turning on’ disease-preventing genes and down-regulating or ‘turning off’ genes that promote heart disease, cancer, inflammation and oxidative stress. In the second study, they found that these lifestyle changes increase telomerase, an enzyme that repairs and lengthens damaged telomeres, which are the ends of our chromosomes that control how long we live. This stunning discovery proved we have the power to literally turn back the clock!

Tracy is brimming with excitement about the implications of the test becoming more mainstream. “It is gaining momentum”, she says of the cutting-edge, 21st century personalised medicine practice. Already widely available in Australia, she predicts the test will be significant for nutritionists, sports and fitness trainers, health practitioners and the like.

In her own case, the results were very positive but her genetic profile indicated she has a C lipid type (probably from her Dad who had heart surgery around the age of 60). She has a genotype associated with an increase in cholesterol and LDL and sdLDL (the bad carriers of cholesterol), along with many other enlightening variants.

So what does she do with all this specific information? Tracy, already highly motivated with her personal healthcare, is now even more focused and appreciates the critical value of her runs, brisk walks, gym sessions and keeping her cerebral neurons fired with brain exercises such as crosswords. A low-fat and sugar diet, with plenty of vegetables and Omega-3 fats is strongly recommended, as is targeted weight and endurance training. She is also keen to check out the genomic profiles of her children.

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As she explains, “The proof is in what you do with the information you buy; what you choose to do with it is up to you”. She concedes that most people who choose to undergo the test are already proactive with their health and lifestyle choices but the test will give that specifically personal information to further motivate the individual. “It is”, she explains “preventive and predictive” (in terms of isolating physical weaknesses that we can manipulate via various nutrition and exercise practices).

As for the expense factor for a personal genomics reading – each costs about \$1500. Tracy has flexible payment options including paying a deposit with regular follow-up payments. Weighed against the stress and financial burden of various health conditions, this preventive analysis may prove cost-efficient in the long-term. A physiogenomics profile can give you a specific nutritional and lifestyle road map to guide you along a highway of good health.

For more information or to book a personal genetic wellness profile, contact Tracy at Wellpower Ltd or at Woman Beauty Day Spa, 98 Nile St, Nelson.

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