

Official Biography 2020

Denise Furness, PhD BSc(Hons) RNutr AusREP

Geneticist and Nutritionist,
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Dr Denise Furness, PhD is a functional geneticist and nutritionist. She is a pioneer in the field of nutrigenomics and personalized health with over 15 years' experience in the area. She began her career as a research scientist focusing on folate metabolism, methylation and DNA damage in relation to pregnancy health. Over the years her research expanded covering vitamin D, immune markers, and oxidative stress. She has published her work in peer-reviewed journals and has won numerous awards for her research and conference presentations. In 2012 she founded Your Genes and Nutrition and began applying her knowledge in private practice. Denise has a special interest in women's health, fertility, and autoimmune disease. She also provides workshops and seminars drawing on her own clinical trials, the latest evidence-based research as well as her experience with autoimmune disease. Furthermore, Denise has 10 years' experience in the fitness industry. Combining these unique skills she aims to help patients overcome health challenges, improve quality of life and reduce the burden of disease.