



# How Genetic Testing Can Improve Your Health

Genetic testing has moved into the mainstream and is the future of preventive health. In addition to the thousands of tests being offered for medical conditions and diseases, the science and research behind genetic testing for lifestyle and wellness improvement has progressed dramatically.

The science can now help identify the specific genes that dictate how the human body processes carbohydrates, fats, proteins, micro-nutrients and more, as well as how specific genes determine the effectiveness of certain fitness activities. And this is just the beginning.

## The Research

Clinical studies and research on genetic testing related to lifestyle and wellness markers have been rapidly increasing in quality and volume since the human genome was first mapped in 2003.

As the testing technology improves and the cost of analyzing an individual's DNA decreases, more research facilities and universities around the world are able to perform more research studies with larger test subject groups, all leading to more being discovered about the connections between genetics and preventive health.



**CarnelianHealthServices.com**

DIETS ARE NOT  
UNIQUE TO YOU.  
YOUR DNA IS.

**Gx** *slim*

GxSlim is the weight loss solution engineered for your body's unique chemistry.



## What is GxSlim?

GxSlim is a scientifically-based weight management program that identifies your unique genetic makeup and then provides diet and exercise strategies that are tailored to your genotype. This is not guesswork, one-size-fits-all or fad dieting of any kind — GxSlim provides the only diet and exercise recommendations you will ever need, because they are based on your DNA.

GxSlim will help you understand how your body uses food. It will show you what kinds of foods you should or should not eat, where you may have deficiencies or excesses, even how you should exercise in order to optimize your weight loss results.

In addition to insightful reports with helpful information, you'll have direct access to health professionals that can help you put your plans into action, as well as an abundance of genotype-specific content within our secure web portal.

The combination of science, customized information and guided support are what truly set GxSlim apart from the one-size-fits-all, fad diets.

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## How GxSlim helps you lose weight



1

We collect and analyze a sample of your DNA.



2

We'll show you how your body is impacted by what you eat and how you exercise.



3

Work with your health advisor to implement the recommendations into your lifestyle.

When you purchase GxSlim, we'll send you a DNA collection kit, which consists of a simple cheek swab. Return your sample to us in the pre-paid package, and our lab will then perform a complete scientific analysis of your unique genotype. This is where the path to lasting weight loss begins.

You'll receive a comprehensive online report with specific details about the kinds of foods you should or should not eat, and the types of exercise you should perform. Your individualized report will teach you how your body processes specific foods, absorbs nutrients and uses physical activity to bring about weight loss.

To help you get the most out of your GxSlim program, your health advisor will work closely with you to incorporate the report's recommendations for diet and exercise into your daily routine. By customizing your food and exercise plans to utilize your genetic tendencies, you are much more likely to achieve your weight loss goal.