



# Your Personalized Genetic Lifestyle Plan

Patient: \_\_\_\_\_ Date: \_\_\_\_\_

## Nutrient Metabolism & Digestion

### APOE Status:

ApoE-e4 ApoE-e3 ApoE-e2

You are a: Farmer Hunter-Gatherer

### Protein Requirements:

Average Increased High

### Carbohydrate Requirements:

Very Low Low Normal

### Refined Carbohydrates:

Less Risk (Tolerant) Slight Risk (Minimize)  
High Risk (Avoid)

### Omega-3 Fat Requirements:

Average Increased High

### Polyunsaturated/Monounsaturated Fat Req:

Average Increased High

### Saturated Fat Requirements (Red Meat):

Very Low Low Normal

### Saturated Fat Requirements (Dairy):

Very Low Low Normal

Celiac Risk: Low Medium High

## Micronutrient Requirements

### B1 (Thiamine):

Average Above Average High

### B2 (Riboflavin):

Average Above Average High

### B3 (Niacin):

Average Above Average High

### B6 (Pyridoxine):

Average Above Average High

### B9 (Folate):

Average Above Average High

### B12 (Cobalamin):

Average Above Average High

### Boron:

Average Above Average High

### Choline & Betaine:

Average Above Average High

### Vitamin A:

Average Above Average High

### Vitamin D:

Average Above Average High

### Vitamin C:

Average Above Average High

## Micronutrient Requirements cont.

### Vitamin E:

Average Above Average High

### Vitamin K2:

Average Above Average High

### Magnesium:

Average Above Average High

### Manganese:

Average Above Average High

### Lithium:

Average Above Average High

### Potassium:

Average Above Average High

### Iron:

Average Above Average High

### Selenium:

Average Above Average High

### Zinc:

Average Above Average High

### Copper:

Average Above Average High

### Prebiotic Fiber:

Average Increased High

### Phytoestrogens:

Average Increased High

### Lutein and Zeaxanthin:

Average Increased High

### Polyphenols:

Average Increased High

### Cinnamon:

Average Increased High

### Cruciferous Vegetables:

Average Increased High

### Lycopene:

Average Increased High

### Apigenin (Females):

Average Increased High

### Resveratrol:

Average Increased High

### Lactose Tolerance:

Tolerant Above Average Intolerant

### Caffeine Metabolism:

Slow Intermediate Fast

## Methylation

### Folate Requirements:

Average Increased High

### Folinic Acid Requirements:

Average Increased High

### Vitamin B6 Requirements:

Average Increased High

### Vitamin B12 Requirements:

Average Increased High

### Riboflavin (B2) Requirements:

Average Medium High

### Choline and Betaine Requirements:

Average Increased High

### Synthetic Folic Acid Requirements:

Less Risk Slight Risk High Risk

## Hormone Health & Support

### Breast Protection Priority(Female):

Average Medium High

### Estrogen Detoxification Priority:

Average Medium High

### Prostate Protection Priority (Male):

Average Medium High

### Testosterone Levels (Male):

Low Average Above Average

### Oxidative Stress and Fertility (Male):

Average Medium High

### T3 and T4 (Thyroid Function) Priority:

Average Medium High

### Adiponectin Priority (obesity, insulin resistance, and type 2 Diabetes risk):

Average Medium High

### Ghrelin Priority (appetite hormone):

Average Medium High

## Mental Health & Cognitive Support

### Brain Repair and Maintenance:

Average Medium Priority High Priority

### Concussion Recovery:

Average Medium Priority High Priority

### Episodic Memory:

Average Medium Priority High Priority

### Cardio, Mood and Cognitive Fitness:

Average Medium Priority High Priority

### Mood (Folate):

Average Medium Priority High Priority

### Anxiety (Choline):

Average Medium Priority High Priority

### Anxiety (Glutamate and GABA):

Average Medium Priority High Priority

### Fear Response:

Average Medium Priority High Priority

### Addiction:

Average Medium Priority High Priority

### Reward System:

Low Medium High

### Pressure Response:

Warrior Hybrid (Both) Strategist

## Sleep Support

### Recommended Wake Time:

Early Average Late

### Caffeine Sleep Disturbance:

Less Likely Average More Likely

### REM Sleep:

Average Priority Medium Priority High Priority

## Stress Management

### Stress Perception:

Average Priority Medium Priority High Priority

### Stress and Digestion:

Average Priority Medium Priority High Priority

### Cardio and Stress Relief:

Average Priority Medium Priority High Priority

### Weight Training and Stress Relief:

Average Priority Medium Priority High Priority

## Toxin Sensitivity & Support

### Mycotoxins:

Average Priority Medium Priority High Priority

### Xenoestrogens:

Average Priority Medium Priority High Priority

### Occupational Toxins:

Average Priority Medium Priority High Priority

### Ethanol:

Average Priority Medium Priority High Priority

### Formaldehyde:

Average Priority Medium Priority High Priority

### Benzo(a)pyrene:

Average Priority Medium Priority High Priority

### Aromatic Amines:

Average Priority Medium Priority High Priority

### Benzene:

Average Priority Medium Priority High Priority

### Aspartame:

Average Priority Medium Priority High Priority

### Food Dyes:

Average Priority Medium Priority High Priority

## Pesticides, Herbicides & Heavy Metals

### Glyphosate:

Average Priority Medium Priority High Priority

### Organochlorines:

Average Priority Medium Priority High Priority

### Organophosphate Insecticides:

Average Priority Medium Priority High Priority

### Arsenic:

Average Priority Medium Priority High Priority

### Cadmium:

Average Priority Medium Priority High Priority

### Mercury:

Average Priority Medium Priority High Priority

### Lead:

Average Priority Medium Priority High Priority

## Immune Support, Antioxidants & Inflammation

*Bacteria, Yeast, Parasites and Viruses*

(if its not on your report, its not an area of concern)

### H.Pylori:

Average Protection High Protection

### Candida:

Low Moderate High Protection

### Malaria:

Low Moderate High Protection

### Norovirus:

Average Protection High Protection

### DNA Virus:

Average Moderate High Protection

## COVID-19 Protection

### SARS-CoV-2 Susceptibility:

Average Medium High Priority

### COVID-19 Viral Severity:

Average Medium High Priority

### Covid-19 Lung Damage Severity:

Average Medium High Priority

### Glutathione:

Average Increased High Need

### Vitamin A Need:

Average Increased High Need

### Vitamin C Need:

Average Increased High Need

### Vitamin D Need:

Average Increased High Need

### Selenium Need:

Average Increased High Need

### Zinc Need:

Average Increased High Need

### Copper Need:

Low Average Increased Need

### Iron Need:

Low Average Increased Need

### B12 Need:

Average Increased High Need

### Folate Need:

Average Increased High Need

### B6 (Pyridoxine) Need:

Average Increased High Need

### Bifidobacteria Need:

Average Increased High Need

### Glycine Need:

Average Increased High Need

### DNA Protection & Repair

**Glutathione Protection:**

Average Medium High Priority

**Catalase Protection:**

Average Medium High Priority

**Mitochondrial Protection:**

Average Medium High Priority

**UV Protection:**

Average Medium High Priority

**Skin Protection:**

Average Medium High Priority

**Lung Protection:**

Average Medium High Priority

**Lung Protection (Asian):**

Average Medium High Priority

**Colon Protection:**

Average Medium High Priority

**Cured Meat and Colon Health Protection:**

Average Medium High Priority

**Eye Protection:**

Average Medium High Priority

**Thyroid Protection:**

Average Medium High Priority

**Pancreas Protection:**

Average Medium High Priority

**Bladder Protection:**

Average Medium High Priority

### Cardiovascular Health & Support

**HDL & LDL:** Average Medium High Priority

**VLDL:** Average Medium High Priority

**Triglycerides:** Average Medium High Priority

**ApoB:** Average Medium High Priority

**Lp(a):** Average Medium High Priority

**Raw Plant Intake:** Average Medium High Priority

**Nitric Oxide:** Average Medium High Priority

**Homocysteine:** Average Medium High Priority

### Cardiovascular Health & Support

**HBP:** Average Medium High Priority

**Blood Clots:** Average Medium High Priority

**Uric Acid:** Average Medium High Priority

**Fibrinogen:** Average Medium High Priority

**Hemochromatosis:**

Less Likely Slight Risk More Likely

### Exercise Recommendations

**Power Athlete:**

Low Medium High

**Weight Lifting Inflammation:**

Less Average More

**Endurance Exercise Inflammation:**

Less Average More

**High-Intensity Exercise Inflammation:**

Less Average More

**ACL & Shoulder Dislocation Risk:**

Less Average High

**Ankle & Hamstring Injury Risk:**

Less Average High

**Cold Endurance:**

Less Average More

**VO2 Max Trainability:**

Low Average Above Average

**Caffeine Response for Exercise Under 1 Hour:**

Low No Response High

**Caffeine Response for Exercise Over 1 Hour:**

Low No Response High



Product	AM	Lunch	PM

**Special Instructions:**

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**Additional Practitioner Lifestyle Plan Recommendations:**

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