

GENETIC FACTORS AFFECTING OBESITY

1. Food type - carbohydrates & fats
2. Exercise time - morning or evening
3. Exercise type - power or endurance
4. Meal pattern - intermittent or multiple

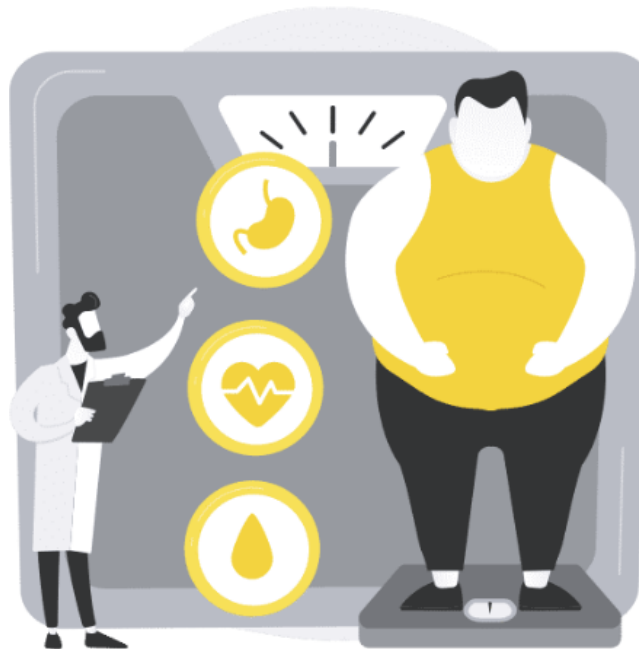
Genetics of a person can be both, **Cause and Solution** for Obesity.

GENE BASED OBESITY MANAGEMENT COMPRISES

1. Detailed genetic analysis
2. Detailed diet and lifestyle advice using genetic report
3. Thorough three months diet and lifestyle program
4. Comprehensive advice on :
 - Sustained obesity management
 - Nutrition required
 - Right choice of exercise
 - Follow up advice

DID YOU KNOW?

The key to Weight Loss lies in your own genes...



OBESITY

Take a step towards...

2.5X MORE WEIGHT LOSS



SLIM GENOMICS

PANEL DETAILS



Weight Management & Maintenance
Ability to manage Weight Loss (Sustainably), Adequate BMI, Fat absorption, metabolism and storage



Lifestyle Management
Type II Diabetes, Vascular Health



Metabolic Process
Inflammation, Oxidative Stress



Regulation of Eating
Satiety Response, Emotional Eating
Dependence, Snacking Patterns



Exercise Responsiveness
Fat Loss Response to Exercise, Power, Endurance, Circadian Rhythm



Nutrient Requirements
Response to Carbohydrates, Proteins, Fibers, Antioxidant Metabolism

Genomic Tests Used In Obesity

Molecular Diagnostics(MD)

Real Time PCR (RT - PCR)

Karyotyping

PCR- Gene Sequencing

Next generation sequencing (NGS)

Type of Tests Used In Obesity

Name	Category	Significance	TAT
Cardiology	GSA - Microarray	Diet, Exercise and Lifestyle advice	21 d
Diabetes	GSA - Microarray	Diet, Exercise and Lifestyle advice	21d
PCOD	GSA - Microarray	Diet, Exercise and Lifestyle advice	21 d
Gastric distress	GSA - Microarray	Diet, Exercise and Lifestyle advice	21 d

PROCESS AND STEPS IN SUSTAINABLE WEIGHT MANAGEMENT



Sample Collection



DNA Extraction



PCR Sequencing



NGX Report Generation



Detailed Counselling
-Nutrigenomic Expert



Follow-Up