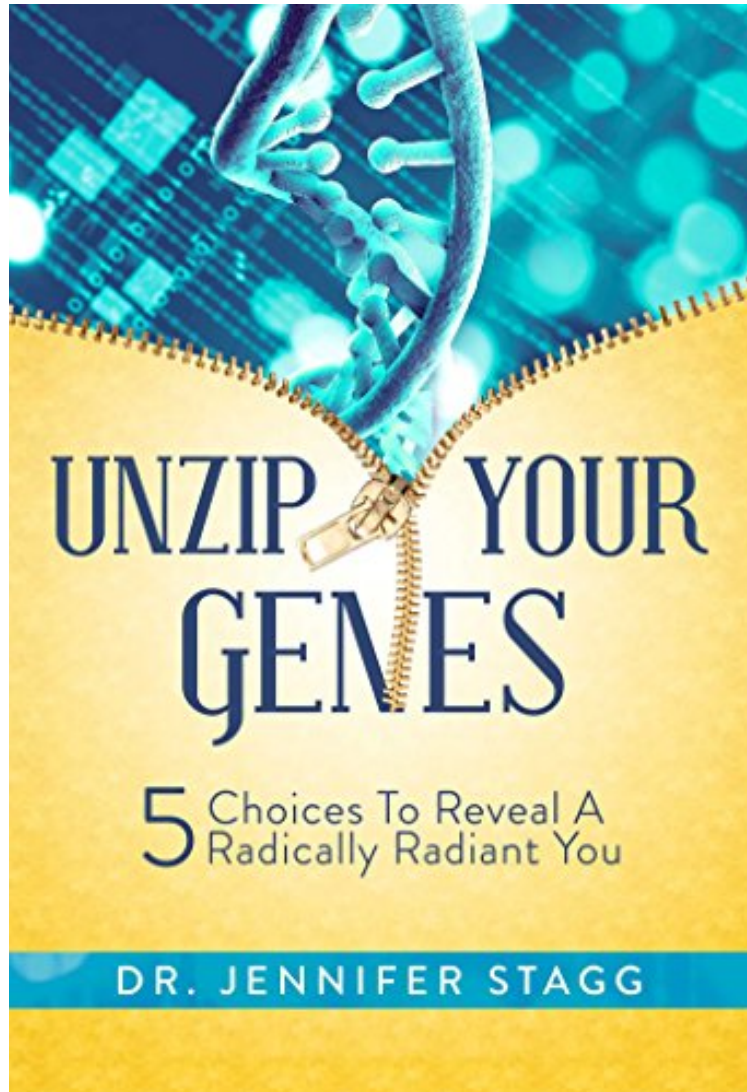


Unzip Your Genes: 5 Choices to Reveal a Radically Radiant You

Jennifer Stagg

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Jennifer Stagg : Unzip Your Genes: 5 Choices to Reveal a Radically Radiant You before purchasing it in order to gauge whether or not it would be worth my time, and all praised Unzip Your Genes: 5 Choices to Reveal a Radically Radiant You:

1 of 1 people found the following review helpful. I'm so happy a friend suggested I buy this book By Customer I'm so happy a friend suggested I buy this book. It was easy to read and super informative in regards to helping me understand my current health status and what I can best do to influence positive change. It has only been a few weeks since I've put into practice much of what is shared in this book and I feel the best I have in a long time. Thank you Dr. Stagg for helping provide me the jumpstart I needed. 3 of 3 people found the following review helpful. Amazing Dr.

Amazing Book By Gregory Allen Ott Amazing Dr. Amazing Book. Several years ago, I began looking for a new doctor after my doctor refused to work with me to get me off of my blood pressure medication. In my search, I found Dr. Jenn. My wife and I now both see Dr. Jenn and have transformed our lives (diet, stress management, exercise, environment and genetics). Unzip Your Genes puts genetic science into terms we can all understand. This is an easy to understand, relevant book for anyone wanting to better understand one of the elements that drives our health and well-being. Dr. Jenn, Thanks for all you do for your patients. 2 of 2 people found the following review helpful. I highly recommend this book to anyone who is on the journey ... By Elizabeth I figured out a long time ago that one diet does not fit all. It is so exciting to read that we can use the new technology of genomics to individual our diets. I had this genomic testing and it was so enlightening to understand why so many diets I had embarked on in the past just weren't right for my body. I now know what nutrients are most important for me to supplement and how to work WITH my body. I highly recommend this book to anyone who is on the journey to wellness.

Your genes don't have to be your destiny. Now you can take charge of your genes and your health. Unzip Your Genes will show you how take your own health into your own hands. You will no longer sit on the sidelines instead you can play an active and empowered role in the state of your own health. In this book you will: Understand how the environment and your genes interact. Learn how to use your own genetic information to your advantage. Create an actionable plan based on your genomics to radically transform your health and improve your vitality. Discover how to improve your health span and lead a productive, happy and healthy life. Dr. Jennifer Stagg is an experienced physician and expert in Precision Medicine an emerging approach for disease prevention that takes into account an individual's genes, environment, and lifestyle. In Unzip Your Genes Dr. Stagg provides insight on how you can take practical steps that can radically transform the state of your health and well-being.

"Fascinating, eye-opening, informative! 'Unzip Your Genes' is a must-read for anyone looking to live a happier, healthier life. Dr. Jennifer Stagg takes her expertise in precision lifestyle medicine to a new level by allowing readers to understand how their bodies truly work from the inside out." (Keisha Grant, TV News Anchor) "Your individuality extends well beyond your outward appearance. It includes differences in the minute details of your cellular functions, those that ultimately determine how you are: how you function (at the cellular level), how you behave (your likes, dislikes, executive functions, your neurochemical pathways) and how you survive and adapt to your environment. Your genetic legacy, or genome the sum total of genetic material passed down through generations and ultimately inherited from your parents is key to understanding your individuality. As modern science continues to explore the marvels of the human genome, we are learning that the lines between nature (that which you inherit) and nurture (that which you develop through your environment) are less distinct than once thought. Your genetic make-up not only defines who you are, but how you interact and react to your environment. Dr. Stagg's new book captures in a lucid and compelling manner, what so many before her have been unable to do: Explaining why genetics have an important role in the everyday discourse of health and wellbeing, while striking an admirable balance between simplicity and scientific accuracy. Dr Stagg introduces genetics in a manner that is so much more relevant than just disease diagnostics genetics that helps us to better understand ourselves as human beings. I highly recommend Dr. Stagg's Unzip your Genes for anyone interested in the dynamic and interactive role that individualized genetics play in one's health and wellbeing (within the framework of one's environment). I suspect that after reading her book, many will be inspired to begin their own personalized journey to optimized health." (Dr. Mansoor Mohammed, PhD, Founder and President, ManageneDx, Innovative Lifestyle Genomics, Health-focused Personalized Medicine) "In the confusing and often daunting world of Nutrigenomics, Jennifer Stagg has come up with a guide to understand and conquer this arena in practical and effective ways. Unzip Your Genes is a wonderful start to a whole new you by unlocking your potential." (Christopher Keroack, MD, Author, Speaker, and Medical Consultant in Lifestyle and Functional Medicine) "When Dr. Stagg first shared with me the title of her new book, some months ago, I thought, wow, that is a tantalizing title (one of the best I have ever seen). So when my esteemed colleague asked me to review her book, Unzip Your Genes, I was curious to learn if the content could live up to its title. After starting this book, (and not being able to put it down) I must say, this book delivered! Dr. Stagg's book could not be timelier! We live in an era where the biggest cause of death and chronic disease is lifestyle induced and thus preventable! Every doctor advises their patients to eat better, exercise more and stress less. As a result, we have more gyms than ever, we spend more on diets than ever and yet we have a runaway epidemic of obesity and diabetes, which spurs the top two killers in the country, namely cardiovascular disease and cancer. So the question is, why are these simple strategies are not working? The answers are uncovered within the pages of Unzip Your Genes. Dr Stagg eloquently lays out the argument for the necessity for targeted, true Health Care. Or as she describes, Precision lifestyle medicine. This book should be required reading for any health care provider who is, not just interesting in defeating disease, but in the promotion of wellness! Good work Dr. Stagg, I enthusiastically and emphatically endorse your book!" (Dr. Douglas A. DiSiena, DC, FICA, CNS, QME, Distinguished Fellow of the ICA, Bestselling co-author of Possibility Living) "Dr. Stagg wrote a comprehensive book that is an essential read for every generation! She created an amazing precision program to truly unlock your health and

create a lifetime of wellness." (Dr. Pina LoGiudice, ND, LAc, Author, The Little Book of Healthy Beauty)"At a time that we are so confused about how to be healthy, Dr. Jennifer Stagg makes it so simple and practical with her new book, Unzip Your Genes. This is a must read for everyone!" (Dr. Fabrizio Mancini, Speaker and best selling author of The Power of Self-Healing)"Unzip Your Genes is a must-read for anyone interested in health, wellness, longevity, and weight loss. The more aware we are about our genetics the better we can understand ourselves. Knowing that there is an SNP for that, helps to give us better control of our individual idiosyncrasies as they relate to our lifestyle habits. And, as such, enables us to better improve our health. Dr. Stagg elucidates how personalized medicine with genetics as the basis, is the future for creating a more enhanced and healthier you." (Dr. Keoni Teta, Author of The Metabolic Effect Diet and Lose Weight Here)