



## The DNA Restart: Unlock Your Personal Genetic Code to Eat for Your Genes, Lose Weight, and Reverse Aging (Hardback)

By Sharon Dr. Moalem

Rodale Press Inc., United States, 2016. Hardback. Condition: New. Language: English . Brand New Book. In The DNA Restart, Sharon Moalem, MD, PhD, provides a revolutionary step-by-step guide to the diet and lifestyle perfect for your individual genetic makeup. A physician, scientist, neurogeneticist, and New York Times bestselling author, Dr. Moalem has spent the last two decades researching and formulating how to reset your own genetic code using five essential pillars: eat for your genes; reverse aging; eat umami; drink oolong tea; and slow living. The DNA Restart plan utilises decades of in-depth scientific research into genetics, epigenetics, nutrition, and longevity to explain the pivotal role genes play in the journey to ideal weight and health status. Dr. Moalem s unique 28-day plan shows how to upgrade sleep, harness sensory awareness, and use exercise to reset your DNA; how to determine the right amounts of protein, carbs, and fats you need for your individual genetic make-up; and how to incorporate umami-rich recipes and oolong tea into your diet to genetically thrive. Delicious recipes with mix-and- match meal plans, inspiring testimonials, and genetic self-tests round out this paradigm shifting diet book.



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