

Discover How Your DNA Shapes Health & Lifestyle

- Do you have a family history of medical conditions?
- Are you curious about your genetic risk?
- Would you like personalized recommendations to manage your health?

Why Choose Us?



Evidence-based Insights:
Grounded in genetic science.



Expert Guidance: Make informed health decisions with professional support.



Comprehensive Approach: Integrates wellness, prevention, and lifestyle optimization.



PROCESS



Patient consent &
pre counseling



Sample collection
(Buccal swab/2ml blood
in EDTA tube)



NGS Sample
preparation



Next Generation
sequencing



Analytics CE
IVD approved



Reporting &
Post counseling

What We Offer

More than 15 Medical Conditions with Genetic Risk Factors: Identify potential health risks rooted in your genes



Hereditary Cancer Screening: Uncover inherited risks for various cancers.



Skin and Hormonal Health: Genetic factors influencing skin aging, elasticity, and hormone balance.



Mental Health and Stress: Decode genetic markers for mood and stress resilience.



Personalized Recommendations
Understand how your genetic profile impacts your lifestyle.



Weight Management: Insights into appetite regulation, fat metabolism, and glucose sensitivity



Immune System & Inflammation: Analyze genes linked to immune response and inflammation.



Tailored Vitamins and Minerals

- Learn which vitamins and minerals are essential for your unique genetic needs.
- Receive tailored advice on carbohydrates, proteins, fitness, and nutrition adjustments
- Optimize your body's performance and health.



Complimentary offerings

Diet plans

Get meal plans customized to your genetic predispositions. Embrace a healthier and more effective diet.



Personalized Medicines

Discover how your genes influence your response to medications. Find the right treatments faster with fewer side effects.



Genetic risk for more than 15 conditions

Condition (Gene Panel)



DIABETES - (504)



HIGH BLOOD PRESSURE - (404)



CORONARY ARTERY DISEASE - (474)



CHOLESTEROL (WITH HYPERTRIGLYCERIDEMIA) - (292)



CARDIOMYOPATHY - (575)



ARRHYTHMIAS (A-Fib, Long QT, V-Fib) - (324)



OBESITY - (486)



THYROID (Hypo and Hyper) - (383)



COGNITIVE DECLINE, MEMORY LOSS, DEMENTIA, ALZHEIMER'S DISEASE - (480)



STROKE - (349)



MOOD DISORDERS (Anxiety, Depression, Schizophrenia) - (665)



CHRONIC KIDNEY DISEASE - (231)



FATTY LIVER - (175)



GALL STONES - (107)



GASTRITIS - (40)



GUT HEALTH (Inflammatory Bowel) - (26)



SINUSITIS/ RHINITIS (Chronic Rhinosinusitis) - (225)



DRY SKIN, ECZEMA - (301)



MUSCULOSKELETAL HEALTH (Muscle, Osteoarthritis, Osteoporosis) - (990)

Your NGS partner

GenepowerX™
Genetic Science powered by K&H

K&H Personalized Medicine Clinic

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