

# NUTRITION & HEALTH THE FRAMEWORK

## DRIVERS FOR PERSONALISED NUTRITION

- Proactive
  - 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 & lifestyle advice:  
including risk assessment

LIFE-LONG  
ITERATIVE  
PROCESS

## 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

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