

Editorial



Dear Reader,

Welcome to a new issue of genoNews – the newsletter of GENOSENSE Diagnostics. The feedback we got after the release of our first issue at congresses, seminars and, almost daily, on the phone from you, dear customer, was extremely good – thank you ! We hope to retain your attention and regard, and take your appreciation to indicate we should try even harder in the future!

In this issue we deal with a theme that reflects an important part of our lives: food. Who amongst us does not think of changing our lifestyle and, in particular, how we eat, to a healthier pattern. But, in truth, is everything 'healthy' good for us? To what extent can we influence the body's functions by eating the right food? GENOSENSE Diagnostics has identified this as an important area on which to focus and come up with a new answer – we call it the NutritionSensor! We describe how it works and how you can use it to your patient's advantage in this issue. Also you will find in this issue an interview with Dr. Wessolly, a German specialist in Nutrition, who gives an account of genetic lifestyle and nutrition, which we believe you will find of special interest. Dr. Wessolly: "The NutritionSensor is a fantastic tool to fit your nutrition to your genes, and to avoid potentially damaging foods. Healthy nutrition fits well with knowledge of specific genes."

To our big delight the network of our GENOSENSE-Family of international partners is steadily growing. To enable an exchange of information and practical experience between our partners, we offer our partners to introduce and present their institutes and their expertise in our newsletter. We are pleased to present Scienta Health in this issue - our excellent and very innovative cooperation partner in Canada.

In addition we would also like to thank our friend Dr. Michael Perring (Medical Director and Head of the Optimal Health of Harley Street Clinic, London) who actively helped us with the English wording in this issue.

Finally, I want to bring your attention to several conferences and congresses – you will find them, as usual, on the last page of this newsletter.

I wish you an interesting read!

Dr. Felix Stonek

NutritionSensor

Food and health play an important role in our lives. While in the past the main purpose of eating was to prevent starvation, we in the West no longer think of food as a means to survival. We are now in the lucky position to choose what we eat – a privilege not taken lightly in much of the world, either

developed by GENOSENSE in its new NutritionSensor, is to identify single nucleotide polymorphisms (SNP's) by means of which, with altered dietary intake, the course of a disease can be moderated. Knowing the identity of these polymorphisms the individual is able to recognise which foods in-



past or present. From this freedom to choose what we eat other problems have arisen: obesity, over nutrition and various associated health problems. Modern preventive medicine has identified these 'new diseases of civilization' with dietary advice intended to restore the natural balance of food intake and excretion.

Nutrigenomics is a new subspecialty of Molecular Medicine which deals with the association between food and specific genetic constellations (profiles). The aim of this new science,

crease and which decrease the risk of a disease developing.

But be aware: The earlier he/she starts prevention the greater the benefits will be! The NutritionSensor of GENOSENSE Diagnostics is addressed to doctors who have a special interest in offering their patients food and lifestyle guidelines on a genetic basis.

From a complex molecular analysis you will receive a simple nutritional guidelines – unique and straightforward to use!



1. While everybody talks about healthy food – what really should we eat each day?

What is healthy nutrition? It is a fact that there's no food truly healthy for everyone. So let us consider what good nutrition is! If we believe that life works because of two way communication between our genes and the environment – an exchange of information – it follows that nutrition is maybe the most important factor in the environment. If you want you can imagine food as a source of information to the genes: the genes respond on "orders" from the environment. Most people have very similar Genes (except gender specific differences), but through our growing knowledge of polymorphisms (SNPs) we can recognise the slight differences between genes which give rise to different responses when signalled by the environment.

Returning to nutrition: healthy nutrition is nutrition adapted to suit our specific gene profile.

For example: an Eskimo's diet would be terrible for a vegetarian consisting as it does only of fish and meat and no vegetables. Yet Eskimos have few diseases of civilization excepting for those eating a Western diet, who do become ill. Their genes fit excellently their diet. Again, if Africans or Asians drink milk, they get sick. It is in their genes!

This point of view has been well established in the Ayurvedian medicine for a long time. They divide people into different groups, named "doshas", to categorise nutrition according to their pheno- and genotype.

2. How can I "genetically" optimize my nutrition with the NutritionSensor?

The NutritionSensor is a fantastic tool to adapt the nutrition to the

Interview with Dr. Johannes Wessolly



Dr. Johannes Wessolly, Specialist for nutrition and preventive medicine, Medical Director and Head of the I.e.a.n. for life Institute in Ludwigsburg, Germany (www.leanforlife.de), works as well at the Schlosspark Klinik Ludwigsburg.

A healthy nutrition is one that is well adapted to our genes.

genes, especially to avoid nutritional mistakes.

Two Examples: Fish with its fatty acids is widely known to be healthy - more fish, more health. This opin-

ion is true for most of us. But there is a polymorphism (SNP) in one gene which results in their being no benefit from fatty acids. In this case it is of considerable interest to know whether the SNP is present.

Another example: If someone has gene polymorphisms associated with reduced detoxification of environmental pollutants, it becomes very important that that individual avoids smoking and eating grilled meat. Despite being traditional these foods are not healthy for everybody!

3. Who should be tested with the NutritionSensor?

If you ask me – everybody! Food and Fruits are offered everywhere, but the quality of the vitamins and minerals they contain is declining, as new data shows. If you keep your weight in check with a

calorie restricted diet, thereby eating less high quality food, the amount of vitamins and minerals you ingest will decrease.

In fact you will need more vitamins because of pollution and environ-



mental effects. It is interesting to know the amount of vitamins to take in the form of supplements and how much is obtained from the diet. My concern here is especially for our children.

I do strongly recommend a nutrigenetic analysis for anyone with a familial predisposition to cancer, diabetes, cardiovascular disease, Alzheimers, rheumatic diseases and arthritis.

4. Is there good scientific evidence that the effect of "genetic lifestyle" can be optimized by nutrition?

Several studies worldwide clearly show this effect. The great efforts that have gone into the diagnostics of polymorphisms in the "Viennese school" should be strongly appreciated. For me, the good sense of a 'genetic lifestyle' is above questioning.

5. Pork meat, Sauerkraut and a beer are out – or do we have a last chance?

Sauerkraut is healthy because of the polyphenols contained in it; pork has many amino acids and the amount of alcohol in one glass of beer may be protective of blood vessels. But the problems with such foods are:

- 1.) The large amount of fat they contain.
- 2.) Often one glass of beer becomes several.
- 3.) Meat is often polluted by damaging chemicals.

These foods are not necessarily unhealthy in moderation but the amount and/or quality of them is important: eat them occasionally, and thoughtfully!

Healthy life is joyful life! Nutrition-Sensor will help you identify what your choices of eating healthily are!



NutritionSensor
from **GENOSENSE Diagnostics**

NEW

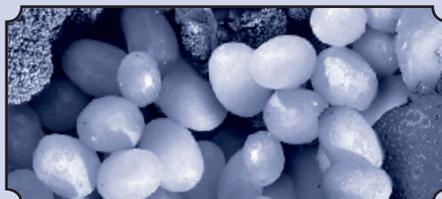
NutritionSensor examines polymorphisms that were carefully selected according to the latest scientific research and which result in structural changes of proteins that - among others

The awareness of the individual genetic profile enables



- degrade toxic environmental substances into harmless products
- regulate the potassium metabolism
- influence immune defence and aging processes
- control the lipid- and glucose-metabolism

- to compose a special nutrition scheme in order to anticipate genetic risks
- to choose a food-supplementation according to individual needs
- to recommend prophylactic measures to maintain physiological balance in case of serious exposures to environmental toxins, personal stress, hormone-related or mental disequilibrium
- to optimize a diet regarding the reduction of the body-mass-index





Infothek

**Selected
upcoming
events:**

March 2006:

**Anti-Aging World-Conference
23-25.3.2006/CNIT-Paris
www.AAWC2006.com**

The World Conference 2006 will be held in Paris/France, on March 23-25, 2006, where about 3000 participants. It will be an important European meeting of dermatologists, cosmetic surgeons, anti-aging specialists, general practitioners, gynecologists, nutritionists etc.

GENOSENSE will participate with an exhibition booth and organise following workshop:

Speakers: Dr. Michael Klentze and Prof. Dr. Christian Schneeberger
Title: The Impact of Genetic Polymorphisms on the Aging Process

April 2006:

6.4.-7.4.2006, Dubai

**7.4.-9.4.2006, Orlando,
Florida, USA**

21.4.-23.4.2006, Florence, Italy

Outlook



Next Issue Topic: Gynecology

...and conferences, workshops and seminars, Interview with an expert,...

The next genoNews Newsletter will appear in June 2006

News from the GENOSENSE Partner Family

In Canada, where everyone has free access to "healthcare" and where service delivery is tightly regulated, it is very unusual to find medical services available in conjunction with complementary healthcare disciplines. It is even more unusual to find healthcare that is truly prevention-oriented.



SCIENTIA HEALTH, an innovator in multi-disciplinary preventive healthcare in North America, has, in the short time since its launch in 2004, become a leader in individualized medicine and personal health management. This is a fundamentally new approach on this continent. Applying advanced diagnostic and risk detection techniques – including genetic testing from GENOSENSE - Scientia has designed protocols and programs that are unique. Scientia Health co-founders Elaine Chin, MD (Toronto), MBA, an expert in longevity medicine, and Peter Cooper, MBA (Harvard), an experienced corporate director and entrepreneur, combined their complementary backgrounds and philosophies to create a vision for Scientia. This vision is based on the belief that very early detection and appropriate intervention can slow, prevent or even reverse degenerative disease processes and provide enhanced quality of life on a sustained basis.

At the core of Scientia's business is its flagship Clinic in Toronto, serving senior professionals and executives with health risk assessments; Scientia's proprietary Health Scorecard™, personal health strategies and health coaching programs. In addition, Scientia is growing in two new, related areas. One is in nutri-

tional supplements. Scientia's founders believe there is a real need for a more science-based, informed and user-friendly approach to purchasing supplements. The company has created its own range of high-quality formulations derived from research in its own clinic. The supplements are sold through the clinic and on Scientia's website, where customers can go to a personalized online assessment tool to assist them in determining

their appropriate needs. Scientia's third area of growth is in providing destination spas and wellness centers with a core "plug-in" medical component on a turn-key basis, applying Scientia's diagnostic and coaching protocols. This enables spas and wellness centers to offer their clients leading-edge medical diagnostics and truly individualized spa programs based on their personal needs. At the same time, spa and wellness centers can focus on their primary services and not get diverted into learning about delivery of medical procedures. Scientia's programs have recently been featured prominently in Canada's leading national daily newspaper (The Globe & Mail) and currently by CNN International in its "Global Challenges" program.

www.scientiahealth.com



Peter Cooper, MBA
President



Elaine Chin, MD, MBA
Medical Director

Impressum

Publisher: GENOSENSE Diagnostics GmbH
Rennweg 95 B
1030 Vienna, Austria
Phone +431-2530253-190
Fax +431-2530253-191
E-Mail: office@genosense.com

Chief editor: Dr. Felix Stonek

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