

For weight loss, what you eat may matter more than how much

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The most effective way to lose weight may not involve any dieting at all. That's the word from an international group of scientists, physicians and researchers. They believe to be effective, a weight loss program must take epigenetics into account.

They recommend a personalized health platform that integrates decades of research from scientists and medical doctors to provide individualized health plans based on epigenetics.

Epigenetics is the study of the impact a person's environment and lifestyle have on his or her genetic expression. Simply put, it explains why identical twins who grow up in radically different environments and who eat and exercise differently may have phenotypic variations in height, weight and more.

Researchers believe this same science can be used from the outside in, to determine the type of diet and exercise a person's one-of-a-kind genetic blueprint needs to lose weight most effectively, and have applied it to create a program called ph360.

Using a thorough personal health assessment, the ph360 approach determines the best foods for you to eat and those to avoid, as well as the style of exercise ideal for your specific makeup.

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