

Instruction only with the meal based on the gene analysis result for quantity of muscle increase -state of weightlessness -

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On the earth, various trials are carried out now to improve metabolic syndrome. In a diet class, people try to reduce fat and to build muscle. Dieting and exercise load are important to reduce the weight. However, the gene analysis is necessary to reduce fat and to build muscle. We did analyze the gene of subjects. We instructed the subjects to lose their weight by using our protocol. In this protocol, the subjects effectively lose their weight. To do the exercise is difficult in the space.

Therefore after having performed gene analysis, this study performed only meal instruction and tried weight loss. As for the present, there are many people who cannot get exercise time because of their busy work. Weight loss instruction to perform only by meal dieting is required. We can apply this result on not only the space environment but also the earth.

Keywords: Quantity of muscle, Gene analysis, Dietary formula, Percent of body fat