

The DNA Restart: Unlock Your Personal Genetic Code to Eat for Your Genes, Lose Weight, and Reverse Aging



The DNA Restart walks you through revolutionary steps to a diet and lifestyle perfect for your individual genetic makeup. The DNA Restart plan utilizes decades of in-depth scientific research to explain the pivotal role genes play in the journey to ideal weight and health status. Dr. Moalems unique twenty-eight-day plan shows you how to upgrade sleep, sensory awareness, and exercise; conduct easy genetic self-tests that allow you to individualize your carbohydrate intake levels, determine your genetically optimized level of carbohydrate and alcohol intake; and genetically thrive by incorporating umami-rich recipes and oolong into your diet.

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