BLOOD SUGAR, GENETICS & YOUR HEART:
A Journey of Discovery

UNDERSTANDING YOUR GENETIC RISK AND TAKING CONTROL

Meet Sarah, a busy mom who always believed heart disease was a concern only for older adults. That changed when her dad was diagnosed with diabetes, prompting Sarah to dig deeper into her own health, starting with her family history and looking into genetic testing.

Sarah discovered that our genes could affect how our bodies handle sugar. Some people, like her dad, are more prone to insulin resistance because of their genes. Insulin resistance means the body struggles to manage sugar, leading to high blood sugar, and if left unchecked, can cause diabetes and damage the heart.

TAKING CONTROL AND EMPOWERING YOUR FUTURE

Sarah, now armed with specific personalized information, realized she could make small but important changes to help protect her heart and manage her blood sugar. Together, Sarah and the doctors at Lakota Wellness created a plan for her. Sarah felt empowered and motivated, knowing she could take control of her health and her family's well-being, through customized recommendations based on her unique genetic signature. Sarah's story shows us that small changes made today can make a big difference tomorrow. Don't wait for symptoms. TAKE CHARGE of your heart and blood sugar health now. Your genes are part of your story, but YOU decide how it unfolds!

MAKING NEW DISCOVERIES

As Sarah learned more, she found out about the MTHFR gene, which impacts how the body processes homocysteine, a substance that can increase the risk of heart disease if it builds up. Armed with this knowledge, Sarah consulted her doctor about her family history and had a methyl genetic nutrition test performed.