

NUTRITION AND HEALTH PRACTICE FRAMEWORK

DRIVERS FOR PERSONALISED NUTRITION (P4)

PREDICTIVE
PREVENTIVE
PERSONALISED
PARTICIPATORY

- *Peak performance*
- *General well-being / anti-ageing*
- *Family history / targeted risk-reduction*
- *High risk occupation / environment*
- *Poor response to treatment*

GENETIC PROFILING

Broad or targeted

PHENOTYPE ASSESSMENT

Broad or targeted biomarker or functional assessment

PERSONALISED NUTRITION AND LIFESTYLE ADVICE *(including risk assessment)*

PHENOTYPE ASSESSMENT

*Digestion / Absorption and microbiological markers.
Cardio / Circulatory markers.
Inflammatory / Immune markers.
Redox balance + Oxidative stress + Mitochondrial function.
Detox / Biotransformation / Excretory function.
Hormones and neurotransmitters.*

Lifelong iterative process

Transgenerational epigenetic inheritance. Nutrition and environment in utero. Dynamical interactions from small or large perturbations, eg: stress, medications, gene transcription changes / epigenetic modifications, CLOCK mechanisms, age-glycosylation, nitrosative / oxidative stress, oral and gut microbiology.