



# Feel Good Nutrigenomics

*Dr Amy Yasko*

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# Feel Good Nutrigenomics

*Dr Amy Yasko*

## **Feel Good Nutrigenomics Dr Amy Yasko**

We live in a society where we are stressed emotionally, financially, physically and exposed to a range of toxins in our environment. Combining underlying genetic susceptibility with these factors provides all the ingredients for a perfect health storm. By understanding where our weak points are located, or where the accidents are on our particular highway of life, it is possible to bypass those detours, accidents and breakdowns and chart a better Roadmap to Health. This book defines those steps needed to begin your own personal journey to health and wellness.

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