

JUST JESS on HEALTH:



**NEW DNA Test**

We have a very exciting DNA panel that we have added to the list. It is called DNA resilience and has been designed around the pandemic. The test focuses on your ability to adapt to stress, while maintaining health in the face of adversity i.e financial stress, emotional stress, physical stress, illness...

**How can this test help you?**

DNA resilience looks at your adaptability on a genetic level to physiological, mental and emotional stressors.

Research has identified that individuals who are physiologically fit, have better resilience. This test allows us to identify your resilience, at a genetic level, so that we can facilitate your genetics to greater impact the following:

- Motivation
- Confidence
- Focus
- Immune system
- Gut health
- Mental/Emotional health
- Immunity
- General health

**Is this test for you?**

If you are struggling with:

- Cognitive decline
- Cardiovascular disease
- Gut dysbiosis
- Poor Immunity
- Mental/Emotional health

This test will provide recommendations around lifestyle, diet, exercise and supplementation so as to allow for you to:

- Lead more effectively in life, business, sport...
- Cope better under stressful and demanding conditions.
- Enhance your mental, emotional and physical health in a holistic manner.
- Improve physical health and longevity.

If you would like this test conducted, please email through and I will provide you with further information.

**Do you have questions? Drop me some topics you would like discussed in my upcoming articles.**

Kind regards  
Dr Jess



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