a blood test for celiac disease and gluten sensitivity.

What you can do. If you test positive for gluten sensitivity or celiac disease, a gluten-free diet usually will completely relieve the symptoms. Many gluten-free products can be found in health-food and specialty stores.

What I’ve offered here is only a taste of the potential for nutrient therapy to prevent disease and create good health. Remember, more important than the genes you inherit from your parents are the habits of theirs that you repeat. What you eat, how you live, and how you handle stress all have an impact on your risk of disease, because these lifestyle habits influence how your genes function. Follow the basic laws of biology and nature by nourishing your body, mind and spirit with the right ingredients (food, vitamins, minerals, water, air, light, love, sleep and exercise), and you will thrive.

Follow the basic laws of nature and nurture your body, mind and spirit.

Dr. Mark Hyman is the editor of “Alternative Therapies in Health” and co-author of “UltraPrevention.” His new book, “Ultrametabolism: The Simple Plan for Automatic Weight Loss,” (Scribners) is out this month.

Note: The dosages I’ve recommended are higher than the current recommended daily allowances (RDA), which are based on the minimal amount needed to prevent deficiency diseases. However, research in nutrigenomics indicates that our needs may be much higher to prevent and reverse diseases and to promote optimal health. Discuss with your doctor any questions you have about these conditions.

Check Your Heart Health

Cardiovascular disease produces few symptoms that can be felt. Here are some important ways you can protect yourself.

- **CALCULATE YOUR RISK OF A HEART ATTACK**
  Ask your physician to use the Framingham risk score, which evaluates your blood pressure, cholesterol level and other factors critical to heart health.

- **CHANGE YOUR LIFESTYLE**
  Spend at least 30 minutes every day being physically active. Put yourself on a diet that emphasizes fruits, vegetables, whole grains, low-fat dairy products, lean meats, poultry and two servings of fish per week.

For more heart-healthy tips and to take the American Heart Association’s interactive Learn and Live Quiz to get a “snapshot” of your risk, visit parade.com/livelonger and americanheart.org on the Web.