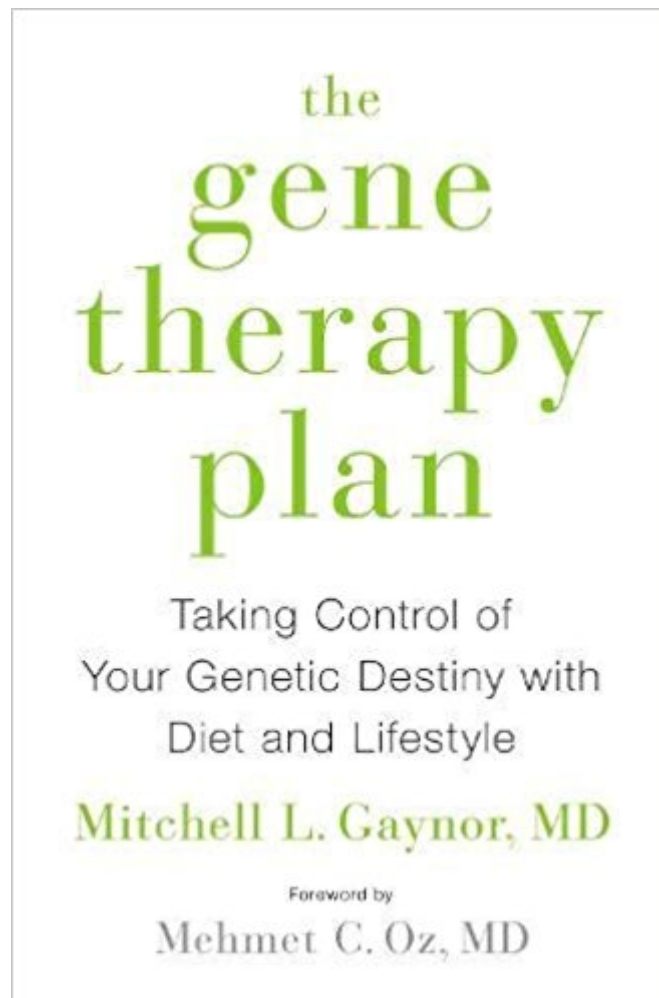




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# The Gene Therapy Plan: Taking Control Of Your Genetic Destiny With Diet And Lifestyle



## Synopsis

From a renowned oncologist and pioneer in integrative medicine, a revolutionary approach to healing at the genetic level: preventing cancer, heart disease, and diabetes; increasing brain function; and reversing habits that lead to obesity and premature aging. “This book is about harnessing the power hidden in foods to change our genetic predisposition for disease.”

• From the foreword by Dr. Mehmet Oz “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. “While conventional medicine focuses on treating symptoms with prescription drugs, Dr. Mitchell Gaynor’s pathbreaking plan goes straight to the most fundamental level: our DNA. We cannot alter the genes we are born with, but we can change how they are expressed over the course of our lives through targeted foods and supplements. The Gene Therapy Plan presents clear and evidence-based approaches to diet, including juices, recipes, and menus. Empowering and informative, with inspiring stories from Dr. Gaynor’s decades of clinical practice, this forward-looking book by the author of *Nurture Nature, Nurture Health* puts our genetic destiny back into our own hands.

## Book Information

Hardcover: 368 pages

Publisher: Viking; 1 edition (April 21, 2015)

Language: English

ISBN-10: 0670015261

ISBN-13: 978-0670015269

Product Dimensions: 6.2 x 1.1 x 9.2 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 94 customer reviews

Best Sellers Rank: #277,401 in Books (See Top 100 in Books) #53 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genetic #1264 in Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases #2003 in Books > Health, Fitness & Dieting > Nutrition

## Customer Reviews

Praise for *The Gene Therapy Plan* “A guide to harnessing the power hidden in food to

subvert a genetic predisposition for disease. . . . Gaynor's informative tome is worth reading.

• Publishers Weekly "The Gene Therapy Plan identifies how the lives we lead, and in particular, the foods and nutritional supplements we ingest, are a key determining factor in whether latent disease (which most people have to some degree) materialize or stay dormant. By identifying researched nutritional protocols that target specific conditions, and by providing a range of rich case studies from his practice as a leading oncologist and internist, Dr. Gaynor provides insight and an action plan into how the body operates that will benefit medical practitioners and patients alike."

• Deepak Chopra, M.D. "The Human Genome Project promised to create a new era of genetic medicine, new drugs, and therapies to advance human health. But the real awakening has been the understanding of food—real whole foods, herbs, phytonutrients—as medicine and how it can literally upgrade your biologic software by improving the expression of your genes."

• In The Gene Therapy Plan Dr. Gaynor makes the healthcare of the future available to you today. 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., Director of the Cleveland Clinic Center for Functional Medicine and author of the #1 New York Times bestseller The Blood Sugar Solution "The Gene Therapy Plan is a comprehensive and practical approach to the science of epigenetics—and how to apply it to your life right now. This book is a godsend that could save your life."

• Christiane Northrup, M.D., author of the New York Times bestseller Women's Bodies, Women's Wisdom "A brilliant and important piece of work from one of our most distinguished and creative medical thinkers. Do yourself and your family a huge favor: Read this phenomenally important book and learn why and how you can live a healthier life."

• Devra Davis, Ph.D., M.P.H., founder and president of the Environmental Health Trust, author of The Secret History of the War on Cancer "Dr. Gaynor is a visionary healer. This is a comprehensive, coherent, practical, and easily digestible resource for all who wish to tip the balance away from disease toward health and wellness."

• Sheldon Marc Feldman, M.D., Vivian L. Milstein Associate Professor of Clinical Surgery, Columbia University College of Physicians and Surgeons "Dr. Gaynor presents a comprehensive strategy for readers to re-orient their diet and lifestyle using everyday activities that can help one live longer, and live better. With The Gene Therapy Plan, Dr. Gaynor brings his own integrative philosophy and practice to readers in an engaging and actionable way."

• William Li, M.D., president and medical director of The Angiogenesis Foundation "Dr. Gaynor has and always will be at the forefront of

integrative medicine. The Gene Therapy Plan empowers you to take control of your health and life. • Mimi Guarneri, M.D., president of the Academy of Integrative Health and Medicine

MITCHELL GAYNOR, M.D., is the founder and president of Gaynor Wellness and a clinical assistant professor of medicine at Weill-Cornell Medical College with more than twenty-five years of experience treating patients. His work has been featured in The New York Times and he has appeared on many national television programs, including Good Morning America, The Dr. Oz Show, and The Martha Stewart Show. He lives in New York City.

The “Gene Therapy Plan: Taking Control of Your Genetic Destiny with Diet and Lifestyle” by Dr. Michael L. Gaynor, M.D., is an excellent book that suggests not only how to stay healthy but what alternate plans to consider when you are sick and are not responding to your prescribed treatment. The introduction to his book is written by Dr. Oz who has sent many of his patients to Dr. Gaynor for treatment as has many other physicians when their treatment plan is not working. Dr. Gaynor, takes an integrative approach to medicine and offers very good advice on foods, drinks and natural substances to take advantage of to remain healthy, such as olive oil, coconut milk and oils, green tea, chamomile tea, broccoli, Brussels sprouts, juicing, etc. But his plan goes far beyond eating foods that are healthy but seeks to harness the power hidden in foods to change our genetic predisposition for disease. In this approach Dr. Gaynor draws heavily on a branch of study known as ecogenetics. Dr. Gaynor, discusses in terms we can understand how ecogenetic food changes our genetic blueprint and provides scientific data to support alternative therapies and age-old practices. The key approach is to use identified nutrients to combat disease and promote good health. That approach is called “nutrigenetics: and is the core principle of the Gene Therapy Plan. The “Gene Therapy Plan” is designed to help you resist cancer, heart disease and diabetes, maintain a healthy weight, reverse low immunity, softening the effects of aging, remove toxins from the body, and to promote energy. Dr. Gaynor has a lot of fascinating things to say about obesity, heart disease, cancer, diabetes and aging in Part I. Then in Part II the author presents sample meal plans, recipes, and how to make several juices, smoothies and snacks. The recipes are very good; I’ve tried some and look forward to trying many more. I’ve made some changes in my life as a result of reading this book. I am now substituting coconut milk for my flavored coffee cream, have returned to drinking green tea and having switched to orange and

orange and lemon-flavored teas, and make sure broccoli and Brussels sprouts are included in my weekly meals. This book is certainly worth reading; it will provide lots of new insights and motivation to make changes for a more healthy life.

This book describes a different viewpoint on chronic illness which says it occurs constantly at every age but the effects eventually accumulate to show symptoms and produce disability. The object is to tilt your metabolism toward healthier internal processes by using supplements known to target certain conditions. So the various symptoms of aging and chronic illness are present but they get less chance to make themselves manifest. It also includes using foods with known similar bio-activity as defined by valid, repeatable research, including both Chinese and Indian foods. It includes many supplements for particular maladies that I never heard of. I'd say I am familiar with about half of the recommendations so it's a very useful discussion for people who have symptoms they want to reduce. There are specific chapters for reducing symptoms of specific chronic conditions. I've been using supplements for fitness and health for over 30 years and people thought I was a decade and a half below my actual age. I've been accused of dying my hair by my childhood friends. Lately my facial hair has started to finally turn white. People are suddenly holding doors for me and offering to help me carry things. I still feel 40 in my 60's so this is somewhat annoying to me. I guess I'll take my supplements and go to the gym.

Review for by Jerry Woolpy of The Gene Therapy Plan: taking care of your genetic destiny with diet and lifestyle by Mitchell L. Gaynor This book is based on the finding that our genes influence the risks of our morbidity and mortality but they are regulated by what we eat and how we live. The science is called ecogenetics which is a growing field that applies the philosophy of personalized medicine by using specific substances to target a patient's genetic profile for developing diseases such as cancer, diabetes, and heart disease. By focusing on bioactive nutrients such as apigenin in pomegranates, EGCG in green tea, and curcumin in curry, physicians will be able to prescribe foods that operate at the level of your DNA to promote health.

What's interesting is that once you put into practice consuming foods that target your gene expression, you progressively begin to lose those cravings for foods that are bad for you • such as highly refined carbohydrates (Quoted from the Introduction). The book deals specifically with obesity, cancer, diabetes, and aging. It reviews every conceivable health food, herb, spice, and supplement including the evidence for their effectiveness. And it also delineates foods and supplements to avoid. It's a cookbook, recipe guide, and

pantry inventory. It includes lots of what we want to know as individuals with our respective strengths and weakness but more than most of us will want to know about each other's issues so there is much that can be safely skipped by the typical reader in this 368 page encyclopedia.

this book is an extraordinarily empowering book, a positive and clear guide to good health that is helpful and hopeful, full of recommendations based on the latest scientific information regarding traditional and integrative medicine. Dr. Gaynor outlines very clearly just how everything that we eat and drink can help to keep us healthy, and/or prevent--and reverse--heart disease, obesity, cancer, and/or diabetes. Full of helpful recommendations for accessible alternatives for good health and well being, including supplements and healthy recipes. sadly, dr. gaynor died recently, but there are many articles authored by him online, and whether you or someone you know is looking for a guide to staying healthy or are wrestling with an illness or serious disease, this is the book for you. i can not recommend this book more highly!

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