

New Media Angles

BREAKING NEWS: Can You Reprogram Your DNA?

Advancements in medical technology have reached a new peak. Antiquated genetic screenings are a thing of the past, as world-class medical doctors are now advising you understand how your genes are expressing themselves, right now. As it turns out, you can reprogram your DNA by switching 'on' your best genes and turning 'off' your worst; what's most exciting is that this is possible to do every 2-3 minutes, so there's always an opportunity to improve your health.

Paleo Diet, Atkins Diet, Zone Diet, Vegetarian, Vegan -- What's The Right Answer For 'You'?

Food can be so confusing. Once upon a time, we thought what worked for 'one' person would work for everyone. In fact, world famous health authors have staked their careers on teaching methods that worked for them and generalizing to the population as a whole. Similar to prescribing medication, however, what works for one person may be dangerous for another. Find out how to use 'food' as medicine, and as a result, how to modify your diet based upon the way it uniquely reacts to your biology.

Why Diets That Work Once May Never Work For You Again

As you age, your body changes on a biological level. This means the way you once responded to diet and exercise is no longer possible, and not even close to the best thing for you. In fact, your thought process today is different than before, and your thoughts affect your digestion, nutrient absorption, and ability to 'use' the food you eat for energy.

New Health App Makes Fitbit Look Like A Basic Calendar

Digital Trends recently proclaimed that a new app -- coined to be "Siri for your health" -- makes Fitbit look like a basic calendar. And while we clearly recognize how many lives have been changed by using Fitbit, we urge you to check out this brand new and innovative medical technology that takes into account your biological need for certain foods, movements, thought patterns, climates, social circles, and hobbies in order to maximize your health potential. Health can be simple, but first you must understand how each and every decision you make positively or negatively affects your health. Become empowered by learning to truly understand yourself, at an individual level.

CAUTION: Secret 'Poison' Hiding In Your Food (that may be good for someone else)

If only the we understood this sooner, so many lives -- and quality of life -- would have been saved. In fact, the FDA is only beginning to understand the power of personalized health, and it's forcing government agencies like the American Dietary Association to re-evaluate their recommendations. Topics like removing trans-fat from ingredient lists have been important steps to improving human health; new research shows what's most important is showing 'you' which foods will respond as 'energy' to your body and which foods will respond as 'poison', for you specifically.

Eating Raw Destroys Guts Or Saves Lives (Find Out How To Tell What's Good For You)

Have you ever heard of a 'sensor'? This health type is one of six major health types identified by Ph360 and represents approximately 1/6th of the world's population. While not *everyone* is a sensor, it's important to find out if you are, because sensors are not meant to eat 'raw' anything. In fact, this is so difficult on their digestive systems that it creates a negative impact on their health. Instead, they are meant to eat well-cooked veggies and meats, and this is one of the only ways for them to get the nutrition they need on a biological level. Find out your health type today by visiting: HealthTypeTest.org

Food Timing: 'When' You Eat May Be More Important Than 'What' You Eat

Advancements in medical research are now showing a new field, called 'Chronobiology' may be the most important focal point for your health. In short, the time of day you eat, move, think, and play affects your health even more than what you may be eating, how you may be moving, or the type of work you do. By timing your day with your biology, you can relieve stress, accentuate your best health traits, and get rid of stubborn belly fat at an unprecedented rate.

The Emotional-Gut Link: How You 'Think' Affects What Nutrients You Absorb

Have you ever noticed how difficult it is to properly digest food when you're worked up or stressed out? Your body is designed in an absolutely brilliant way, and digestive system even takes into account the way you feel. When you're scared, stressed, panicked, or in a hurry, you're not meant to eat and digest food; you're meant to eliminate it. This is an ancestral trait that helped us avoid the need for food while being hunted by a predator or during the harshest moments of a cold winter. Find out how 'food' and 'feeling' may be the #1 thing you should consider when eating, rather than 'what' you eat.

Stress-Fasting: Good or Bad? (It Depends)

Some people are meant to have empty bellies when they are stressed, and others are meant to eat. Yet, all of us love a cookie, ice cream, bite of chocolate, or snack to help us feel better when down in the dumps. How did we pick up this terrible habit, and what can we do about it? If you knew eating in a moment of stress -- or fasting -- would lead to feeling even worse, would you do something about it and make a simple switch to a rather ingrained habit?

MEDICAL BREAKTHROUGH: You Can Now Optimize Your Genes Every 2-3 Minutes Through Simple Choices You're Already Willing To Make

When's the last time you felt the sun hit your skin and instantly felt relaxation, like a tropical vacation inside of a moment? Or how about the last time you noticed a friendly conversation made you feel warm and fuzzy on the inside? As it turns out, these subtle, yet noticeable feelings you experience are directly linked to your genetic expression. By creating more of these 'magical moments' in your day, you'll not only feel better, but you'll actually be turning on your best genes and turning off your worst. New research indicates this may be the defining difference between developing -- or fighting risk factors for -- nasty diseases like Cancer, Diabetes, Heart Disease, Alzheimer's, and Stroke.

The Menopause Diet: One Size Does 'Not' Fit All

Hormones change, and so do you. This is a natural part of our life cycle, and we're designed to experience these changes. However, so many women feel victim to their hormones and mood swings during a time period that simple food choices can make all the difference. As your body adapts on a hormonal level, all you have to do is make simple tweaks to your diet and exercise program to experience life with far more stable hormones; the key factor is that what works for one woman may be the worst thing for you, and vice versa.

DANGEROUS Diets: Science Proves What Helps One Person Lose Weight Hurts Another

Most of us can remember when the Atkins Diet was the leading way to lose fat; that is, until, it was proven to hurt others through severe liver disease, heart disease, and massive cholesterol deposits. Does this mean it 'didn't' work? Or does this simply mean Atkins is safe for some people -- and potentially life-saving -- while dangerous for others? World-leading medical doctors are now advising you diets like Atkins -- and many others you've heard of -- may actually be the solution for you, but you have to first understand who you are on a biological level. Fortunately, this can now be determined at-home for pennies per day, and you can do it on your own without an expensive doctor's visit or genetic screening.

Climate ALERT: Why The Thermostat In Your House May Be Preventing You From Sleep & Weight Loss

In a world where travel is so readily available, very few of us live in the environment of our ancestors. And with so many couples having children together who now have mixed backgrounds, the topic of 'best temperature' and 'best climate' has become increasingly more confusing. As it turns out, your body was designed to thrive in your ancestral environment, and simple tweaks to your thermostat may make all the difference with your sleep habits, weight loss efforts, and stress levels. Find out what temperature is right for you by visiting: HealthTypeTest.org

DANGER: "So-Called" Health Foods Proven To Poison One Body & Help Another

Trending foods like 'kale' that are considered to be superfoods for one person may be rash-inducing for another. Likewise, foods like tomatoes can be an essential part of the diet for someone with cancer, or exactly the opposite of what you should be eating in order to prevent cancer from continuing to grow. Simple modifications to your diet may prove to be life-saving; please visit: HealthTypeTest.org to find out which 'so-called' health foods are safe for you to eat, and which are not.