



## GENEDIET™

### Are you destined to be overweight? Should you follow a low-carb or low-fat diet?

Obesity is a very complex disease, and many factors can contribute to a person being overweight including their genes, behaviour, and the environment.

Knowing your genetic predisposition to being overweight, can assist you to take the appropriate measures and guide you towards a suitable diet.

### What can my DNA tell me?

Your DNA plays a very big part in the regulation of your body weight. Studies show that up to 70% of your risk for being overweight is determined by your genes. Your DNA also provide information about your feeding behaviours, natural appetite control, the fat burning process, your genetic need for physical exercise in order to maintain a healthy body weight, and your sensitivity to dietary fat and carbohydrates.