

# COMPLEMENTARY AND ALTERNATIVE MEDICINE & THERAPIES

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## Epigenetics to nutrigenetics

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The effects of nutrition and nutrients on peak cellular energy and their effects on the mitochondria as well as the expression of genes is studied in this case. This is a refinement of epigenetics, the effect of the environment on the genetic expression. I go deeper into a subcategory of the environment, namely nutrition and nutrients as the ability of nutrients to improve genetic expression. This will include a review of the mitochondria, and their role in peak cellular energy. It will include a short description of the key features of metabolism. And how adequate nutrition by innovative and disruptive technology can up regulate metabolism allowing the body to do what it is genetically mandated to do. I will reference in particular a genetic predisposition to reward deficiency syndrome as described by Ken Blum, PhD which now can be unregulated with dramatic clinical results through the use of a game changer nutrigenomic.

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