



## Outsmart Your Genes: How Understanding Your DNA Will Empower You to Protect Yourself Against Cancer, Alzheimer's, Heart Disease, Obesity, and Many Other Conditions

By Brandon Colby

Penguin Putnam Inc. Paperback. Book Condition: new. BRAND NEW, Outsmart Your Genes: How Understanding Your DNA Will Empower You to Protect Yourself Against Cancer, Alzheimer's, Heart Disease, Obesity, and Many Other Conditions, Brandon Colby, Genetic testing is the most exciting - and groundbreaking-medical development in decades. "Outsmart Your Genes" is the definitive guide for anyone considering genetic testing or curious about its benefits. Separating myth from fact, answering the tough questions, and arming you with the information you need to harness the amazing power of predictive medicine, this book clearly explains: what genetic testing can tell you about your overall health; how you and your doctor can use that information to create a personalized plan to prevent cancer, Alzheimer's, heart disease, obesity, and many other conditions; how genetic testing can help parents protect the health of their children; how your genetic information allows you to predict which medications and supplements will be the most effective and least dangerous for you; and, essential terms and issues to understand before speaking with a doctor.



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