Gene Smart Wellness LLC, Winston-Salem, NC 27101
www.genesmart.com

Whole Health Wellness Program

Developed especially for churches to promote whole health: Body, Mind and Spirit

About Gene Smart
Gene Smart Wellness started as an idea. A simple idea. Would it be possible to create a congregational based wellness program that promoted long term health by nurturing the mind, spirit AND body in a caring environment? Would it be possible to introduce the newest scientific research to best leverage how food and exercise choices interact with our genes? And, at the same time, allow us to observe God’s call to treat our bodies as a temple?

After some experience, the answer is yes. Eating right, exercising regularly plus state-of-the-art blood testing to assess personal health risk areas – all in conjunction with practicing spiritual disciplines – have allowed church members to lose weight, reduce their dependence on certain medicines, acquire increased energy and enjoy enhanced self image.

Why does it work?
The program is based on the latest research into the understanding of the relationship between our genes and our diets. It is one of very few wellness programs proven to work in a clinical study. Wake Forest University Professor Dr. Ski Chilton, author of Inflammation Nation and the newly released The Gene Smart Diet, has personally supervised the design of the program. (For more information, including testimonials, see www.GeneSmart.com.) He believes our genes were not designed for 21st century American diets and lifestyles. The mismatch between today’s diets and our genes is causing us to miss important bioactives that were once present in foods to send important messages to our genes to keep us healthy. Through five simple diet and exercise principles, the Gene Smart program puts those bioactives back in your diet and triggers your body to use survival systems to lose weight, increase energy, reduce risk of inflammatory disease and live healthier, more fulfilling lives.

Wellness participants:
• Receive an advanced blood test before and after the program, that measures personal markers of whole body inflammation and susceptibility to diseases including heart disease and diabetes. (Retail value of the tests is more than $800.)
• Learn new approaches to connect and improve whole health: body, mind and spirit.
• Make healthy changes in their lives in an environment that embraces the role of Christian community in supporting new practices.
• Experience the right way to exercise and live abundantly.
• Address behavioral eating choices that sabotage success.
• Receive weekly talks filled with practical information about eating the right foods, the role of fiber and omegas in your diet, exercise, why polyphenols are essential to good health, and much more.
• Stay on track after the 9-week program ends with a structured church-based support program.
• Acquire the satisfaction that your mind, spirit AND body are being nurtured.

The Gene Smart Wellness program is offered in conjunction with CareNet Inc., a subsidiary of North Carolina Baptist Hospital and this church, as we all take an active role in the fight for improved health and join the battle against the emerging epidemic of obesity.

Live Abundantly!
Gene Smart Wellness is a preventative health care company that utilizes the latest understanding of the relationship between diet & exercise, our genes and our health to empower individuals to make healthy changes in their lives in order to live abundantly.

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Church Wellness

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After some experience, the answer is yes.

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Why does it work?

The program is based on the latest research into the understanding of the relationship between our genes and our diets. It is one of very few wellness programs proven to work in an academic study. Wake Forest University Professor De’Etta Chilton, author of Inflammation Nation and the newly released The Gene Smart Diet, has personally supervised the design of the program. (For more information, including testimonials, see www.GeneSmart.com.) He believes our genes were not designed for 21st-century American diets and lifestyles. The mismatch between today’s diets and our genes is causing us to miss important bioactives that were once present in foods to send important messages to our genes to keep us healthy. Through five simple diet and exercise principles, the Gene Smart program puts those bioactives back in your diet and triggers your body to use natural systems to lose weight, increase energy, reduce risk of inflammatory disease and live healthier, more fulfilling lives.

All of these immense benefits will be realized in the context of a caring environment that incorporates spiritual and mental health practices by a certified Gene Smart Health coach.

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