

Fast Track to Health Program



Personalised Genetic Profiling in
Support of Your Health and
Wellness Goals



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**“Health is not everything,
but without health,
everything is nothing...”**

Schopenhauer



Personalised Healthcare

- › The one size fits all model for healthcare is out-dated.
- › Gene profiling offers the ability to address individual healthcare needs.
- › Personalised treatment plans based on scientific processes.



Key Health Factors Addressed

- › Diabetes and Insulin Resistance
- › Cardiovascular Health and Cholesterol Regulation
- › Fat Metabolism and Weight Management
- › Bone Health
- › Hormone Regulation
- › Thyroid Function
- › Sleep Patterns
- › Relief from joint pain
- › Healthier ageing
- › Menopause balance
- › Hypertension - Blood pressure



Your Genes, Diet and Weight

- › Do you lay down body fat as saturated fats increase?
- › How much saturated fat can you tolerate?
- › What is the percentage of total fats you can tolerate?
- › What is the percentage of carbohydrates you can tolerate in the diet?
- › Are you genetically prone to overeating, binge eating, carbohydrate cravings?



Glucose, Insulin and Weight

Are you genetically predisposed to:

- > Poor glucose control?
- > Insulin resistance?
- > Becoming diabetic?



Losing just 10% of your body weight can add 10 years to your life.

It is estimated that 75% of health and life expectancy after age 40 is modifiable.



**A Federal Government Report May 2009
titled “Weighing it up - Obesity in
Australia” stated:**

**Environmental and lifestyle factors
contribute approximately 30% to a
person’s body weight.**

Genetics contributes the other 70%.



Factors That Influence Weight Loss and Wellbeing

Your genes influence:

- > Diet
- > Exercise
- > Hormones
- > Inflammation
- > Liver Function
- > Toxicity Levels



Your genetic playing field

Determine your genetic 'playing field' with a personalised genetic profile followed up with a 12 week treatment plan to address your healthcare needs.



**The Fitgenes Fast Track to Health
program is an integrative
healthcare solution.**



Three Easy Steps to Getting Started:

Step 1:

Book an appointment to discuss your specific health requirements.

We will outline the program in detail and take account of all of your individual concerns and health goals.

Step 2:

You provide a DNA sample via a non-invasive buccal swab.

The swab is sent to the laboratory for testing of the genes outlined, that is those which influence health and wellbeing.

Step 3:

We receive your comprehensive genetic profile report with the knowledge, tools and processes to prepare a customised 12 week treatment plan.



You're ready to start the program!

Measurable Results

- › Your key health concerns are targeted and progressively monitored for positive results over the course of the program.
- › Combined with increased levels of energy, vitality and weight loss.
- › Clarity about what it takes to maintain a healthy life.

