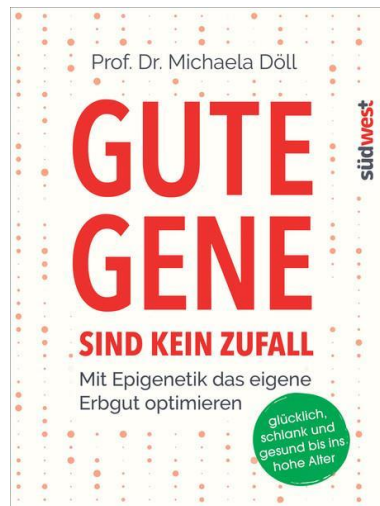


Happy, slim and healthy into old age



Professor Dr. Michaela
Döll

Good Genes are No Coincidence

[Gute Gene sind kein Zufall]

Optimise your own genetic
make-up with epigenetics

Südwest

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With ca. 50 colour photographs and
illustrations

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Prof. Dr. **Michaela Döll** has made a name for herself both at home and abroad as an expert in the field of medical dietetics. For over 25 years she has been active at congresses and seminars in the training of therapists. She is a professor of food chemistry at the University of Braunschweig, focussing on vital substances medicine, diet, and civilisation and environment-related diseases. She has published over 250 medical articles and 15 books, and her expertise is also in demand on TV and radio.

Every one of us is born with a certain gene configuration – that is clear. Latest studies have, however, refuted the idea of a fixed genetic fingerprint. On the contrary, diet and lifestyle can steer the activity of the genes.

Based on the relatively young science of epigenetics, this book gives us an overview of the world of genes and demonstrates what each one of us can do to bring the best out of them. No one is a prisoner of their genes!

- How diet can positively influence genes
- With numerous recipes