



The Gene Therapy Plan: Taking Control of Your Genetic Destiny with Diet and Lifestyle

Mitchell L. Gaynor MD

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Your genes are not your destiny: learn to prevent disease, improve brain function, and reverse the course of obesity and premature aging through easy-to-adopt nutrition and lifestyle changes that target your DNA

While we cannot alter the genes we are born with, we can prevent and reverse disease with foods, supplements, and lifestyle choices that turn good genes on and bad genes off. In his pathbreaking plan, Dr. Mitchell Gaynor—a renowned oncologist and pioneer in integrative medicine—focuses on obesity, heart disease, diabetes, cancer, and aging to explain what we can do to keep our bodies on their natural paths toward healthy, balanced functioning.

The Gene Therapy Plan presents practical, evidence-based approaches to diet, including juices, recipes, and comprehensive meal plans. And it explains the cutting-edge science that is revolutionizing what we know about how our biology and our behavior intersect. Empowering and informative, with inspiring stories from Dr. Gaynor’s decades of clinical practice, this forward-looking book puts our genetic destiny back into our own hands.

Praise for *The Gene Therapy Plan*:

“If you want to learn how to use food and nutrients to prevent and even reverse most chronic disease, read this book!” —Mark Hyman, M.D., author of the #1 *New York Times* bestseller *The Blood Sugar Solution*

“Dr. Gaynor provides insight and an action plan.” —Deepak Chopra, M.D.

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