Issue 12
June 2020

JUST JESS on HEALTH:

DNA Analysis:

The phrase “prevention is better than cure” is an important part of my approach in practice. I have therefore decided to enrich my practice with a tool to assist in further individualising patient treatment. DNA analysis allows us to look at your genetics and translate this into realistic health solutions. This allows precise, predictable and preventative information. The results attained can assist in chronic disease risk management, weight management, cognitive health, mood disorders and athletic performance and recovery.

What can we look at?

1. **General health:** Cholesterol metabolism and risk for heart disease | Bone Health & risk for osteoporosis | Methylation and B Vitamin requirements | Detoxification, inflammation and oxidative stress | Insulin Sensitivity and risk for diabetes | Food Responsiveness; lactose intolerance, caffeine processing, salt sensitivity, and blood pressure and iron overload disorders

2. **Oestrogen Health:** The personalisation of diet, hormone and nutritional supplement recommendations to improve oestrogen metabolism.

3. **Mind:** Neurodegenerative disorders | addictive behaviour | adrenaline-seeking | mood regulation

4. **Diet:** Gene variations that impact metabolism, absorption and storage of fats and carbohydrates, as well as eating behaviour to understand how your genetic profile will impact your response to our most effective healthy eating plans.

5. **Exercise:** The best way to maximise sporting potential, prevent injury and optimise recovery to reach peak levels of conditioning.

6. **Skin:** The best way to maximise sporting potential, prevent injury and optimise recovery to reach peak levels of conditioning.

7. **Medcheck:** Test your genetics to determine how you will respond to medication (this identifies efficacy of medications and medications that you should avoid all together).

I am now a registered practitioner under DNA analysis, which allows me to interpret your genetics to better assist you in optimising your health. If you would like further information please do not hesitate to contact me.

Kind regards
Dr Jess

Dr Jessica Bussicott
M.Tech Homeopathy (UJ)
Cell: 076 051 7532