

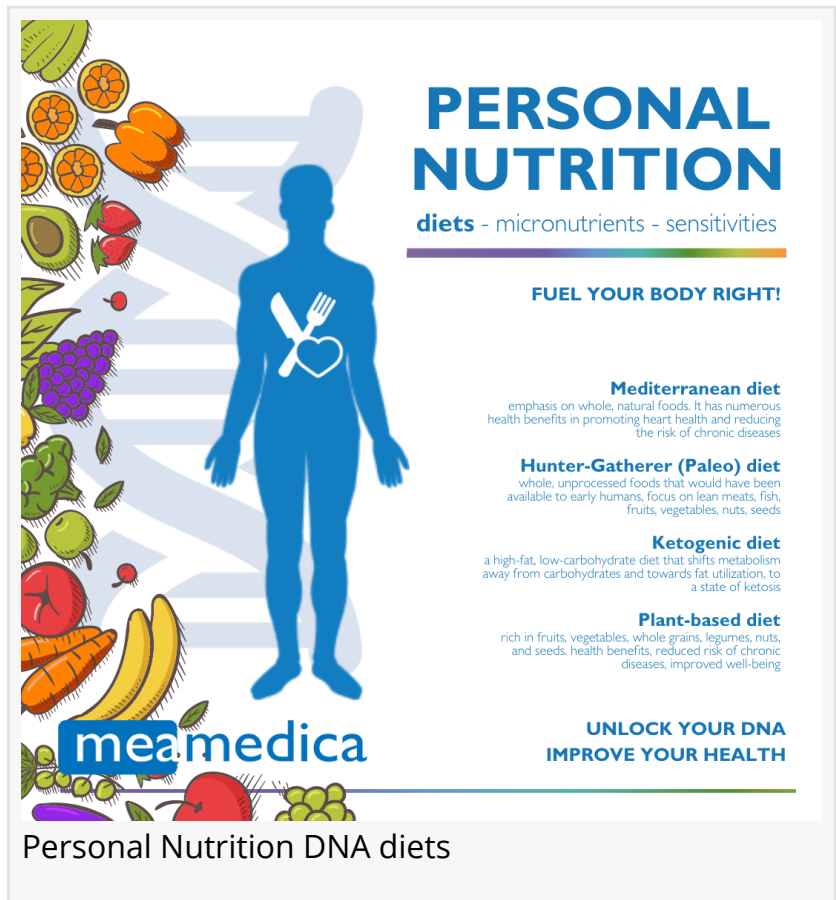
# A Genetic Approach to Diet Moves Beyond One-size-fits-all Nutrition plans - Meamedica Personal Nutrition DNA Test

*Personal Nutrition DNA: Groundbreaking test offering individualized insights into diet, micronutrient needs, and food sensitivities based on genetics*

APELDOORN, NETHERLANDS, October 29, 2024 /EINPresswire.com/ -- [Personal Nutrition DNA](#) tests revolutionize the approach to nutrition. It is a cutting-edge genetic test that moves beyond one-size-fits-all nutrition plans by leveraging the unique genetic makeup of each individual and providing truly personalized dietary recommendations. Traditional diets and nutritional advices are often based on generalized principles, assuming that everyone's body responds similarly to the same foods, vitamins, and minerals, but scientific research shows that individual genetic differences play a crucial role in how we metabolize nutrients, absorb vitamins, and develop food sensitivities.

## Personalized Dietary Recommendations

The Personal Nutrition DNA test decodes the specific genetic factors that influence a person's response to various foods, vitamins, and minerals. By analyzing key genes associated with metabolism, nutrient absorption, and food intolerances, Personal Nutrition can provide actionable recommendations for optimizing a diet and achieving better health. Genetics influence how individuals respond to different types of diets, such as low-carb, keto-diet or low-fat plans. Additionally, a DNA-driven approach can guide towards the diet most likely to support healthy weight management based on specific genetic markers.



**PERSONAL NUTRITION**  
diets - micronutrients - sensitivities

**FUEL YOUR BODY RIGHT!**

- Mediterranean diet**  
emphasis on whole, natural foods. It has numerous health benefits in promoting heart health and reducing the risk of chronic diseases
- Hunter-Gatherer (Paleo) diet**  
whole, unprocessed foods that would have been available to early humans, focus on lean meats, fish, fruits, vegetables, nuts, seeds
- Ketogenic diet**  
a high-fat, low-carbohydrate diet that shifts metabolism away from carbohydrates and towards fat utilization, to a state of ketosis
- Plant-based diet**  
rich in fruits, vegetables, whole grains, legumes, nuts, and seeds. health benefits, reduced risk of chronic diseases, improved well-being

**UNLOCK YOUR DNA  
IMPROVE YOUR HEALTH**

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Personal Nutrition DNA diets

Optimizing Micronutrient Intake  
Genetic testing can also reveal how efficiently essential nutrients like vitamin D, vitamin B12, magnesium, omega-3 fatty acids, and many others are absorbed and processed. This allows for targeted supplementation to meet personal needs.

### Precision in Managing Food Sensitivities

This genetic approach helps to identify which foods should be avoided or limited. By analyzing genes related to lactose intolerance, catecholamine sensitivity, sensitivities to caffeine and gluten and even peanut allergies, managing food related sensitivities becomes easier, removing the need for a trail and error approach.

**PERSONAL NUTRITION**  
diets - micronutrients - sensitivities

**FUEL YOUR BODY RIGHT!**

- Choline / Betaine
- Magnesium
- Manganese
- Methylfolate
- Omega-3
- Thiamine
- Vitamin A
- Vitamin B2
- Vitamin B6
- Vitamin B12
- Vitamin C
- Vitamin D
- Vitamin E

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Personal Nutrition DNA micronutrients

### A Leap Forward in Nutrition Science

In summary, a genetic approach to diet is innovative because it combines advances in genomics with nutrition science to deliver more accurate, effective, and personalized dietary guidance. This scientific precision marks a significant leap forward in the field of nutrition, allowing people to optimize their diets in a way that aligns with their unique biology.

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Many people experience unexplained health issues. By analyzing DNA to identify sensitivities and deficiencies, the body's functioning can be optimized. This can alleviate symptoms.”

*W Wessels, PharmD*

### How It Works

The process is simple and non-invasive and it only takes about 2 minutes. The Personal Nutrition DNA kit provides a saliva swab and a clear manual on DNA collection. Within weeks, a detailed digital report with customized insights and recommendations is available that can easily be incorporated into daily life.

### A Commitment to Patient Empowerment


The Personal Nutrition DNA test is the next step in providing personalized tools to improve health, through nutrition.

“Our primary objective is to empower individuals with knowledge,” said pharmacist W Wessels, the lead pharmacist on the project. “Many people experience unexplained health issues. By analyzing DNA to identify sensitivities and deficiencies, the body's functioning can be optimized.

This can alleviate symptoms and provide a clearer picture of the underlying problems.”

For more information about the new Personal Nutrition DNA test and to order your test, please visit [www.meamedica.com](http://www.meamedica.com) or contact the public relations team at [press@meamedica.com](mailto:press@meamedica.com)

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The graphic features a central blue silhouette of a human figure with a white heart and a crossed knife and fork over it. To the left, a vertical strip of colorful fruits and vegetables (including oranges, bell peppers, grapes, and bananas) is shown. The background consists of horizontal white lines on a light blue gradient. The text is arranged on the right side of the graphic.

**PERSONAL NUTRITION**  
diets - micronutrients - sensitivities

**FUEL YOUR BODY RIGHT**

**Dairy**  
Genetic variations can influence the production of lactase, the enzyme needed to break down lactose

**Coffee**  
genetic variations can make you more sensitive to caffeine, causing jitteriness, increased heart rate, or difficulty sleeping

**Gluten**  
genetic variations may give symptoms such as bloating, abdominal pain, and fatigue

**Catecholamines**  
catecholamine sensitivity can lead to symptoms like heart palpitations, feelings of anxiety, sweating, or high blood pressure.

**Peanut**  
specific genetic variations make the immune system recognize peanut proteins as a threat, leading to an allergic reaction.

**Folic acid**  
less efficient use of folic acid can lead to symptoms such as fatigue, irritability, or gastrointestinal issues.

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Personal Nutrition DNA sensitivities

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