

Correlation between Genetics and Weight Loss

Doctors can now use a patient's genetics to medically guide patients toward weight loss and avoiding diseases such as diabetes, hypertension and heart disease.

LOS ANGELES. October 6, 2015. For so long people have had the notion that America's growing overweight population is merely based on what they eat and lack of proper diet and exercise. Now researchers have identified specific genes that show direct correlation between fat retention and a propensity towards diabetes. You may be aware that genes play a key role in determining your body-type and shape. However genetics also play an important role in how your body distributes fat and this can predispose you to unnecessary weight gain, and difficulty losing the extra weight.

As a leading pioneer in genetic health and wellness, Dr. Melamed has helped many patients identify specific genes that impede their ability to lose weight, putting them at increased risk for diseases such as hypertension, diabetes, and cardiac failure.

Using comprehensive genetic screening and correlating the results with each patient's unique nutritional needs, metabolic analysis, and genetic risk analysis, Dr. Melamed has successfully reduced the excess weight. This is a personalized approach to weight loss that promotes overall health and wellness.

Knowing your genetic predisposition allows for a more personalized monitoring strategy that patients can benefit from. A genetic predisposition is not an end-game – it's a chance for a new beginning. This is a new era for where an integrated nutritional program can be tailored to address each person's specific needs toward weight loss and weight management.

About Genetic Health and Wellness

Genetic Health and Wellness was founded by Dr. David P. Melamed with the mission to provide a path to healthy living based on your individual needs. While many physicians are focused on treating medical ailments, our focus is to avoid disease while maximizing the quality of life. Dr. Melamed merges this philosophy with the most comprehensive medical care and advanced diagnostic testing, as well as one-on-one consulting to direct each person's life (lifestyle).

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