



**smartDNA**

PRACTITIONERS CHOICE FOR GENOMIC SOLUTIONS

GENOMIC WELLNESS FOR **YOU**



[www.smartDNA.com.au](http://www.smartDNA.com.au)

## smartDNA Genomic Wellness Test includes:

- Lipid Metabolism
- Metabolic Syndrome and Diabetes
- Inflammation
- Sodium Sensitivity
- CoQ10
- Omega 3 and Omega 6
- Vitamins
- Methylation, Folate and cofactors
- Choline
- Caffeine Metabolism
- Coeliac Disease
- Lactose Intolerance
- Oxidative Stress
- Phase I Detoxification
- Phase II Detoxification
- Weight Management
- HPA axis and Stress Responses
- Sleep and Seasonal Variation
- Physiogenomic Integration of Genetic and Functional Variability



## How to order your smartDNA Genomic Wellness Test

- Contact your Practitioner
- **smartDNA** tests can only be ordered by an accredited healthcare Practitioner
- Pay for the Test
- Your Practitioner takes your saliva sample
- The sample is sent to **smartDNA**
- Your results are emailed to your Practitioner
- Your Practitioner arranges a consultation with you to go through your results

Contact your practitioner: Fiona Hill at Thyme2Heal

Tel: 027 340 8366

Email: [fiona@thyme2heal.co.nz](mailto:fiona@thyme2heal.co.nz)

or find Fiona at The Health Hub, Levin

# Personalised Genomic Wellness is here now!

OUR AIM IS TO WORK WITH YOUR SPECIALIST PRACTITIONER TO REDUCE THE RISK OF MANY OF THE MOST COMMON HEALTH ISSUES THAT AFFECT US AS WE AGE



## What will this analysis do for me?

Your practitioner will be able to design a specific nutritional program for you.

It will enable specific preventative health strategies to be used for long term health.

It will enable better weight management and understanding of your specific dietary needs.

It will assess your genes involved in anti-oxidative defense.

Inflammation has a key role in chronic diseases. Your inflammatory response will be evaluated to reduce your risk of various diseases.

Find out how well your body detoxifies environmental toxins. Reduce your toxic burden.

Understand your hormone metabolism pathway.

Understand your stress responses. Learn to manage mental and environmental stress in your life. It will assess your genes involved in anti-ageing process.

WHEN YOUR BODY IS HEALTHY AND HAS ACCESS TO THE NUTRIENTS IT GENETICALLY NEEDS, YOU TYPICALLY:

- Age more slowly
- Experience a higher quality of life
- Feel less stressed
- Suffer less with unhealthy conditions



## Personalised Health

PERSONALISED NUTRITION BASED ON YOUR GENOMIC PROFILE

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