

EPIGENETICAGE



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biological age

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Every person has his or her own unique set of genes. Sometimes, however, whether a gene is activated is determined by our lifestyle, nutrition, physical activity, quality of sleep or our ability to consciously manage stress. By performing epigenetic examinations, we are able to assess which of your genes are being activated (expressed) and how your lifestyle and the external factors surrounding you, modify the expression of your genes.

This test will enable us to learn about your genetic predisposition and propose actions to increase your potential.

longevity

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