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Ferguson, L. (Ed.). (2014).

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Nutrition. Boca Raton: CRC Press,

<https://doi.org/10.1201/b15369>. COPY.

While functional foods have become a
reasonably well-established concept,

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personalized nutrition is still treated with skepticism by many. The recognition that people would have different nutrient requirements, or perceive foods in different ways, raises several concerns-some real, some not so real.

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topic I have studied. The design of a personalised nutritional and lifestyle programme that meets your unique genetic profile and nutrient requirement is the future Gold Standard in health care.

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Anne Pemberton In Functional

Epigenetics, as a simplified definition, is the study of biological mechanisms that will switch genes on and off.

Nutrigenomics is the science of the effect of nutrients and bioactive components on gene expression.

Nutrigenomics studies how nutrients

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Nutrigenetics studies the presence of a particular gene variant or polymorphism that in most cases

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merely connotes a predisposition to a particular disease process that may be prevented through a complex interplay of environmental and behavioral factors such as a personalized nutrition.. Nutrigenomics refers to the study of the effects of specific nutrients or nutraceuticals on the expression ...

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The completion of the human genome sequencing and the advances in high-throughout "omic" technologies place Nutrigenetics and Nutrigenomics at the very core of the modern Nutrition science. These achievements are

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enabling novel hypothesis and nonhypothesis-driven approaches to study how an individual's genome and other variable biological layers (epigenome, gut microbiome, health status, etc.) impact and modulate the relationship between nutrition and health and are themselves ...

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