

# ARE YOU DEALING WITH A GENETIC PREDISPOSITION OR MUTATION?

## ASK YOURSELF:

Has a doctor *actually* diagnosed you with a genetic disorder tied to a known mutation?



Have you had genetic testing that confirmed it?



Does this condition show up in every generation, or does it seem more tied to shared habits?



Have you noticed it gets better or worse depending on how you eat, move, sleep, or manage stress?



Is your family history guiding your health decisions, or keeping you stuck?