



Personalized Hair Skin and Nails report

Each of us has a genetic heritage that determines the typical characteristics of his person, including the predisposition or not to certain pathologies. But as the Times wrote some time ago, "DNA isn't your destiny". That is, the DNA is not your destiny. Our genes are not immutable elements as pillars. They are our **genotype** but there is also the **phenotype**, that is the expression with which the genotype manifests itself. An expression that varies according to many

factors: **diet, pollution, stress and other variables**.

All these variables are called **epigenetics** and as Dr. Emanuele de Nobili of the Longevity Center in Merano says: "Some aspects of the modern lifestyle can affect the general well-being of the organism, altering it. Among these must be considered: the food we eat, the nutrients we absorb, stress, other environmental factors present at home and at work, including pollution, heavy metals, radiation and electromagnetic fields. All of these factors are known as epigenetic factors. Experts today know that genes are largely influenced by the environment, in some cases up to 98%".

Therefore, we can affect our genetic expression in a positive way. Doctor Nobili cites some examples. "Do you lack antioxidants? You could risk degenerative diseases. Are you missing Omega 3? You may have chronic silent inflammation. Nutrition plays 50% and it is often necessary to integrate with some substances, because the preserved, refined products, coming from intensive farming, have very low energy and nourishment".



Everything has to do with a new scientific branch that approaches medicine, biophysics. "We are mass, mass is energy. We have to open our minds like 50 years ago, then we didn't know anything about biochemistry today we know little about quantum, but in a few years there will be devices that recognize the frequencies of our body and tell us in which areas we are weak and in which we are not".

The **hair**, through the bulb, is one of the parts of the body that reveals to us how we will age and which aspects to treat. So let's treat them well! For example, we can treat the scalp, which can be overly sensitive and appear rough, dry and inflamed. Professional treatments for sensitive skin have a soothing and purifying power and help reduce and eliminate burning, itching and redness. Oily hair, smog, sudden changes in temperature, stress and the use of too aggressive shampoos or colors can irritate the skin and promote the appearance of dandruff or other disorders. So let's oxygenate it! In this way we will restore the physiological balance to the skin, making the hair soft, healthy and shiny.