

DEMO REPORT

Well-Being

Well-being, also known as wellness, prudential value or quality of life, refers to what is intrinsically valuable relative to someone. So the well-being of a person is what is ultimately good for this person, what is in the self-interest of this person. Well-being can refer to both positive and negative well-being.



Biological Aging

This result is based on **9 genetic variants** associated with **"Biological aging"** analyzed in the scientific paper (2013 Apr - Codd V)



Your results Longer telomere. Longer life expectancy

Description

Most biological systems experience modest alterations as they age. The steady reduction in physical ability to satisfy needs over time is referred to as biological aging. The buildup of cellular damage causes it, and the speed of biological aging is regulated by a combination of environmental and hereditary variables. There are considerable indications that many recognized disease risk and preventive elements impact the amount of cellular damage deposition and hence biological aging. Biological aging is involved in the pathogenesis of certain viral illnesses. We contend that biological aging is one such fundamental pathway to health, illness, and, as a result, socioeconomic health disparities.







Description

Food intake (eating) is a type of behavior that may be controlled consciously. In practice, most fat and overweight people complain that their eating is beyond their control. Mechanistic models illustrate how biological and external variables interact to affect food intake.

Specific hormones secreted by the hypothalamus also control food intake. Therefore, it should represent interactions between biology, environment, and tried self-imposed control of behavior since human food consumption is defined by humans intervening to change their routines of behavior. Generally, humans have an unbalanced weight-regulation mechanism in which weight loss is vigorously protected while weight gain is not.





Resting Metabolic Rate

This result is based on 0 genetic variants associated with "Resting metabolic rate"





Your results Inconclusive. No enough DNA information

Description

Total calories expended while you are entirely at rest are known as your resting metabolic rate. RMR aids respiration, blood circulation, organ function, and fundamental neurological functioning. A 1% increase in fat mass reduces 0.01 kcal/min in the number of calories burned per minute. The typical RMR for women is approximately 1400 calories per day1, whereas the RMR for males is a little over 1600 calories. It's easy to see why the resting metabolic rate (RMR) receives so much attention; it plays a significant role. While RMR is important, it's essential to understand the parts of total energy expenditure.

Learn more

