

GENETICS

# WEIGHT LOSS ADVICE

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[23andme](#) is again in the headlines

Consumer DNA-testing giant 23andMe Inc. plans to add new wellness offerings it hopes will help its customers shed a few pounds, but some genetics experts say the jury is still out on the science behind the products. On Tuesday, the Mountain View, California-based company announced a partnership with Lark Health, an artificial-intelligence coaching service that delivers personalized advice for weight loss and diabetes prevention via an app. Lark will allow customers to incorporate weight-related genetic data from 23andMe into its service.

We don't need artificial intelligence for that, just a simple BMI table

Underweight Below 18.5

Normal 18.5–24.9

Overweight 25.0–29.9

Obesity 30.0 and Above

According to [NIH recommendations](#) people who are considered obese (BMI >30) or those who are overweight (BMI of 25-29.9) and have two or more risk factors, it is recommended to lose weight. Even a small weight loss of 5 to 10 percent of your current weight will help lower your disease risk. Point. No need to send your money to 23andme, just give it to a charity now. [23andme has already enough money](#) for selling private data of some other boobies.