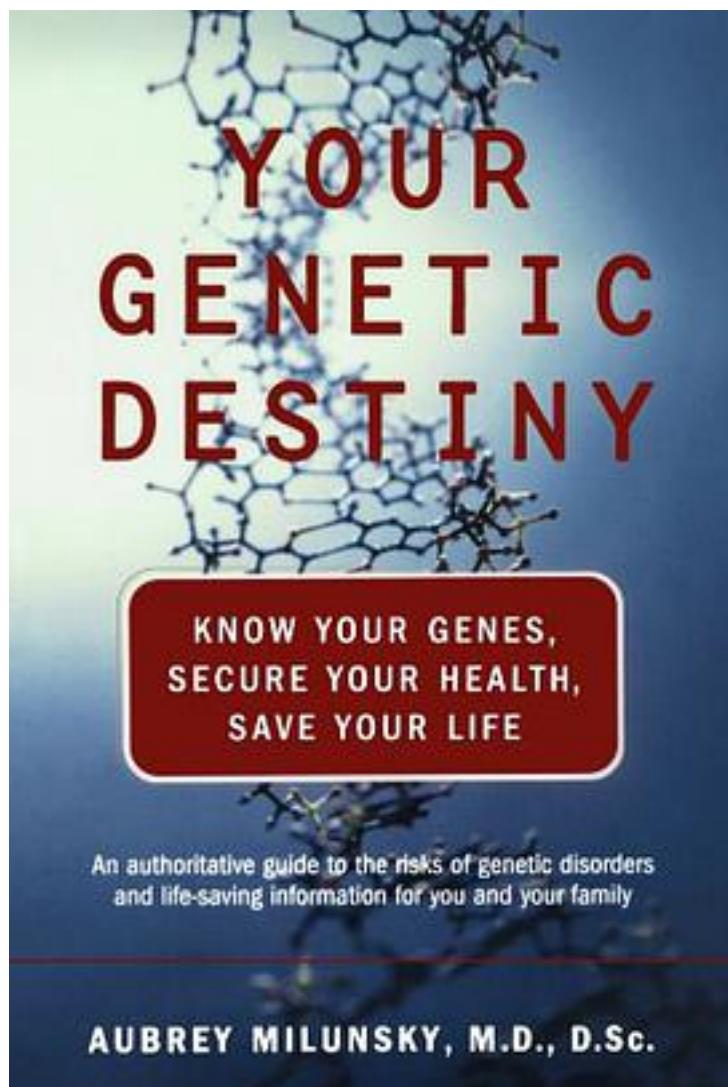


Your Genetic Destiny



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By a leading medical geneticist, an invaluable guide to the complexities of inherited disease and what you can do to protect you and your family from them. Much in the news, inherited disease and genetic testing are complex and confusing issues that leave most asking: "So, what can I do with this promising information?" A powerfully helpful and authoritative guide, Your Genetic Destiny has the answers. From what tests to have taken, what the results mean, and when further genetic counseling is in order; from what foods to avoid to which medications to take and what other medical options are available, world-renowned geneticist Aubrey Milunsky demonstrates how knowledge of our genetic makeup can save our lives. Covering heart disease, hypertension, cancer, diabetes, mental illness, Alzheimer's disease, obesity, longevity, and infertility, Your Genetic Destiny is the most comprehensive, compassionate, and informed guide available for all concerned about the risks of inherited disease.

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评论

要坚持有氧运动，每次至少30分钟，每周至少3-4次

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