

## Box – Genetic Testing

### **Genetic Testing is the Most Powerful of Tests to Help Keep You Healthy and Prevent Disease from Ever Happening**

The increasing understanding of genomic profiles has the potential to usher in a revolution of personalized healthcare and disease prevention. The assumption driving this increased intensity in genomics research is that individuals will be able to use their genomic profiles to reduce their risk of common conditions, such as heart disease, diabetes, autoimmune disease, cancer and obesity, or to improve overall health and well-being.

Advances in genetics and the sequencing of the human genome will ultimately result in a comprehensive understanding of the molecular underpinnings of human development, health and disease. Hundreds of reports of gene-disease associations have already been published, and knowledge about the interactions between genetic and environmental factors is increasing day by day.

Genomic profiles, one of the newest approaches to personalized medicine, consists of the concurrent detection of multiple gene variants that have been associated with greater risk or predisposition to a particular disease or condition. The profiles are proposed as a means to identify individual risk, for the purpose of tailoring specific risk-reducing actions, typically involving medications, vitamins, environmental exposures, diet or other lifestyle changes that are expected to prevent disease.

Only a few licensed practitioners in the UK are able to perform these tests.

Tests Available:

[CardioGenomic Profile](#)

[CardioGenomicPlus Profile](#)

[DetoxiGenomic Profile](#)

[EstroGenomic Profile](#)

[ImmunoGenomic Profile](#)

[NeuroGenomic Profile](#)

[OsteoGenomic Profile](#)