



Nutrigenomics: Biohacking for a Better You

Kusha Karvandi

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Diet and Exercise Not Giving the Body You've Always Wanted?

You're at a crossroads. You've tried everything, but you still haven't achieved the health and body you desire. You've counted endless calories, popped fistfuls of vitamins and supplements, tried all the latest and greatest workout regimes, and yet you still aren't getting anywhere. Meanwhile, you see others doing virtually no exercise, eating bad food, and still they look great. We call them genetically blessed, lucky, or some combination of the two.

But What About You?

Meanwhile, you're left wondering about your own health & fitness goals and probably getting pretty ticked off by the fact that you've tried every diet, fad, and supplement that you've been told will make you lose weight and improve your life. It's not your fault if you're really trying your best and not seeing results. Something may be working against your body.

Turn Off the Genes that Are Making You Fat

Everyone deserves the chance to be healthy, fit, and lean. That's the stance of Kusha Karvandi in his book, *Nutrigenomics: Biohacking for a Better You*. You may not realize, but your genes are not unchangeable or set in stone. Your genes control whether you store fat or burn it off—they regulate your metabolism. So what you need is to learn how to turn the good genes on and the bad genes off. Your environment and food can affect your genes negatively, but what can you do about it? Biohacking is the answer. With the targeted lifestyle and nutrition advice in *Nutrigenomics*, you'll be on your way to the body you've always wanted and have the energy to pursue the things you love while you have time on this planet. Don't waste any more valuable time on all the "solutions" you know don't work. Start getting results today.

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