



YOUR GENETIC BLUEPRINT

Should you be eating a KETO diet, are your vitamin D supplements adequate for robust immunity, does your detoxification system need support?

THE ANSWER MAY BE IN YOUR GENES

Every cellular process in your body is instructed by your genetic code. The foods you eat, the environment you are exposed to and the lifestyle decisions you make all impact your genetic function and ultimately your health.

Nutrigenomics and Lifestyle Genomics explore the interaction between your genes and your lifestyle choices. By analyzing your genes, you can uncover genetic predispositions and susceptibilities and identify nutrition and lifestyle interventions that could enable you to prevent, manage or improve various health issues and optimize resilience and longevity.

At Kingbridge, we are now offering 2-hour, half or full day workshops where you can take your journey toward optimal health to a whole new level.

You don't get to choose your DNA, but when you know your genetic code, you can find out exactly what diet, lifestyle and environmental choices are the best for you.

What is NUTRIGENOMICS?

A new and highly popular field of science that focuses on the relationship between our genes and nutrition.

A promise of "personalized health"

- < Where you are provided with a comprehensive dietary approach based on the scientific knowledge of your genes.
- < This understanding of your genes helps to create a health plan based on the nutritional requirement and the nutritional status of your body.
- < These unique, customized plans can be used to help prevent and treat chronic conditions like obesity, diabetes, blood pressure, heart problems, etc.



PERSONALIZED DIETARY RECOMMENDATIONS

Nutrigenomics identifies specific gene variations and provides insights into the need for specific vitamins, minerals or other dietary components.

FITNESS & EXERCISE OPTIMIZATION

By analysing genes involved in muscle strength, endurance, and recovery, this information can be incorporated into training programs to maximize performance and minimize the risk of injury.

MOOD & BEHAVIOUR

Understanding the genetic influence on cognition and stress response can help with the adoption of strategies to promote healthier behaviours and manage overall wellbeing.

WEIGHT MANAGEMENT

Genetic variations can influence your response to different diets and your susceptibility to overweight and obesity. This information allows for the development of truly personalized recommendations for dietary interventions, exercise guidance and behavioural strategies to optimize health.

REVITALIZE YOUR BRAIN & IMMUNITY WITH MUSHROOMS

MUSHROOMS FOR MENTAL CLARITY AND FOCUS

Mushrooms have been used by humans as food and medicine for thousands of years. There are over 2000 edible species, some of which are being studied for their neurotrophic properties. Lion's Mane supports cognitive health and memory by promoting the production of nerve growth factor, a compound critical in the development and survival of neurons and other cells in the nervous system. Lion's Mane may also ease anxiety and improve sleep.

MUSHROOMS PROTECT BRAIN HEALTH

A study published in the Journal of Alzheimer's Disease examined the diets of men and women over 60 years of age looking for how often they ate six varieties of common mushrooms including white button mushrooms. Over a six-year period they found that compared to those who ate few mushrooms, those who ate 1-2 servings (3/4 cup cooked per serving) per week were at a 43% reduced risk for developing MCI and those who ate more than two servings per week had a 52% reduced risk. Mild Cognitive Impairment (MCI) causes memory and language difficulties and can be a precursor to dementia including Alzheimer's Disease.

MUSHROOMS SUPPORT IMMUNE RESILIENCE

Mushrooms contain powerful polysaccharides called beta-glucans and other bioactive compounds which have been shown to have immunomodulating effects, meaning they help keep the immune system in balance – stimulating it when there's something to fight (including cancer) and downregulating it when it's overactive. The human immune system is a complex balancing act. When we have an infection or disease, our immune system “upregulates” to battle the infection. Too much immune activity, however, can lead to an overactive or dysregulated immune system and potentially autoimmune conditions.

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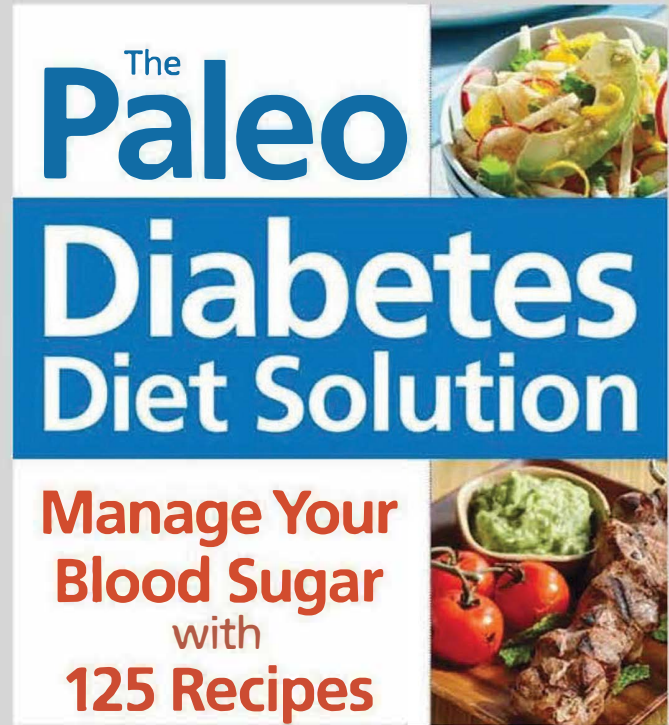


Mushrooms contain a variety of anti-inflammatory and antioxidant compounds. Researchers continue to uncover how mushrooms can help ward off chronic disease and improve everyday health.

JILL HILLHOUSE

BA, BPHE, CNP, health strategist, nutrition specialist & author

IN-RESIDENT NUTRITIONIST



Jill is a seasoned Nutritional Practitioner with nearly two decades of experience, having worked at various integrative clinics in Toronto and maintaining an extensive private practice. Her clinical expertise lies in addressing metabolic and nutritional imbalances, and she is known for her application of Nutrigenomics to create personalized nutrition and lifestyle plans that optimize health and promote healthy aging.

In addition to her clinical work, Jill is a published author. Her books, "The Paleo Diabetes Diet Solution: Manage Your Blood Sugar with 125 Recipes and a 30-day Meal Plan" and "The Best Baby Food: 125 Health & Delicious Recipes for Babies & Toddlers," have been well-received.

She holds certifications as a Certified Nutritional Practitioner (CNP) from The Institute of Holistic Nutrition. Furthermore, Jill has a strong academic background, with a Bachelor of Physical and Health Education (BPHE) and a Bachelor of Arts (BA) in psychology from Queen's University.

As a professional in her field, Jill is affiliated with prestigious organizations like The Institute of Functional Medicine and The Canadian Association of Natural Nutrition Practitioners, underscoring her commitment to delivering high-quality nutritional guidance and services.