

DNA & YOUR HEALTH – Zulu Medical Cosmetics

The future of health and wellness is in personalization by utilizing information from your genetic makeup.

Our genes, environment, and lifestyle choices all have a tremendous impact on our personal development. While certain traits, such as your eye color, cannot be changed, others such as wellbeing and vitality can be modified by your actions.

Take charge of your life by understanding your genetic make-up and make informed decisions based on what is optimal for you to live healthier and happier. It all starts with a simple DNA test. Your genes are segments of your DNA that act as a blueprint for our attributes, bodily processes, and function.

Each person is the unique product of generations of accumulation and combination of different genetic traits. Some of those traits have negative effects on our health. With the latest technology, it is now finally possible to examine genes and determine personal health risks and strengths. In many cases, taking advantage of this knowledge, and following some precautionary measures, the diseases may be prevented. This is the next step in preventive medicine and a new generation of health care.

The one-size-fits-all approach often used from everything from exercise, diet and even disease prevention and treatment are often ineffective as it does not consider an individual's genetic make-up.

By utilizing one of the most comprehensive genetic analysis available to consumers today we can analyze more than 450 genetic variations relevant to disease and evaluate the influence of over 1000 common drugs often used to treat these various diseases identify genetic risks for more than 35 different diseases and to recommend suitable measures for effective prevention. Early prevention can often make a significant contribution to preventing disease in the first place or at least treating them successfully. For this reason, early diagnosis is essential.

After a successful analysis, we prepare a comprehensive report in which we present all the results in detail. This information is extremely valuable when providing you with a customized plan that you can incorporate and make the required lifestyle changes to limit your risks and live a healthier life.

When it comes to vitamins, supplements, and antioxidants, we often get questions from patients what they should be taking and how much? The challenge to this, is that everyone is different as your genes have a considerable influence on bodies' macronutrient and micronutrient requirements, so unless you have this specific breakdown you will often be deficient in some areas and possibly oversupplying your body in other areas. By analyzing specific genes, we can provide you with a customized formula and dosage that you require for optimal effectiveness and absorption.

Healthy eating plans, diet fads and endless methods to lose weight are everywhere we look. Many of these lack any scientific evidence, but even if they are based on science, they may not necessarily work for you. Optimizing weight and nutrition is more scientific than you may think and again is not the same for everyone. Some people do not gain weight even if they lead a chronically unhealthy lifestyle, while others quickly become overweight even with a moderately unhealthy diet. Some gain weight when following a diet with a high fat content, while for others the fat content seems to play no significant role. Some people lose weight very quickly with regular exercise, while others hardly see any results from the same amount of effort. All these personal differences lie within our genes, which also explains why a person on a low-fat diet has great results and why others lose weight only through more exercise. With the help of modern genetic testing technologies, it is now possible to find out your genetic make-up. The results of the analysis provide clues about what actions need to be taken for losing or maintaining your weight in the following categories: fat content in the diet/ carbohydrate content in the diet/ form of physical activity/ calorie reduction. Everyone is different, so it is important to find out personal genetic weaknesses, and to learn how to use genetic strengths to lead a long and healthy life.

Most DNA testing that you see available is focused on family tree building and ancestry DNA testing, but if you decide to invest in a DNA analysis for medical purposes, ensure the lab specializes in this so you get the most out of your results. Providing you the raw data is the easy part, organizing and presenting in an easy-to-understand report and working with a trained health care professional to further evaluate and interpret this data is the key. There is an overwhelming amount of genetic information provided and since we all have unique variations there will be some areas of your health that need attention and others that it may not be necessary. The focus should be on the areas where you can either make lifestyle choices to help reduce or prevent disease or in some cases take the necessary steps to intervene and treat these findings in a medically sound way.

At Zulu we offer an extensive lifestyle DNA analysis that is used for prevention, early detection and treatment of diseases; as well as providing you all the necessary information based on your genes concerning healthy nutrition, weight loss, exercise, personalized intravenous and oral strategic supplements. Begin your journey to better health today by uncovering your unique genetic profile.

