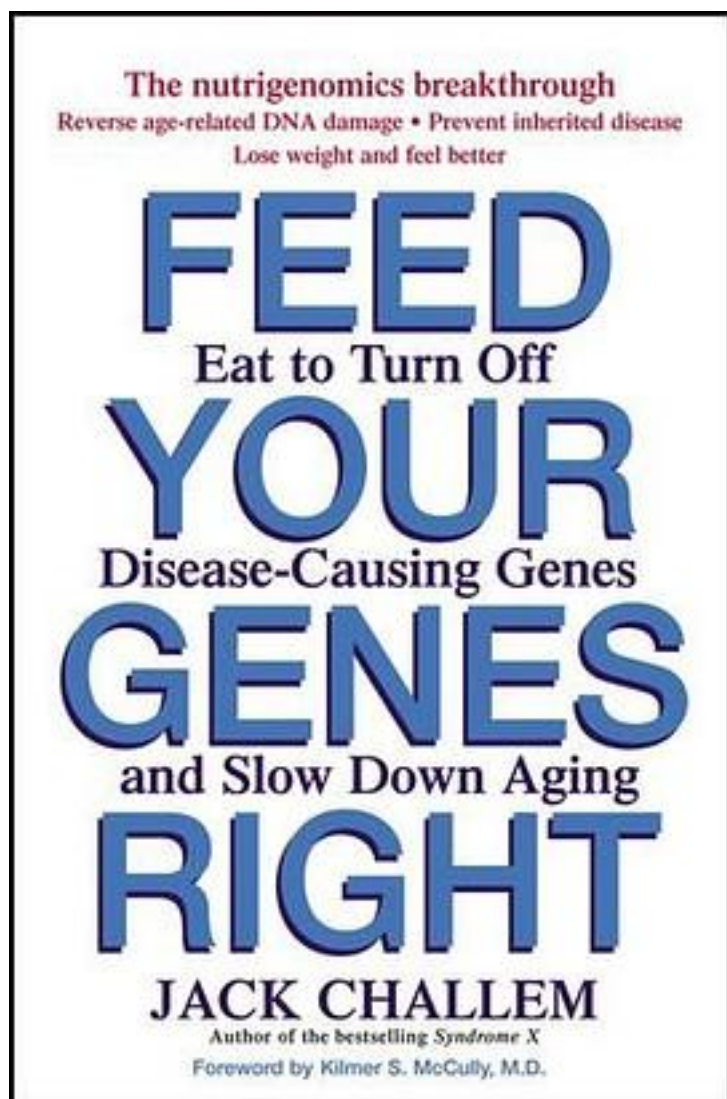


# Feed Your Genes Right



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In *Feed Your Genes Right*, renowned nutrition expert Jack Challem translates the hugely exciting science of nutrigenomics--which explores the link between nutrition and our own DNA--into practical eating plans and nutritional supplement recommendations for maximizing one's genetic inheritance, slowing the aging process, and reducing the chances of disease. After describing how food and nutrients can help repair flawed or damaged genes, Challem offers specific plans--complete with delicious carb-smart recipes--that target two dozen common or inherited diseases and conditions, including arthritis, cancer, diabetes, fatigue, gluten intolerance, heart disease, and obesity.

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