

# DRMR

COSMETIC DENTIST IN LONDON  
DENTIST OF THE YEAR 2022

## New Year New You

At DRMR we are giving you a helping hand into the new year.

DNA test and consultation  
One-month meal plan with Rachel our Dietitian  
One-month workout plan with Body Coach

Start your year right with this offer - £1500 if DNA test is taken in Jan

### Meet Rachel Clarkson

My name is Rachel Clarkson and I am a specialist DNA Dietitian at DRMR. It's been my life's mission to help people like you finally know what to eat and stop the constant guessing game.



Imagine being clear on the foods your body needs more or less of to thrive, understanding your food intolerances and unique requirements that will influence the portions you need to be eating to achieve your goals faster!

Over the past five years, I have helped over 600 people to eat the DNA way, a diet and lifestyle bespoke to them based on a simple yet effective DNA world-leading test. I have been featured in Women's Health, Men's Health, and BBC Future, I'm also a licensed and board-certified Dietitian which means you can finally put your trust into this way of eating for life.

## You can now also **UPGRADE** your DNA test to include your **Skin Health**.

Use state-of-the-art genetic testing to analyse your DNA to determine how your genes can influence your skin's ability to combat the signs of ageing, and how your body metabolizes nutrients that support skin health.

Based on these results, we have determined your propensity to develop signs of skin ageing and provide nutrition recommendations aligned with your genetic profile.

We can use this test to support your skincare goals and overall wellness.

You can now use the information to create a personalised skin care protocol on top of your DNA testing for health and diet.

This test includes the test of 70 genes but also a skin ageing analysis. Your results will be back in around 4 weeks.

## Meet Chris Scud

Chris says:

"Looking and feeling perfect doesn't have to be just a dream you carry with you every day for years or even decades. It's literally just weeks away from you!!



Chris specialises in behavioural change which will help you break through whatever is holding you back from being the best version of yourself. Chris will explore transformational behaviour with you, fitness assessments, coaching and workouts and will work with Rachel (our dietitian) to provide meal plans to optimise your diet and body. We understand our patients have very busy schedules, and Chris can show you how to keep fit and healthy with workouts that take just 10 minutes per day.

He has created his optimised workout plan that maximises your workout so you need less time training, to see the results you want.

He will guide you through every step to being your best you.

Contact us here and we cannot wait to get you started!