

THE NUTRITIONAL GENOMICS EVIDENCE-BASE AND ITS PRACTICAL APPLICATIONS

Ron L Martin

Nutrigenetics Unlimited, Inc, California, USA

Examples of the emerging nutritional genomics evidence-base will be described (e.g., nutrigenetics, nutrigenomics, epigenetics, etc.), along with online tools for increasing both awareness and utility of the increasingly actionable information. This can be helpful to the entire spectrum of potential users, including students and other members of the public. Such tools are increasingly important as the body of literature continues to expand rapidly, making it progressively more difficult to identify and manage the evidence-base for making more fully informed choices. Online resources will be described, including the usefulness of standardized terminology which allows creation of subtopic listings for any given topic, or for any given combination of topics – including for genes and gene variants. Beyond diagnosis and treatment alone, such approaches also allow identification and exploration of prevention opportunities, and well as optimizations for both physical and mental health. Gene-environment examples include nutrition, pharmaceuticals, pollution, lifestyle, social environment, etc. Because nutrition applies to everyone without exception, it can become a useful introductory "archetype" for promoting greater engagement, and greater genetics/health literacy.

ron@nutrigenetics.net