



NutriGenomic: How Food Talks to your Genes and send messages of health or disease.

Mark Hyman

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NutriGenomic: How Food Talks to your Genes and send messages of health or disease. Mark Hyman

In this easy and all-natural plan, Mark Hyman, MD reveals the secret of using food and other simple tools to turn off messages of disease and weight gain at the cellular level...and turn on messages of health, vitality, and weight loss. By following the science-based principles, you can start to stabilize your blood sugar to reduce your risk of diabetes and pre-diabetes, lose weight without dieting, optimize your metabolism, eliminate silent inflammation, increase energy and vitality, reduce your risk of heart disease, Alzheimers, dementia, diabetes, and cancer, lower bad cholesterol, increase good cholesterol, just to name a few. 5 audio CD's



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