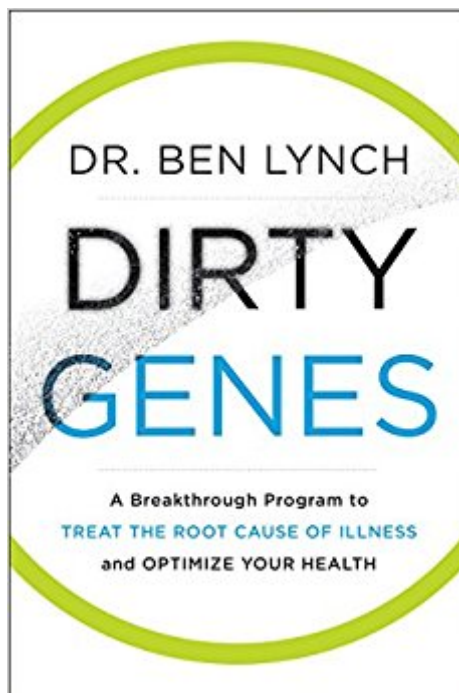




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Dirty Genes: A Breakthrough Program To Treat The Root Cause Of Illness And Optimize Your Health



Synopsis

A leading expert in epigenetics—how genes switch on and off—provides a revolutionary, holistic, and personalized approach to better health by improving how your genes behave to prevent and reverse common ailments, chronic illnesses, and life-threatening diseases, including cardiovascular disease, autoimmune disorders, anxiety, depression, digestive issues, obesity, cancer, diabetes, and more. Your genes have a tremendous impact on your health. In this groundbreaking book, Dr. Ben Lynch reveals that while you can't change the genes you were born with, you can change how they affect you. When your genes are working properly, you feel energized and healthy. But when your genes are "dirty," or not functioning optimally, your health suffers. Some genes are "born dirty"—they have certain variations that can cause you problems. Other genes merely "act dirty" in response to your environment, diet, or lifestyle. You can optimize both types of dirty genes by cleaning them up through healthy eating, good sleep, stress relief, environmental detox, and other holistic and natural means. An experienced researcher in the emerging science of gene abnormalities who has successfully treated thousands of clients, Dr. Lynch offers a simple questionnaire to identify which of the top seven dirty genes could be undermining your health. Then he offers targeted plans—including foods and recipes, supplements, and environmental detox—to clean up your dirty genes, eliminate symptoms, and optimize your physical and mental health. Many of us have been taught that our genes doom us to the disorders that run in our families. But Dr. Lynch shows that you can rewrite your genetic destiny—once you know how. Dirty Genes provides a practical, personalized protocol to make the most of your genetic inheritance, now and for the rest of your life.

Book Information

Hardcover: 368 pages

Publisher: HarperOne (January 30, 2018)

Language: English

ISBN-10: 0062698141

ISBN-13: 978-0062698148

Product Dimensions: 6 x 1.2 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

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Customer Reviews

“Dirty Genes powerfully challenges the notion that genes are the final arbiters of health and disease. Dr. Ben Lynch skillfully reveals how leveraging specific lifestyle choices can help re-write our health destiny.” (David Perlmutter MD, #1 New York Times bestselling author of Grain Brain and The Grain Brain Whole Life Plan)

DR. BEN LYNCH received his doctorate in naturopathic medicine from Bastyr University. He has treated thousands of patients and trained thousands of physicians and health professionals across the globe in using insights from epigenetics to optimize health. He is the founder of StrateGene, a company that helps people overcome genetic abnormalities through diet, supplements, and lifestyle; and of Strategic Medicine, which trains health professionals and the public, and publishes key research about nutrigenomics and methylation. He lives in Seattle, Washington, with his wife and three sons.

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