Dr Sharma Diagnostics

Hello everyone,

This morning, on my constitutional walk, I saw bluebells, and this weekend the clocks went forward. Spring is well and truly here, and with it has come an influx of requests for advice regarding personal '**Spring Cleaning**'.

A Gentle Approach to Spring Cleaning

I like to steer people towards a gentle metabolic 'reset' rather than intensive 'detox' protocols, and focus on whole foods, hydration, cruciferous vegetables, fibre and fermented foods. We all know what we need to avoid regarding processed foods and other toxins. Winter may be over, but to support optimal nutrition, everybody should continue with Vit D/K, a probiotic, a multivitamin/mineral and an Omega oil combination supplement.

Why Testing Matters

Perhaps because the Practice is titled Dr Sharma Diagnostics, I am frequently asked, **what tests and investigations might be most beneficial** alongside supplementation? I like the adage, "**Stop guessing—Start measuring**"

'**Functional' investigations** are continually advancing and evolving, and there are many laboratories claiming to have the best tests. Over the coming weeks, I am going to explore some of the options available and give you my assessment of which tests, I feel, give the best results and value for money.

Let's start with one of the broadest of tests, **and a good one to add to your Spring clean - Nutritional Genomics**.

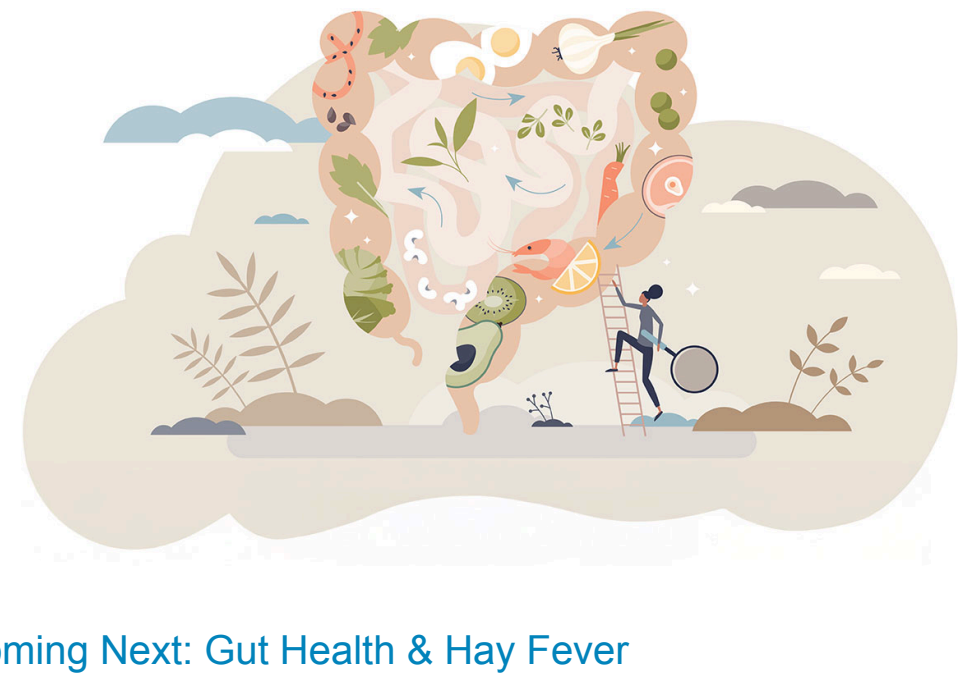
Many laboratories offer these tests, which can guide an individual to an understanding of **genetic traits**. The tests give individualised information regarding how your genes interact with your nutrition, lifestyle, and environment. The information can help you make changes to optimise your health for the rest of your life.

What Your Genes Can Tell You

An understanding of our nutritional genome tells us which foods are best for us to eat, and even the amount of proteins, fats and **specific vitamins and minerals** that our bodies require, directing individualised supplemental requirements. It illustrates our detoxification and immune capabilities, including allergy and intolerance to common foods (gluten, milk sugar, etc), and even our risk of arterial and other diseases, such as diabetes, and the potential for cognitive decline.

Astonishingly, our genes provide information that can even guide our **best bedtime**, or the type of exercise suited to our bodies. (Are you a marathon runner or better suited to short, sharp bursts of energy exerted by tennis, squash and badminton players, or are you in fact a weightlifter?) Such information can help us avoid injuries.

My preferred test, at this time, is provided by an American laboratory. The simple cheek swab sample, sent to the USA, returns a c. 90-page document, easy enough to interpret, and provides a detailed **grocery list** and lists the **dos and don'ts** to guide nutrition and habits.



Coming Next: Gut Health & Hay Fever

In my next newsletter, I will discuss how testing for increased intestinal permeability (a 'Leaky gut') may be a clue to reducing hay fever, as well as some tips and treatment options as we enter the hay fever season.

Further, newsletters will identify other tests I consider valuable, including evaluating hormonal balance, the microbiome, and general state of the health of the gut, food intolerance, testing for unexplained Chronic Fatigue Syndromes (inc. Lyme and 'Long Covid'), and identification of the risks and environmental causes of chronic conditions such as cancer, arterial and neurological disease.

Forewarned is forearmed, so "**Stop guessing—Start measuring**".

If you would like further information, please email my team and me at info@drsharmadiagnostics.com

Happy Spring to you all!

Dr Sharma's next in-clinic availability in Exeter is 10th April, London 15th April, or Teams or phone consultations can be arranged sooner.

© 2026 Dr Sharma Diagnostics. All rights reserved.
Unsubscribe