



Eat for your genes

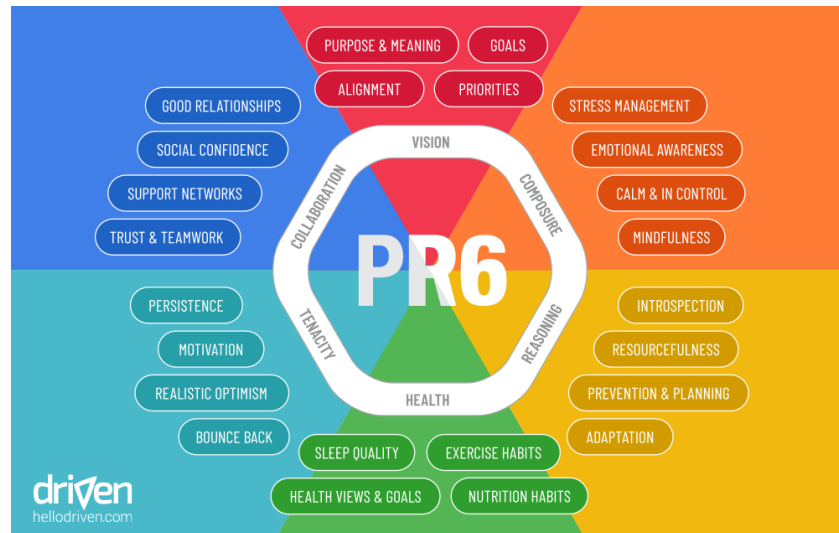
Support your leaders resilience
and performance with the
ultimate in personalised nutrition

A healthy workforce makes for a productive workforce!

According to the World Health Organisation, 60% of an individual's health and quality of life is due to lifestyle behaviours.⁽¹⁾

Simple changes to diet & lifestyle can have a dramatic impact on physical and mental wellbeing and reduce an individual's risk of developing chronic illnesses such as diabetes, cardio-vascular disease and depression.⁽²⁾

The 6 domains of resilience from driven



Organisations are focusing more and more on the resilience of their leaders.

Nutrition and lifestyle are a critical and often over-looked aspect of encouraging resilience and improved performance at work.



Nutrigenomics: The ultimate in personalised nutrition

Nutrigenomics is an exciting new science which explores the interaction between nutrition and genes, with a view to improving or preventing disease, optimizing health and supporting resilience. It really is the ultimate in personalised nutrition!

Looking Deeper: Eat for your genes

Each of us is unique. Variations in our genome (DNA) contribute to our individuality and can have significant impacts on our life and health.

By analysing our genetic make-up, we can better understand how our DNA may be contributing to our health and performance. We can then put in place evidence-based nutrition and lifestyle change to optimise our function and mitigate future health risks. It enables us to tailor the general principles of how to eat for health to an individual's specific genetic inheritance.

[Lifecode Gx](#) specialist nutrigenomic testing is only available through trained practitioners. A wide range of reports are available covering all aspects of health. When it comes to performance in the workplace, their '**Nutrient Core**' and '**Nervous System**' reports offer a unique insight into how a person's genetic make-up may be impacting their ability to handle and process different foods, their appetite control, mood, motivation and stress response.



Lifecode GX®
— Professional Genotype Analysis —

The Nutrigenomics Process

Collection of DNA: A Lifecode Gx DNA test kit will be posted to you. Your DNA will be extracted from a sample of cheek cells. It only takes a minute to collect the cells using the swab provided.

You'll also receive a link to a health questionnaire which will help me tailor your consultation.

Practitioner support session: A 45-60 minute Zoom call with Beth to talk through your results and receive your personalised nutrition and lifestyle recommendations. Your DNA report and a written summary of recommendations will be made available following your consultation.

The reports:

Nutrition Core report: This test analyses how gene variants can affect food tolerance (and intolerance), appetite control and blood sugar balance, vitamin and mineral needs, detoxification ability, and susceptibility to inflammation and infection and infection. You can read more and view a sample report [HERE](#)

Nervous System Report: This test analyses gene variants that impact serotonin (contentment) and melatonin (sleep), dopamine (motivation), noradrenaline and adrenaline (fight or flight); glutamate (the major excitatory neurotransmitter); GABA (the major inhibitory neurotransmitter) which is critical for relaxation; and endoCannabinoids (AEA/ anandamide) which regulate other neurotransmitters. The report provides detailed recommendations for nutritional support to optimise mental health and support your stress response. You can read more and view a sample report [HERE](#)

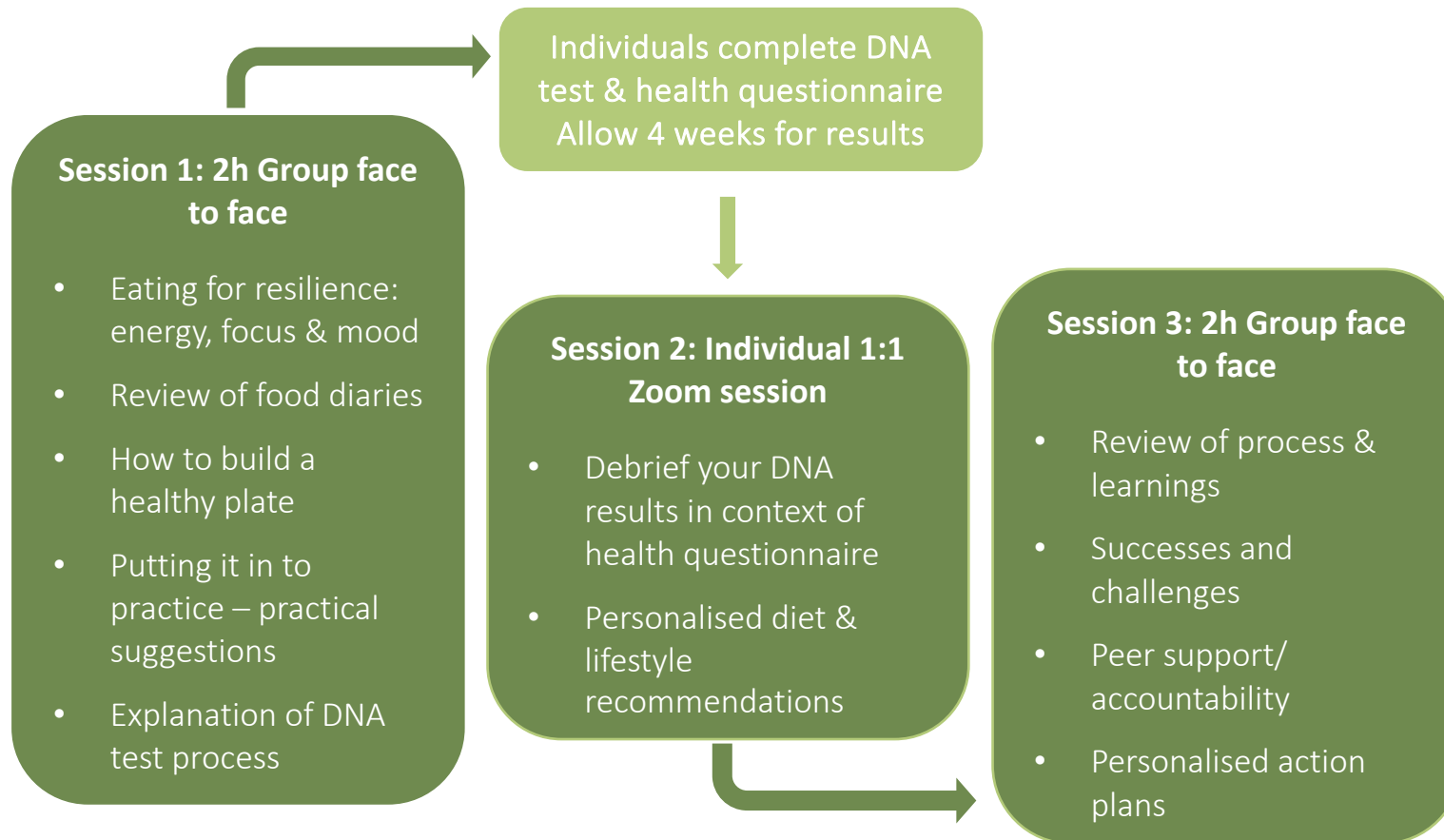


The programme:

Suitable for board level/senior leadership team

4 – 10 per cohort: £750 per participant, plus £1,100 per group session.

Can be delivered as a stand alone offering or as a module within existing leadership programme



About Me

Beth Hughes

BSc (Hons), MSc Nutrition Science & Practice.

mBANT, rCNHC

Phone: 07985 731901

Email: Beth@bethhughesnutrition.com



I am a Nutritional Therapist and Registered Nutritionist with an MSc in Nutrition Science and Practice. I came to nutritional therapy after studying developmental biology at university, followed by a successful career in FMCG marketing.

Personal experience of suffering with rheumatoid arthritis led me to explore diet and lifestyle to improve my symptoms. Adopting a functional medicine approach to my illness resulted in huge improvements in not only my rheumatoid arthritis symptoms, but my overall health and wellbeing.

This motivated me to retrain as a nutritional therapist. I now work 1:1 with clients, run online and face to face group programmes and deliver corporate webinars and workshops on a variety of topics.



www.bethhughesnutrition.com

References

1. Bodai BI, Nakata TE, Wong WT, Clark DR, Lawenda S, Tsou C, et al. Lifestyle Medicine: A Brief Review of Its Dramatic Impact on Health and Survival. *The Permanente journal*. 2017;22.
2. Abe M, Abe H. Lifestyle medicine – An evidence-based approach to nutrition, sleep, physical activity, and stress management on health and chronic illness. *Personalized Medicine Universe*. 2019;8:3–9.

