

## Natural Health Seminar Series by Dr. Wen

# Nutritional Genomics – Personalized Nutrition

### The Genetic Connection of Your DNA, Your Lifestyle, and Your Health

12:00pm - 1:30pm, Thursday, April 21, 2011

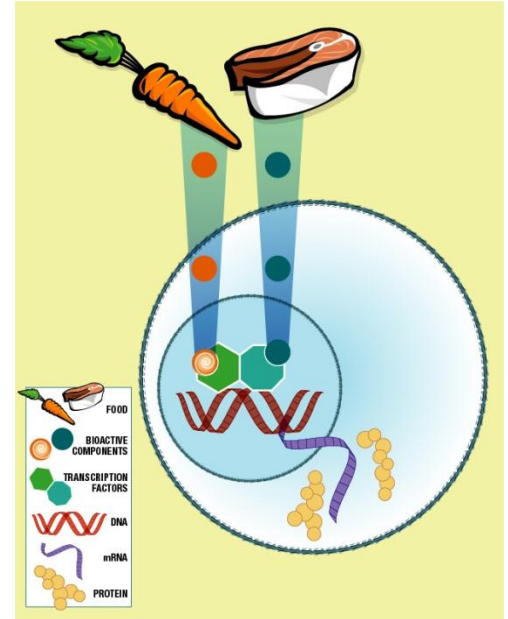
Old Quarry Library, 7051 Village Center Dr. Austin, TX 78731

“Is caffeine good for me? Does salt affect my blood pressure? Which is best for me -running or lifting weights? Are the foods I eat giving my body the nutrient it needs? Why can't I lose weight? ...” You have your reasons for wanting to get answers.

In recent years, scientists have discovered that small variations in your genes can influence how well your body metabolizes food, uses nutrients, and cleanses damaging toxins. This interaction between genes, diet and lifestyle is referred to as nutritional genomics – the study of interaction of nutrition and genes.

Your health is a direct result of interactions between your genes and lifestyle factors such as diet, exercise, stress, smoking, and alcohol. In the seminar, you will learn how the interactions affect the area of health in Detoxification, Inflammation, Heart Health, Alcohol Metabolism, Bone Health, Insulin Resistance, Fitness and Weight Management.

It is time to make informed decisions about your health - no more guesswork, just facts.



**The educational seminar will be giving you the information that will revolutionize human nutrition in the future and allow you to apply nutrition in the next decade**

Dr. Wen completed her pre-doctoral and post-doctoral study at National Cancer Institute, Dartmouth Medical School, and Dept. of Nutritional Sciences of UT Austin. She has done extensive research in Molecular Cancer Therapeutics and Cellular Immunology, and the impact of nutrition, hormone and weight (fat) on diabetes and cancer risk.

For more information, please visit [www.WellnessDrWen.com](http://www.WellnessDrWen.com) > Natural Health Seminars