



## **Achieving a Healthy Balance: Unleashing the Power of Precision Nutrition**

*Compliments of EatRight-LiveWell™ with Tam John | FNTP | Functional Nutrition expert*

In today's fast-paced world, achieving a healthy balance between work, family, and personal well-being can be challenging. We often find ourselves caught in a perpetual cycle of stress, poor eating habits, and inadequate nutrition. But what if there was a way to break free from this cycle and unleash the power of precision nutrition?

Welcome to the world of precision nutrition, where science meets lifestyle to optimize your health and well-being. Precision nutrition is an integrative approach that considers your unique genetic makeup, lifestyle factors, preferences, and individual goals to create a personalized nutrition plan that works specifically for you.

By harnessing the power of precision nutrition, you can say goodbye to fad diets and one-size-fits-all approaches. Instead, you'll embark on a journey that prioritizes nutrient-dense foods right for your genetics and preferences, tailored meal plans, and evidence-based strategies to support your overall health and vitality.

So, whether you're looking to lose weight, enhance athletic performance, or simply improve your overall well-being, precision nutrition is the key to unlocking your full health potential. Join me and let's explore the principles and strategies behind precision nutrition and discover how it can revolutionize your approach to eating and living well.

Remember, achieving a healthy balance is within your reach. Let's unleash the power of precision nutrition together.

### **Understanding the importance of a healthy balance**

In today's fast-paced world, finding a healthy balance between work, family, and personal well-being has become increasingly challenging. We are constantly bombarded with demands and responsibilities, with a perception of little time for self-care. As a result, many of us struggle to maintain healthy eating habits and proper nutrition. But why is achieving a healthy balance so important?

A healthy balance is crucial for our overall well-being. It not only affects our physical health but also has a profound impact on our mental and emotional state. When we neglect our nutrition and fail to prioritize self-care, we become more susceptible to stress, fatigue, and a range of health issues. On the other hand, when we achieve a healthy balance, we experience increased energy, improved mood, and enhanced cognitive function.



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## **The role of precision nutrition in achieving a healthy lifestyle**

Precision nutrition offers a groundbreaking approach to achieving a healthy lifestyle. Unlike diets that rely on generic guidelines and lean into marketing claims, precision nutrition considers our unique genetic makeup, lifestyle factors, and individual goals. This personalized approach allows us to optimize our nutrition in a way that is tailored specifically to our needs.

By understanding our individual nutritional requirements, we can make informed choices about the foods we consume. This not only ensures that we are meeting our nutrient needs but also helps us identify deficiencies or imbalances that may be hindering our progress. Precision nutrition empowers us to take control of our health and make choices that support our overall well-being.

## **Benefits of precision nutrition**

The benefits of precision nutrition are vast and far-reaching. One of the key advantages is its ability to support weight management. Healthy weight is an important topic. Our culture prioritizes favor on looking slim, and aspiring to a physique that may not be a true reflection of health. Some people are meant to be curvier and others leaner. The leaner person is not automatically healthier.

Whether a person is lean or heavier is not a reliable indicator of their health status. Along with healthcare laboratory testing to evaluate blood markers, precision nutrition offers metabolic, nutritional, and genetic nutrition and performance testing to address nutrition for health markers and a person's genetic code.

[Functional Nutritional Therapy](#) from EatRight-LiveWell™ with Tam John is a data driven precision nutrition approach to guide informed choices intended to improve health markers and energy for a better feeling life. [Client endorsements](#) are available to review the results EatRight-LiveWell™ clients have received.

Unlike fad diets that promise quick fixes, precision nutrition focuses on sustainable, long-term results. By understanding your unique metabolic profile, and nutritional and performance genetic code, you will receive a personalized nutrition plan that promotes getting and keeping the right weight in a healthy and sustainable manner. Your advancement in nutrition also supports your health markers to live a better feeling life.

Precision nutrition is also highly effective in enhancing athletic performance. By optimizing our nutrient intake, we can fuel our bodies for optimal performance, improve endurance, and support muscle recovery. Whether you're a professional athlete or a recreational sports enthusiast, precision nutrition can take your performance to the next level. You will also be supporting



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healthy aging when you take charge of your nutrition and lifestyle factors like physiological stress relief.

In addition to measurable physical benefits, precision nutrition also improves our overall well-being. By prioritizing personally appealing nutrient-dense foods for our metabolic type and genetic code, we can boost our immune system, reduce the risk of chronic diseases, and enhance our overall vitality. Precision nutrition is not just about what we eat; it's about nourishing our bodies and minds to achieve optimal health and wellness.

### **The science behind precision nutrition**

Precision nutrition is firmly rooted in science, drawing on the latest advancements in genetics, biochemistry, and nutritional research. It takes a comprehensive approach to understanding how our bodies metabolize and utilize nutrients, as well as how our unique genetic makeup influences our nutritional needs.

According to [Harvard T. H. Chan School of Public Health](#), “Precision nutrition may sound like a new fad diet, but it is actually a credible emerging area of research supported by the National Institutes of Health under the umbrella of precision medicine.” [1,2]

Advancements in genetic testing have revolutionized the field of precision nutrition. By analyzing our DNA, scientists can identify genetic variations that affect our metabolism, nutrient absorption, and response to certain foods. This information allows [EatRight-LiveWell™](#) to create and guide personalized nutrition plans that are tailored to your specific genetic profile.

Importantly, [personalized functional nutritional therapy](#) with EatRight-LiveWell™ also makes recommendations to account for our client’s preferences and resources of time and food budget. This approach facilitates an evolving and sustainable program, rather than a fleeting diet.

Precision nutrition also considers lifestyle factors such as sleep, stress levels, and physical activity. By considering these factors, we can identify areas of improvement and make targeted adjustments to optimize our overall health and well-being.

[Nutrigenomic Testing](#) is foundational to build a personalized DNA diet. 70 and 77 gene tests assay nutrition and performance genetics to optimize choices for diet, as well as physical activity.

### **Assessing your current nutritional status**

Before embarking on a precision nutrition plan, it's important to assess your current nutritional status. This involves evaluating your current eating habits, nutrient intake, and any potential



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deficiencies or imbalances. EatRight-LiveWell provides tools and proprietary resources to help you assess your nutritional status, including the time-honored Functional Nutritional Assessment, a survey assessment with an algorithm that identifies functional foundational wellness priorities for nutritional supports. Each week client data is reviewed with a follow on virtual consultation and practicable evidence-based guidance that our client finds agreeable.

By understanding your baseline, you can identify areas for improvement and set realistic goals for your precision nutrition journey. Remember, precision nutrition is not about perfection; it's about making gradual, sustainable changes that support your long-term health and mindset.

### **Designing a personalized precision nutrition plan**

Designing a personalized precision nutrition plan involves tailoring your nutrient intake to meet your individual needs and goals. This begins with identifying your macronutrient requirements, which include carbohydrates, proteins, and fats. The ideal macronutrient ratio varies depending on factors such as age, gender, activity level, and overall health.

In addition to macronutrients, precision nutrition also focuses on optimizing micronutrient intake. These include vitamins, minerals, and antioxidants, which play a crucial role in supporting our overall health and well-being. Ideally our client will opt in for nutrigenomic testing to optimize the precision plan. It is an easy non-invasive test done in about a minute reporting.

To design a personalized precision nutrition plan, your individual goals are front and center. Whether you're looking to lose weight, build muscle, or improve athletic performance, improve your health markers like HbA1c, fasting glucose, fasting insulin and others, your nutrition plan should be tailored to support these objectives. This may involve adjusting portion sizes, timing of meals, and nutrient distribution throughout the day with evidence-based foods right for you and your health goals.

### **Implementing your precision nutrition plan**

Implementing your precision nutrition plan requires commitment and consistency. This is why EatRight-LiveWell guides a 10-12 week program to evolve precision results. It's important to remember that precision nutrition is not a quick fix; it's a lifestyle change that requires ongoing effort and dedication. Here are some tips to help you successfully implement your precision nutrition plan:

1. Meal prep: Prepare your meals in advance to ensure that you have healthy options readily available. This will help you avoid impulsive food choices and make it easier to stick to your



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precision nutrition plan. We provide meal planning services to make it easy to have healthy food ready.

2. **Mindful eating:** Practice mindful eating by paying attention to your body's hunger and fullness cues. Avoid distractions such as television or smartphones and savor each bite. This will help you develop a healthier relationship with food, prevent overeating, and optimize digestion.

3. **Stay hydrated:** Hydration is an often overlooked aspect of nutrition. Even though most people know the importance of adequate hydration, a precision plan includes strategies and tactics to keep your hydration up to par.

4. **Progress mentoring** is a tenet of EatRight-LiveWell services. Having us to hold you accountable with caring honesty and provide guidance will greatly increase your chances of success.

### **Tips for maintaining a healthy balance with precision nutrition.**

Maintaining a healthy balance with precision nutrition is about more than just what you eat. It's about integrating nutrition into your lifestyle in a way that supports your overall well-being. Here are some tips to help you maintain a healthy balance:

1. **Prioritize self-care:** Make time for activities that nourish your whole being. This includes regular exercise, meditation, quality sleep, and investing time in nourishing relationships.

2. **Practice moderation:** Precision nutrition is not about deprivation or strict rules. It's about finding consistency that works for you.

3. **Symptoms are your body's complaints.** Pay attention to how different foods make you feel. Everyone's body is unique, and what works for one person may not work for another. Learn to listen to your body's signals and adjust your nutrition plan accordingly.

4. **Stay educated:** The field of nutrition is constantly evolving, with new research and findings emerging regularly. Stay informed about the latest advancements in nutrition science with the help of a [functional nutrition expert](#). There is too much media, marketing, and misconception to go it alone. You'll save much time and money by investing in yourself with nutrition guidance.

### **Conclusion: Embracing the power of precision nutrition**

Achieving a healthy balance is within your reach, and precision nutrition can help you get there. By embracing the power of precision nutrition, you can break free from the cycle of poor eating habits and inadequate nutrition and realize great health improvements.



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Say goodbye to fad diets and one-size-fits-all approaches. Say hello to a journey that prioritizes nutrient-dense foods right for YOU, tailored meal plans, and evidence-based strategies to support your overall health and vitality. Unleash the power of precision nutrition and unlock your full potential. The path to a healthy balance starts now. Schedule a brief call with Tam John to ask how the [Eat Right – Food for Life™](#) program will support your health and well-being with delicious satisfaction.

Remember, achieving a healthy balance is not about perfection; it's about progress. Take small steps each day towards optimizing your nutrition and prioritizing self-care. With precision nutrition as your guide, you can achieve a healthier, happier, and more vibrant life. [Let's unleash the power of precision nutrition](#) together.

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#### References:

1. Collins FS, Varmus H. A new initiative on precision medicine. *New England journal of medicine*. 2015 Feb 26;372(9):793-5.
2. Rodgers GP, Collins FS. Precision nutrition—the answer to “what to eat to stay healthy”. *JAMA*. 2020 Aug 25;324(8):735-6.



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