

# Don't let your lifestyle be a **time thief!**

Your lifestyle can either shorten or lengthen your genetic fuse.



## Is coffee shortening your fuse?



People who genetically process caffeine slowly should reduce or eliminate caffeine intake to support a healthy heart.



A complex of B vitamins, including activated folic acid and additional polyphenols found in turmeric, can be supportive in this detoxification pathway to support cardiovascular health.



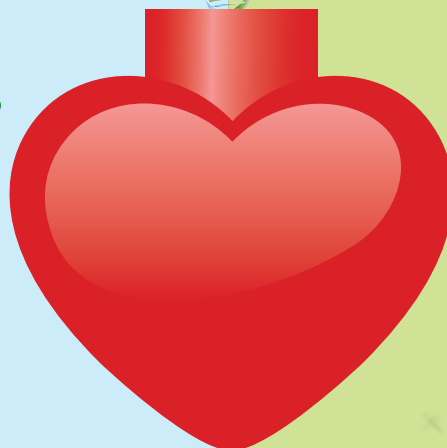
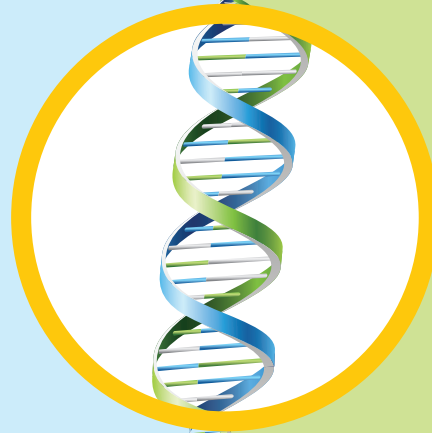
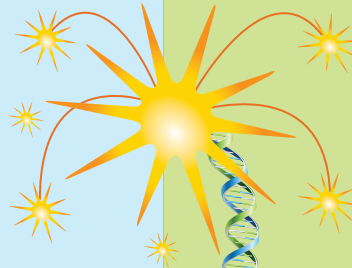
## Are you a genetic warrior or a genetic worrier?



Genetic variations play a role in your response to stress, confrontations and sleep disruption.



Essential nutrients like magnesium and amino acids can positively influence the ways your genes behave in response to stress in as little as three months.



## Having difficulty remembering things?



Certain SNPs dictate growth hormone in the brain, allowing for new brain cells which can have a positive impact on memory.



B vitamins, caffeine and exercise all support the brain's growth factor and help preserve brain function.



## Do you know the answers your genes have to offer?



A genetic test can help you identify certain areas of health to focus on such as heart health, blood sugar and other metabolic functions.

**Find out what other secrets your genes are hiding — ask your Health Professional today for Gene SNP Analysis.**

**Gene SNP™**  
DNA Analysis