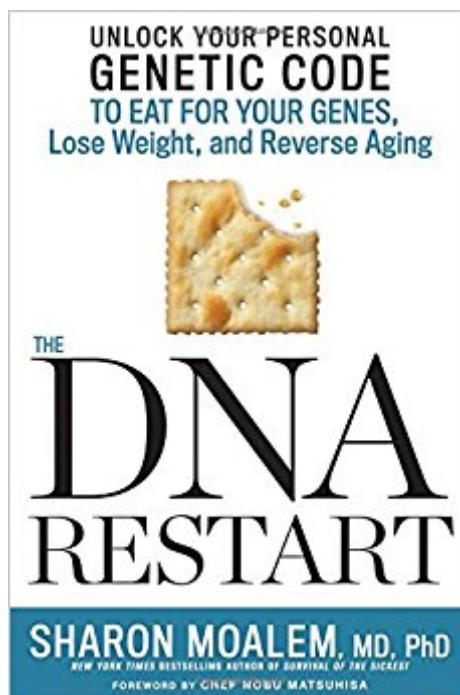




The book was found

The DNA Restart: Unlock Your Personal Genetic Code To Eat For Your Genes, Lose Weight, And Reverse Aging



Synopsis

The DNA Restart turns traditional dietary advice on its head with groundbreaking research that demonstrates that we all require different diets based on our genes. In *The DNA Restart*, Sharon Moalem, MD, PhD, provides a revolutionary step-by-step guide to the diet and lifestyle perfect for your individual genetic makeup. A physician, scientist, neurogeneticist, and New York Times bestselling author, Dr. Moalem has spent the last two decades researching and formulating how to reset your own genetic code using five essential pillars: eat for your genes; reverse aging; eat umami; drink oolong tea; and slow living. The DNA Restart plan utilizes decades of in-depth scientific research into genetics, epigenetics, nutrition, and longevity to explain the pivotal role genes play in the journey to ideal weight and health status. Dr. Moalem's unique 28-day plan shows how to upgrade sleep, harness sensory awareness, and use exercise to reset your DNA; how to determine the right amounts of protein, carbs, and fats you need for your individual genetic make-up; and how to incorporate umami-rich recipes and oolong tea into your diet to genetically thrive. Delicious recipes with mix-and-match meal plans, inspiring testimonials, and genetic self-tests round out this paradigm shifting diet book.

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Customer Reviews

"Sharon Moalem MD, PhD, is at the head of a new movement in nutrition: the tailoring of diets to different sets of genes. *The DNA Restart* is packed with fascinating information about the links between genes, food, and health. Readers are bound to find a plethora of useful information in this

book." •Stephen Le, PhD, Anthropologist and author of *100 Million Years of Food: What Our Ancestors Ate and Why It Matters Today* •"One-size-fits-all is dead in marketing, music, and news. Now, thanks to Dr. Moalem, it is dead in nutrition and diet, too. Moalem shows us not only why we need customized diets, but how to find the ones that will enable our own longer, healthier lives." •Kinney Zalesne, collaborator on the NYT Bestseller, *Microtrends: the small forces behind tomorrow's big changes* "The DNA Restart gives us a comprehensive and delicious maintenance program for revamping your life! It teaches you how to eat for your genes at any age." •Amie Valpone, bestselling author of *Eating Clean: The 21-Day Plan to Detox, Fight Inflammation, and Reset Your Body* •A fascinating read. In *The DNA Restart* Dr. Moalem shows readers the scientific basis behind how living slowly, eating slowly, and rediscovering enjoyment in the simple yet important things in life, can help us get back to our ideal weight." •Alexander Kokkinos, MD, PhD, Assistant Professor of Internal Medicine, First Department of Propaedeutic Medicine, Athens University Medical School, Greece

Sharon du Moalem, MD, PhD, is an award-winning physician, scientist, inventor, and New York Times bestselling author whose books have been translated into more than 35 languages. He has been awarded more than 21 patents worldwide for his inventions in the fields of biotechnology and human health. His scientific work led to the discovery of a first-in-class member of a novel class of antibiotic compounds directed against multi-resistant or "superbug" microorganisms such as Methicillin-resistant *Staphylococcus aureus* (MRSA). Dr. Moalem has also cofounded three biotechnology companies and has served as an associate editor for the *Journal of Alzheimer's Disease*. Dr. Moalem and his research have been featured on *The Daily Show* with Jon Stewart, the *Today* show, the New York Times, CNN, Good Morning America, *O: The Oprah Magazine*, and *New Scientist*. He lives in New York City.

I like the idea of the book. And there is some good stuff in there. BUT, I was hoping for more DNA science. He is against getting your DNA tested, and the promise is that there are self tests you can do to determine what you need in your diet based on your unique genetic code. But there are only a couple self tests. For those of us who already have had our DNA tested, I was hoping there would be some specific genetic information that could be cross-referenced with our results. Especially since there are a lot of examples in the book of how different genes can make a huge difference. One example he gives is of a man who lost a lot of weight and got in great shape on a high protein diet and by training for triathlons, but then starting getting sick, even though he was still sticking to

his diet and training, it turned out that based on his genes, he was getting too much iron and it was causing him to get sick, so he needed to cut back on foods high in iron. Great example, but no information on how to tell from a self test or from the DNA results you already have, how to detect if could be an issue for you. Overall, if you are looking for something that explains really well why there is no "one size fits all" diet, and why some people need carbs while others thrive on low carb, then this is a great book. It makes clear how what works for your sister might fail miserably for you. Of course, the last section of the book is the author's own DNA Restart Diet plan. If you are looking for info on specific genes, that's not really here.

I thought at first it was written by experts for experts, but it for everyone interested in improving their healthaid d by scientific methods. Lots of new stuff to learn, if you interested.

I received an advanced proof of this book and was asked to read/review. The subtitle should read: To Eat For Your Genes, Lose Weight, Reverse Aging..... And any other condition that ails you or someone you know. (Autism, ADHD, Diabetes, Cancer, IBS, Acne, Infertility, Depression, Anxiety..... you name it, this book will give you answers) The first thing I wondered was: For a diet book, why was there a cracker on the front? The Introduction explained that right away. I must admit, once I started reading I couldn't stop. The only reason it took a week to read is I stopped until I was able to buy a box of unsalted saltines. After we had saltines in hand, I devoured the rest of the book. Mr. Moalem had a way of injecting humor right about the point where one's brain was starting to go blank with all the new words it was learning " yes, I looked them all up. It made the book that much more enjoyable " loved the sugar/sex reference. It was always the right humor at the right time. Nicely placed. I've been an avid reading of diet/health/life books. I treated my own cancer. I keep myself and my family in as optimal health as I can. I honestly thought that we were eating good, healthy food 98% of the time - with the occasional indulgence. BOY WAS I WRONG! I discovered that many of the foods labeled 'Organic' or 'Pure' or 'Healthy' were anything but. It's funny how the health industry can claim their food items are 'organic' when the end result is destroying your body. Yes, they may have started out with an organic element, but through their processing, turned it into something that can keep you - or make you - ill. NOW, let me state that Mr. Moalem's book does not speak back about organic items. He talks about ALL food items. Since we eat mostly organic - and there is where my discovery was made - then this is why I reference organic foods more. Since I'm an avid reader of health books, I realized that this information can help with a greater number of conditions than are stated within the book. Do not

dismiss it because it's a 'diet' book. It's a lifesaving/living diet book. In actuality, when looking at foods I nixed because they weren't 'organic,' I realized that I can add them back into my diet. The cracker test is fun - and eye-opening. The Alcohol Intake Guide interesting as well. While the results of that test show I could drink more often, I still only prefer the occasional glass of red wine every now and then. But the earwax/alcohol test was interesting. My husband and I are still in the early stages of his 28-Day Restart program. In just a few days I've already lost a few pounds - yet feel I've been 'cheating' as I've done away with some of our 'organic' foods (that really aren't organic come to find out) and allowed myself some from my previous 'no no' list. If you're someone who's been doing 'oil pulling' for better health - a read through this book will show you how you can achieve optimal health to the point you no longer have to do a 20min oil pulling session. Though, after you read about toothpaste, you'll discover that even the 'healthy' 'natural' brands don't cut it. I created our own toothpaste from virgin coconut oil, turmeric, and baking soda so the mouth still gets a dose of coconut oil daily, just not for 20 minutes. I could continue to write about this book. It'll take a lot for another writer to top this one and show me something new. Mr. Moalem answered questions that I didn't know I was asking, but knew I was after reading his book. I will be recommending this book to everyone who ever mentions they are not in OPTIMAL health. It'll also be what everyone on our Christmas list will be getting for Christmas this year with a lot of explaining that it's not all about Weight Loss. Mr. Moalem, I thank you, and my family thanks you. I'd love to see everyone get their hands on your book. I wish it great success. Update: It's been several months since I wrote this review - having to wait till it was released on to leave the review here. I still refer back to this book. I still recommend this book to anyone dealing with any health issues in their life. I've noticed a change in our health, and the health of our grandchildren. This book has had me reconsider foods we eat, supplements we take, fruits/veggies we purchase. This fact that I can chase after two grandchildren all day and still have the energy to stay up and work at night proves that this book was/is a valuable resource. All this from chewing on a saltine cracker. (smile)

Incomplete ending. The end of my book was lacking the moderate and restricted carb meal plans, along with most of the recipes being incomplete. What's up with that? I could recommend the paper book, okay, but at least my e-book was missing the most important part.

Great book...cannot wait until I can sit and read the entire book.

Interesting read if you are interested in the research into your bodies health.

The DNA Restart by Sharon Moalem is a good candidate in the expanding library of dietary advice based on determination of individual unique genetic features. Anyone frustrated by the notion that there should only be a single way to eat for optimal health and weight control will find this book useful. Moalem takes advantages of emerging science of genetics that has identified differences in our DNA that predicts different responses to foods and macronutrient composition and then goes on to provide dietary advice based on your unique genetic background. Also included are various sections offering advice on dietary approaches for reducing chronic inflammation as well as the care and feeding of your microbiome. Of particular interest is the concept of umami, the 5th taste (after salty, sweet, sour, and bitter) described as savory. Moalem ties umami with imparting a sense of fullness and satiety and identifies the chemical ingredients responsible for the taste and offers suggestions on food choices. Overall, the advice is sound, scientifically credible, and readily approachable. The few self tests described are easy to implement and personalize the text to the individual reader.

Very interesting information. I have not read the entire book yet, but working on it.

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The DNA Restart: Unlock Your Personal Genetic Code to Eat for Your Genes, Lose Weight, and Reverse Aging 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) The Paleo Cure: Eat Right for Your Genes, Body Type, and Personal Health Needs -- Prevent and Reverse Disease, Lose Weight Effortlessly, and Look and Feel Better than Ever Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide) DNA Testing Guide Book: Utilize DNA Testing to Analyze Family History Genealogy, Classify and Measure Ethnic Ancestry Research, And Discover Who You Are ... DNA Testing, Ancestry, Ancestry Research) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel

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Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) The Fast
Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash
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Turn Back the Clock 10 Years Younger: A Groundbreaking Program to Reset Your Genes, Reverse
Aging, and Turn Back the Clock 10 Years Anti Inflammatory Diet: The Ultimate Diet Guide That Will
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and Fight Against Inflammation and Arthritis) Anti Inflammatory Diet: The Ultimate Diet Guide That
Will Help You Lose Weight, Reverse Aging, Eliminate Pain, and Restore Your Overall Health (This
Beginner's ... Fit Forever and Fight Against Inflammation) Younger (Thinner) You Diet: How
Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight
Disease Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs
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lose weight, how to lose body fat)) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and
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