



The Apo E Gene Diet

By Pamela McDonald

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Do you know your Apo E genotype? Do you know why it's important? Researchers have discovered that the Apo E gene regulates the way your body transports fats and cholesterol, affecting not just weight but also the heart and vascular system, and influencing our patterns of inflammation--one of the key factors in many serious diseases.

The Apo E Gene Diet is not a traditional diet; instead of taking a one-size-fits-all approach, it supports each individual's unique genetic recipe with the correct matching nutrition. We now know that different genotypes need a different balance of carbohydrate, fat, and protein. This breakthrough book outlines the latest information so you can make appropriate nutritional decisions based on your specific Apo E genotype. In this way, you can take charge of your body's gene-supportive environment for optimum health.

The Apo E Gene Diet can be for everyone, but it is specifically designed for a new generation of patients who want to live life to the fullest instead of waiting around for their biology to catch up with them.

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