

Wellness Through DNA Testing

Personalised nutrition matched to your genes



Jan Purser – Naturopathic Nutritionist

Specialising in nutritional solutions to improve health conditions, prevent disease and boost energy.

Jan Purser is a renowned authority on naturopathic nutrition, the author of *The Eat Well Cookbook* and *The Detox Cookbook*, and a highly respected natural health writer. As a highly skilled nutritionist, Jan helps people of all ages to improve their health and wellbeing and with problems such as weight issues, hormonal problems, allergies/intolerances, gut problems, energy issues and more.

Jan also uses a variety of specialist testing, including comprehensive DNA testing, which is a first for Perth. Testing for over 70 genes, Jan and her colleagues at Remède can offer gene-specific individualised treatment, including food and nutrition programs, which offers a whole new approach to personalised medicine.

Unlocking and understanding your genetic blueprint can help to:

- ▶ Reduce your risk of diabetes and heart disease
- ▶ Improve your body's detoxification processes
- ▶ Assist with weight management
- ▶ Prevent inflammation and cell damage
- ▶ Achieve a higher quality of life and vitality
- ▶ Improve bone health
- ▶ Reduce biological ageing

Health Fund Rebates

To make an appointment or for further information, phone **9286 1166**

remède
wellness medicine

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