

DNA & Epigenetic Testing

as part of the service I offer through Muhdo Health

A personalised diagnostic service from Dr Satinder Sanghera, Grow Your Life Health

Your DNA doesn't just tell you where you've come from, it can tell us exactly where to focus your health plan going forward. I offer this in-depth DNA and epigenetic testing as part of my Longevity Medicine work, giving us a level of personalisation a standard blood panel simply can't reach.



What's Included

- **Over 187 genetic traits**, analysed across 23 DNA profiles, covering everything from nutrition and fitness to disease risk and sleep.
- **6 epigenetic areas**, including your vitality and stress, showing how your genes are currently being expressed, not just what you were born with.
- **Your methylation-based biological age**, a marker of how your body is truly ageing, measured against your birth age.



How I Read Your Results

Testing is provided via Muhdo Health, a global leader in genetic and epigenetic health testing. I personally analyse and interpret your full report, 695 pages of DNA results and 65 pages of genetic results, so nothing gets lost in translation. You don't just receive a report, you receive my reading of it, and what it means specifically for you.



Proving It's Working

Your health plan isn't just theory. Your 3 to 6 month follow-up test demonstrates measurable, clinically evidenced progress, so you can see, in black and white, that the changes we're making together are having a real, biological effect.

Ready to Understand Your Biology?

This test is part of a personalised journey, I'll talk you through every one of your results in a full consultation, so you leave with a clear, actionable plan rather than just numbers on a page.

Get in touch to book your consultation.