

Carolyn Katzin's
The DNA Diet Weight Loss System®



- The most personalized, current and effective weight loss program available today.
- The DNA Diet identifies how your food and supplement program can be modified to optimize your genetic expression.
- For those who wish to eat healthily and maintain a healthy waist size throughout their life.

How is my DNA tested?

A buccal (inside the cheek) swab is all that is needed - blood samples are not necessary. Once this is collected in the privacy of your own home, the sample is sent to the lab for processing. The testing is secure and private and does not provide any DNA identification markers simply common variations that occur in most people. By using this knowledge our nutritionist makes personalized recommendations for diet change to optimize your metabolism and performance.

The gene variations tested include:

- # Heart and cardiovascular health (general maintenance and repair) - genes involved in methyl donation
- # Bone structure, bone density and structural health - genes involved in Vitamin D and collagen
- # Metabolism and weight control - genes involved in glucose metabolism and insulin
- # Detoxification capacity - liver enzyme genes
- # Energy and antioxidant protection - antioxidant genes
- # Inflammation tendencies - genes coding for inflammatory markers

What do I receive once the test is completed?

You will receive a book containing details of each gene tested, its function and how this relates to your diet and lifestyle. We will let you know how your unique metabolic profile affects your weight and physical performance. You will be able to make informed choices about foods, supplements, personal care products and exercise programs. You will also receive personalized recipes and a 7 day menu plan based on your genetic profile.

How will this help me lose weight?

For those who wish to lose weight we have a six week intensive program The DNA Diet Weight Loss System. This is available via the internet or face to face (depending upon your location). Please visit the website for more information and testimonials. www.thednadiet.com

The weight loss is designed to work with your genetic expression and to be life long. There are no gimmicks. You can lose up to 6 inches around your waist and as much as 15 pounds in the first six weeks as well as discover how to maintain your new healthy eating habits personalized for you.

How do I get started?

You can order the test or the weight loss program at www.thedndiet.com or by calling (866)471-0529 (toll free). Credit card orders accepted.

Prices: The DNA Diet	\$625
The DNA Diet Weight Loss System	\$1,200
The DNA Diet Rapid Results Diet only	\$900

I already have my genetic test results provided by the laboratory, can I incorporate these into the DNA Diet Weight Loss System?

For those who wish to integrate their previously learned genetic test results with the Rapid Results Weight Loss Program info@thednadiet.com