



# The Gene Therapy Plan: Taking Control of Your Genetic Destiny with Diet and Lifestyle

*Mitchell L. Gaynor MD*

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**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.



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