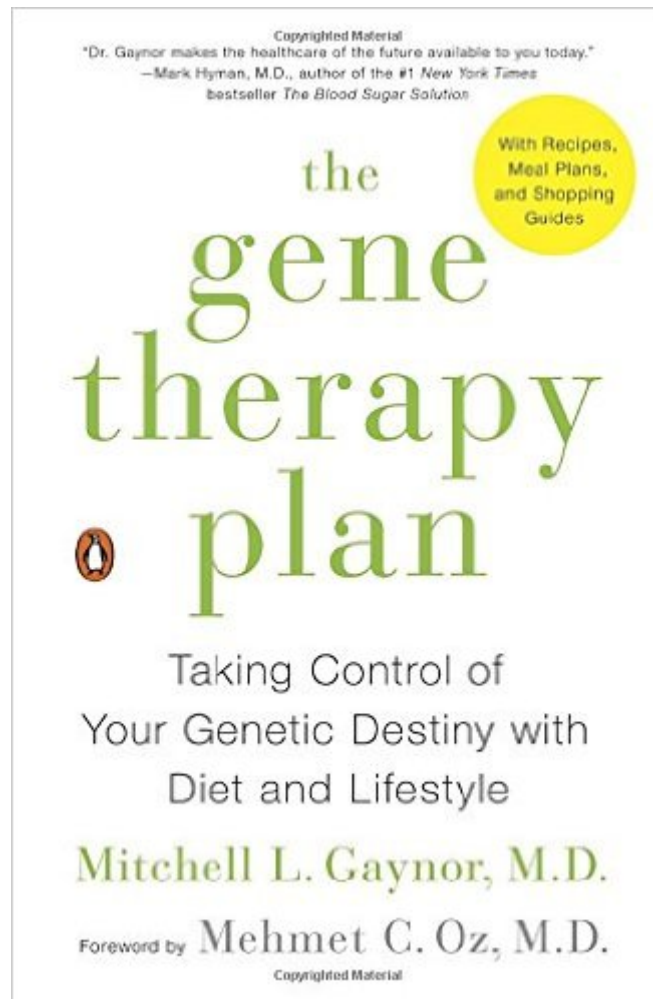


The book was found

The Gene Therapy Plan: Taking Control Of Your Genetic Destiny With Diet And Lifestyle



Synopsis

Your genes are not your destiny: learn to prevent disease, improve brain function, and reverse the course of obesity and premature aging through easy-to-adopt nutrition and lifestyle changes that target your DNA. While we cannot alter the genes we are born with, we can prevent and reverse disease with foods, supplements, and lifestyle choices that turn good genes on and bad genes off. In his pathbreaking plan, Dr. Mitchell Gaynor—a renowned oncologist and pioneer in integrative medicine—focuses on obesity, heart disease, diabetes, cancer, and aging to explain what we can do to keep our bodies on their natural paths toward healthy, balanced functioning. The Gene Therapy Plan presents practical, evidence-based approaches to diet, including juices, recipes, and comprehensive meal plans. And it explains the cutting-edge science that is revolutionizing what we know about how our biology and our behavior intersect. Empowering and informative, with inspiring stories from Dr. Gaynor's decades of clinical practice, this forward-looking book puts our genetic destiny back into our own hands. Praise for The Gene Therapy Plan: • If you want to learn how to use food and nutrients to prevent and even reverse most chronic disease, read this book! • "Mark Hyman, M.D., author of the #1 New York Times bestseller The Blood Sugar Solution • "Dr. Gaynor provides insight and an action plan. • "Deepak Chopra, M.D.

Book Information

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Customer Reviews

Dr. Mitchell Gaynor has written an interesting book on how to reverse chronic diseases. If you are sick I highly recommend you do see a doctor but it is also helpful to know which supplements are good for each disease. This book basically gives advice for dealing with cancer, heart disease and

diabetes. The three biggest killers. There is also some information on obesity and aging. This book focuses on disease fighting nutrients so there are a lot of ideas on what to eat and which supplements to take. Exercise and stress reduction is also briefly mentioned. I was interested to learn that green coffee bean extract might be good to take for weight loss. I had not considered that supplement before but the information in this book is convincing. Dr. Mitchell Gaynor also answers the following questions: What is ecogenetic health? Should I boil or steam vegetables? What time of the day is best for exercise? How can I eat healthier? What is the best calcium supplement to take? Can you kill fat cells? When you hear of the diseases this doctor has cured you will think he is a bit of a miracle worker. But really this book is based on over 25 years of research. After reading this book I wrote down that I need to eat more lentil soups, plain yogurt, avocados, shrimp, yams and more. I also will try to drink more green tea. So lots of good ideas. The recipes look very intriguing. I will have to try some and mention what I liked later when I update this review. Now some things I didn't agree with include drinking tap water - unless you filter it. Also I don't want to give up tuna or peanut butter. Also I have always thought that beer caused weight gain. And I won't be using rapeseed oil anytime soon.

The "Gene Therapy Plan: Taking Control of Your Genetic Destiny with Diet and Lifestyle" by Dr. Michael L. Gaynor, M.D., is an excellent book that suggests not only how to stay healthy but what alternate plans to consider when you are sick and are not responding to your prescribed treatment. The introduction to his book is written by Dr. Oz who has sent many of his patients to Dr. Gaynor for treatment as has many other physicians when their treatment plan is not working. Dr. Gaynor takes an integrative approach to medicine and offers very good advice on foods, drinks and natural substances to take advantage of to remain healthy, such as olive oil, coconut milk and oils, green tea, chamomile tea, broccoli, Brussels sprouts, juicing, etc. But his plan goes far beyond eating foods that are healthy but seeks to harness the power hidden in foods to change our genetic predisposition for disease. In this approach Dr. Gaynor draws heavily on a branch of study known as ecogenetics. Dr. Gaynor discusses in terms we can understand how ecogenetic food changes our genetic blueprint and provides scientific data to support alternative therapies and age-old practices. The key approach is to use identified nutrients to combat disease and promote good health. That approach is called "nutrigenetics" and is the core principle of the Gene Therapy Plan. The "Gene Therapy Plan" is designed to help you resist cancer, heart disease and diabetes, maintain a healthy weight, reverse low immunity, softening the effects of aging, remove toxins from the body, and to promote energy. Dr. Gaynor has a lot of fascinating things to say about

obesity, heart disease, cancer, diabetes and aging in Part I.

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