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The DNA Restart:Â Unlock Your Personal Genetic Code To Eat For Your Genes, Lose Weight, And Reverse Aging

UNLOCK YOUR PERSONAL
GENETIC CODE
TO EAT FOR YOUR GENES,
Lose Weight, and Reverse Aging



THE
DNA
RESTART

SHARON MOALEM, MD, PhD

NEW YORK TIMES BESTSELLING AUTHOR OF SURVIVAL OF THE SICKEST

FOREWORD BY CHEF NOBU MATSUHISA



Synopsis

The DNA Restart turns traditional dietary advice on its head with groundbreaking research that demonstrates that we all require different diets based on our genes. 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 utilizes 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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Customer Reviews

Order arrived on the 16th - as promised. I have not finished the book as of today, however what I have read makes a lot of sense. Looking into ordering more of his books

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The DNA Restart:Â Unlock Your Personal Genetic Code to Eat for Your Genes, Lose Weight, and Reverse Aging Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) The Paleo Cure: Eat Right for Your Genes, Body Type, and Personal Health Needs -- Prevent and Reverse Disease, Lose Weight Effortlessly, and Look and Feel Better than Ever Anti Aging:Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever(Anti Aging Diet, Anti Aging Secrets,Anti Aging Drugs) (Fitness Book 1) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease Bone Broth Power: Lose Weight, Improve Your Health, And Reverse Aging (Bone Broth, Bone Broth Diet, Bone Broth Miracle Book 1) Guide to DNA Testing: How to Identify Ancestors, Confirm Relationships, and Measure Ethnic Ancestry through DNA Testing Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet,No carbs diet,Low Carbs food list,high protein diet,rapid weigh loss,easy way to lose weight,how ... way to lose weight,how to lose body fat)) Trace Your Roots with DNA: Using Genetic Tests to Explore Your Family Tree Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Naturally Reverse The Aging

Process: Look 10 Years Younger Using These Anti Aging Secrets The Family Tree Guide to DNA Testing and Genetic Genealogy Understanding Genetics: DNA, Genes, and Their Real-World Applications Weight Watcher for Rapid Weight Loss: Lose Up To 30 lbs. in 30 Days (Weight Watchers Low Fat Low Carb Weight Loss Diet Book)

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