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Gene Genius

By Sue Williams, Dr Margaret Smith

Bolinda Audio, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. Ever wondered why someone on exactly the same diet loses weight much faster than you? Puzzled about why you crave a sugar fix more than other people seem to? Cant understand why your best friend stresses less than you? Cant work out why some people love taking risks, when you dont? The answers are all in our genes. Today, we sit on the threshold of the most far-reaching health revolution of our timesnow we can identify some of the key genes that make a huge difference to our individual make-up. Gene Genius explains the science of DNA and genetic inheritance. This book takes you on a journey through the human genome, shedding light on how your genes influence your mental and physical health and showing how you can plot a clear path to a healthier you. Leading genetic scientist Dr. Margaret Smith along with health writer Sue Williams offer suggestions for how to deal with any problematic genetic inheritance, such as a predisposition to weight gain, mental illness, stress, cancer, heart disease, diabetes, drug or alcohol dependencies, and much more. Their...



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