

Interconnection of Child Growth, Nutrition and Gene Expression

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Human health is the result of steady interaction between genes and environmental factors. The most significant environmental factors are our diets and day-to-day lifestyles.

A mismatch between genes and diet would definitely lead to negative impacts on our health. Accumulation of similar detrimental effects eventually manifest as chronic diseases like as cardiovascular disease, diabetes, cancer, obesity, autoimmune diseases, rheumatoid arthritis, asthma and depression.

Nutrition and Genes

Nutri genomics, a science that considers interaction of nutrition and qualities is flourishing and changing lives. DNA test for diet and nutrition can give us information about foods that can be healthy for us and ones which can pose a threat of various health conditions. Choosing a diet based on your inheritable tendencies can help you to achieve your desired health goals.

- DNA testing can help you deliver information on the below factors-
- Vitamin and mineral deficiencies-calcium, iron, vitamin A, vitamin B, and more.
- Bone mineral density (BMD)
- Body Mass Index (BMI)
- Response of macronutrients like carbohydrates, protein, fats and fibers on your weight
- Salt intake and blood pressure sensitivity

Nutrition and Genetic Testing

DNA wise test is done with saliva sample to produce genetic reports. Why saliva? Saliva is non-invasive procedure of sample collection and it contains enough DNA to induce good inheritable report for Health, Nutrition and Fitness parameters. Together with

your genetic reports and consultation with certified nutritionist you'll be able to plan the diet that will actually advantage you and give desired results. You nutritional DNA makeup along with doctors/ dieticians consultation can help you plan your diet goals. These diet plans are created to palliate the threat of nutritive deficiencies, manage your body weight and composition, prevent food sensitivities, and minimize the threat of various food-related health conditions.

Gene Expression

Whether or not a gene is expressed depends on two distinctive things the interaction of the quality with other genes and the continual interaction between the genotype and the environment.

Genetic Interactions Genes can sometimes contain conflicting information, and in most cases, one gene will win the fight for dominance. Some genes act in an additive way. For example, on the off chance that a child has one tall parent and one short parent, the child may end up part the distinction by being of average height. In other cases, a few genes follow a dominant-recessive pattern. Eye color is one case of dominant-recessive genes at work. The gene for brown eyes is dominant and the gene for blue eyes is recessive. However, the dominant gene will win out and the child will have brown eyes, In the event that one parent hands down a prevailing brown eye gene while the other parent hands down a recessive blue eye gene.

Gene- Environment Interactions, the environment a child is exposed to both in utero and throughout the rest of his or her life can also impact how genes are expressed. For example, exposure to harmful drugs while in utero can have a dramatic impact on after child development. Height could be a great example of a genetic trait that can be impacted by environmental factors.

Whereas a child's genetic code may give instructions for tallness, the expression of this height could be stifled in the event that the child has destitute nourishment or chronic illness.

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