

Genetic Nutrigenomics Panel for Autophagy

The Longevity Genes

*Your Genetic Profile Provides the Information
Necessary for a Healthy Life*

Autophagy is a cellular process that involves the sequestration and eventual destruction of aging proteins, damaged cell organelles, apoptotic bodies and intracellular bacterial components by a specialized double membrane vesicle called the autophagosome. Autophagy plays a pivotal role in maintenance of immune homeostasis in the gut, contributing to both innate and adaptive immunity.

It is often referred to as the Longevity Gene due to its importance in the aging process.

Anti-Aging, Cellular Cleansing Panel

Autophagy is the physiological process in the body that deals with destruction of cells in the body. It is the self-cleansing process that breaks down and recycles damaged molecules and cellular organelles. Our body is constantly creating new cells to replace old cells. Autophagy plays a critical role in ensuring new cells.

The question is, will the new cells we are creating daily be youthful and healthy or will damaged cells be created that accelerate the aging process and expose us to more damage?

Autophagy affects our immune system, our aging, and our skin. The failure of autophagy is thought to be one of the main reasons for the accumulation of damaged cells and aging. Autophagy is particularly important for cells that cannot regenerate easily and need to have long lifespans like cells in the kidney, liver, and pancreas.

We can picture autophagy as the body's ability to rid itself of trash (toxins, dead cells, dead proteins) that accumulates due to daily exposure to environmental pollutants, prescription drugs, unfiltered water, pesticides, herbicides and normal cell death. If you possess mutated autophagy related genes (SNPs), then you may have difficulty eliminating accumulated toxins (impaired detoxification).

Instead, you may accumulate a stockpile of debris (trash) from buildup of dead, senescent, or even toxic organelles and proteins form. This can lead to increased risk of

cancer, autoimmune diseases, and neurological diseases like Alzheimer's, dementia, Parkinson's, ALS, multiple sclerosis, faster cell death, and aging skin and organs.

Defective Autophagy

Note: The 2016 Nobel Prize in Physiology or Medicine was awarded to Japanese autophagy researcher Yoshinori Ohsumi for his research in Autophagy.

Know your Autophagy Genetic Profile and Cleanse Your Cells.



GX Genetic Nutrigenomics Testing helps keep you Trash Free.

Clinically Relevant Gene Variants (mutations). Our autophagy panel evaluates eleven (11) gene variants for possible mutations (SNPs) and complications. Knowing which of these genes may be mutated provides information needed to ensure YOUR genes are receiving the proper nutrition and care that will ensure autophagy is working for you and not against you.

The Autophagy Genetic Nutrigenomics Panel examines those genes affecting your internal cellular recycling system. An efficient recycling system is necessary to maintain cellular health and to help prevent the growth of malicious cells.

The information obtained from your genetic test is then keyed into a proprietary algorithm that offers nutritional and lifestyle recommendations based on your unique DNA make-up. Extensive clinical expertise ensures that the genes tested are relevant and scientifically established. Recommended treatment protocols have been clinically validated and are specific to the DNA profile.

The Proprietary software, *SNP Genius*, removes the guess work that is inherent in non-genetic and generalized genetic testing. It allows our Health Care Professionals to recommend nutritional and other health protocols based on your unique DNA profile.

Natural Help for Autophagy and the Role of Your Autophagy Genes

Autophagy can be stimulated naturally with exercise, fasting or intermittent fasting, and high fat, low carb, low protein diets. Exercise and fasting recycles amino acids in the cell encouraging autophagy to kickstart.

High fat, low carb, low protein diets can encourage less mTOR activity, allowing for autophagy to take place. mTOR is a signaling pathway that “integrates both intracellular and extracellular signals and serves as a central regulator of cell metabolism, growth, proliferation and survival.”

NOTE: It’s important to have your autophagy activity tested with the Autophagy Panel before starting any action or treatment that encourages less mTOR activity as this can suppress a healthy immune system, possibly leading to more health issues.

**Order our genetic panels and receive a free consultation
with our Trained Nutrigenomics Experts.**

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