



# The Perfect Gene Diet

*By Pamela McDonald NP*

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## The Perfect Gene Diet By 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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## **The Perfect Gene Diet By Pamela McDonald NP Bibliography**

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## **Editorial Review**

### About the Author

**Pamela McDonald** is a leading integrative-medicine nurse-practitioner, author, and international speaker who has focused her work on the prevention of chronic illness, especially heart and Alzheimer's disease.

Pam has used her advanced specialty training in surgery, women's health care, adult primary care, pediatrics, pediatric obesity, family practice, heart-disease prevention, nutrition, exercise sports medicine, mind-body medicine, energy medicine, and botanical medicine to develop the groundbreaking Apo E Gene Diet.

The foundation of her work utilizes the body's own unique genetic expression in combination with its innate healing system. She brings together leading-edge tools in medical science and technology, as well as today's rigorous scientific research. This enables her to prescribe a personalized patient program that honors each individual's mind, body, emotion, and spirit, while using resources such as organic whole food, exercise therapies, and effective behavioral changes—all coming together in a powerful healing solution.

Pam was born in Paisley, Scotland, and grew up in the southernmost part of England. Originally trained as a nurse at the Royal Hospital of St. Bartholomew's in London, England, she now lives in Northern California with her husband, Rick, and their three children.

## **Users Review**

### **From reader reviews:**

#### **Fred Green:**

Book is to be different for every grade. Book for children right up until adult are different content. As we know that book is very important for us. The book The Perfect Gene Diet was making you to know about other expertise and of course you can take more information. It doesn't matter what advantages for you. The book The Perfect Gene Diet is not only giving you much more new information but also to be your friend when you feel bored. You can spend your own personal spend time to read your guide. Try to make relationship while using book The Perfect Gene Diet. You never sense lose out for everything should you read some books.

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**Monica Bonner:**

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