



Thank you very much to all those who were able to attend the recent webinar with Dr. Lizette Lourens.

Within our practice at Age Management Institute, we utilize genetic testing to better understand the intricate relationship between each individual's genes, and how to harness that knowledge to create a customized plan for enhanced wellness.

We explore the risk variants that exist within your DNA code to reveal how the variants influence the way your body absorbs, transports and utilizes nutrients, your ability to metabolize macronutrients, how your body regulates hormones and more. Understanding your genetics provides a highly personalized path to optimizing health outcomes and refining health habits and routines for your wellness, longevity and mitigation of your risk for disease.

We offer two genetic programs at Age Management Institute:

1. Advanced Genetic Testing Program

We use a private European-based DNA testing company to analyze your genetics and create a customized plan to address the areas of your life you are most interested in exploring. These areas are called panels. At a minimum, we suggest having the Health panel completed, which can be viewed as a "foundation to health" test.

Additional panels that can be completed are:

- **DIET** - providing personalized diet and lifestyle recommendations in order to manage weight.
- **MIND** - there is significant evidence highlighting the link between genetics and mental health disorders: cognitive decline, depression, anxiety, as well as addictive behaviours. This test provides insight to management of mental health through targeted nutrition and lifestyle interventions.
- **ESTROGEN** - providing lifestyle, diet and supplementation recommendations to support healthy estrogen metabolism.
- **SPORT** - genetics provide insight as to how best to move your body; what time of day, how long, and what type of exercise will be most beneficial for you, whether it's endurance, strength, etc.

Included in the Advanced Genetic Program program:

- 30 minute introduction to genetics session
- 60 minute genetic consultation
- 60 minute genetic lifestyle coaching session (1-month post genetic consultation)
- 30 minute three month check-in
- 30 minute six month check-in

Your investment in the **Advanced Genetic Testing Program** ranges from \$2400 to \$3500, depending on the number of panels you wish to have tested (2-5 panels).

2. Genetic Analysis Program

The second option is our Genetics Analysis Program that extracts data from 23andMe providing similar insights as above, though considerably less detailed. This program is ideal for those who have already completed a 23andMe or Ancestry.com test, or for those who aren't yet ready to delve as deeply into their genetic profile.



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If you wish to participate in this program and have not yet completed any genetic testing, we suggest ordering the kit online. It can be found on Amazon or through the 23andMe website.

Once you have the results from this test, we are able to extract the raw data that hides beneath the initial information you're provided from 23andMe. By analyzing the raw data, we uncover specific lifestyle, diet and supplement recommendations to help optimize your health and wellness.

Included in Genetic Analysis program:

- 30 minute introduction to genetics session
- 60 minute genetic consultation
- 30minute follow-up genetic lifestyle coaching session

Your Investment: \$750*

*This does not include your 23andMe test kit.

We are pleased to offer both of our Genetic Programs at a special rate for those who attended the webinar.

- Advanced Genetic Testing Program - 10% off all packages (2-5 panels)
- Genetic Analysis Program - \$150 off