



# **The Perfect Gene Diet: Use Your Body's Own APO E Gene to Treat High Cholesterol, Weight Problems, Heart Disease, Alzheimer's...and More!**

*Pamela McDonald NP*

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## **The Perfect Gene Diet: Use Your Body's Own APO E Gene to Treat High Cholesterol, Weight Problems, Heart Disease, Alzheimer's...and More!** Pamela McDonald NP

This comprehensive work by nurse practitioner **Pamela McDonald** reveals the latest breakthrough in health and nutrition focusing on the APO E gene, which affects cholesterol levels, heart and Alzheimer's disease, and much more.

It is widely known that each genotype requires its own balance of carbohydrates, fats, and proteins for optimal health. Within these pages, Pamela presents the latest information so that you can make appropriate diet and exercise choices relevant to your particular APO E genotype. The result will be an ideal level of health and well-being, which will reduce your likelihood of developing so many of the debilitating diseases that are prevalent in our society today.

As Pamela says, "You have a choice for your health . . . backpack or bedpan?"

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