



Enhanced Medical Care, LLC
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Dear Patient,

I had been working on a newsletter regarding the topic of Nutrigenomics. Nutrigenomics is a new and burgeoning discipline whereby your nutrient intake affects the expression of your genes. So much for someone telling you that your fate is sealed by your genes!!! Nonetheless, I received this email from Dean Ornish, M.D. and it was precisely what I was going to convey, so I am attaching it. Also attached is a link from a UCSD web site with Bruce Ames group with lots of interesting articles and webinars regarding Nutrigenomics. With this communication, let us work together toward better health and happiness in the New Year!!!

[Dean Ornish MD and PMRI.htm](#)

[Bruce Ames- Nutritional Genomics Downloads.mht](#)

Best regards,

Marilyn J Chown, R.N., B.S.N., M.P.H.

Mark E. Costa, M.D.