



Genetics Analysis Letter

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Start date [REDACTED]
Duration 4 weeks

Focus

Stress Indicators and Areas To Support

Based on today, this report indicates stressors:

- Top 3 pathways:
 - methylation - process in turning genes off and on
 - **B complex vitamins**, B12 100mcg
 - zinc 20-30mg
 - mg 250-500mg
 - **choline**
 - leafy greens, raw, cruciferous, avocados, citrus, poultry, legumes, eggs, nuts, seeds
 - proteins rich in methionine, betaine and B12: wild caught fish, organic poultry, wild game, edamame, garbanzo beans
 - green and black teas for toxin breakdown
 - support B vitamin absorption with fermented foods, 30g fiber daily, very limited alcohol
 - daily relaxation to reduce stress hormones that affect methylation
 - limit exposure to medication, alcohol, and endocrine disruptors
 - avoid external toxins - home detox, personal care detox d/t DNA damage r/t methylation
 - whole broccoli sprout powder 20mg for sulforaphane
 - Inflammation
 - **anti inflam diet**
 - unsaturated fats - olive oil, fish, salmon, avocado oil
 - limit Omega 6 fats, watch your journals
 - consider elim diet of dairy, gluten, saturated fats, sugar, processed foods

- limit exposure to inflammatory triggers including perfumes, cleaners, air fresheners
- fasting
- omega 3's
- Zn, Se, quercetin
- histamine block
- probiota histaminx
- fat soluble vitamins A, D3, E
- Vascular health
 - increase nitric oxide: cardio flow or cardio miracle, beets, pomegranate, brazil nuts, walnuts, olive oil
 - anti inflammatory and cruciferous
 - antioxidant foods 1-2 daily: blueberries, tart cherry, avocado, leeks, apples, fermented products, **yogurt, kefir**
 - turmeric
 - omega 3
 - methylated B
 - folate 400-800mcg
 - niacin 200-500mg

Additional:

- garlic daily and vitamin A for clotting regulation
- bone health
 - styku regularly,
 - vibration therapy regularly
 - Vitamin A, D, C, K
 - collagen
- satiety, 3meals and snacks, routine, protein and fiber
- adipogenesis
 - **regular exercise**
 - fat burning foods: peppers, spices, eggs, green tea
 - fat burning range zone 2 exercise
 - moderately prone to soft tissue injuries, so collagen, vibration therapy and stabilizer exercises
 - endurance training
 - protein rich recovery and sleep after exercise
- slow metabolizer of caffeine
- watch iron elevated labs

- dietary choline daily and throughout life r/t DNA health, memory, mood, menopause
 - eggs
 - peanuts
 - supplements
- **gluten free**
- avoid salt
- greater need for Vitamin C
- **detoxification regularly d/t methylation, oxidative stress and COMT - spring and fall, do a cell study to check and make sure detox organs can handle detox**
- **detox lifestyle**

What makes the difference from one healthy visit to the next is what you do "In Between"! Here are some options ANMC offers:

1. In order to meet your goals and support your all year round, I thought you might like to take a look at this option: ANMC Membership is the best of both worlds! It keeps you in the driver's seat, but education to support you, and appointments at a discount that you can use throughout the year. If you'd like to check that out, you'll find that [here](#).
2. Here is the link for therapies you might find helpful as well, from sauna to sound therapy to lymphatic support. There are many options [here](#). [Here is the link](#) to learn more about all the therapies.
3. For help with meal plans, recipes and menus, you might consider our meal plan subscriptions. Find out more about our [28 Day Reset Diet](#)

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Informed consent. We've discussed options and I understand the notes contained in this protocol, including supplements, are in no way a mandate or prescription and do not take the place of medical care but are supports for moving towards wellbeing and the plan has been described to me. I have had an opportunity to discuss the plan, the risks and benefits, the alternatives and their risks and benefits. I know I have alternative options and agree to the plan herein, understanding that I can stop at any time and that I am in charge of all of my decisions. I also understand that I should continue to consult with my medical team as recommended and continue to take any medications or actions prescribed by my medical doctor. Supplements are not a prescription. While these supplements have been known to assist relief in symptoms, it is wise to please consult with your medical doctor or pharmacist, particularly if you are diagnosed with diabetes, or are on medications. Make sure all professionals working with you are aware of all you are taking.

Supplement purchases are non-refundable.

Supplements

Probiota HistaminX

Seeking health

1 capsule / Before bed

Methyl B

Nutrition Dynamics

6 drops / With breakfast / 4 weeks

Cardio Flow

Nutrition Dynamics

1 serving / Mid-morning / 4 weeks

D3/K2

Seeking Health

2 drops / With breakfast / 4 weeks

B Complex

Nutrition Dynamics

2 capsules / With breakfast / 4 weeks

Lifestyle Recommendations

COMT gene

The COMT gene encodes for the catechol-O-methyltransferase (COMT) enzyme. This enzyme is critical for brain function

The COMT gene determines how quickly your brain degrades important neurotransmitters like

dopamine and serotonin

There are many variations of the COMT gene, and which variation you have could exert a large effect on mental processes

The two main variants of the COMT gene are nicknamed the “warrior” and the “worrier” due to the different behaviors they might express in individuals

The COMT gene might influence a number of mental disorders like depression, ADHD, and anxiety

<https://holisticnootropics.com/comt-gene/>

ACE gene

ACE gene codes for Angiotensin-Converting Enzyme.

This enzyme is a part of the Renin-Angiotensin System, which is responsible for maintaining blood pressure, and fluid and salt balance in the body.

The enzyme cleaves the protein angiotensin I at a particular site, converting it into angiotensin II.

This angiotensin II brings about constriction of blood vessels, thereby increasing the blood pressure.

ACE gene is located on the long arm of chromosome 17.

<https://www.xcode.life/dna-and-fitness/know-genes-ace-gene/>

ACTN3 Gene

The ACTN3 577 RR genotype means that you have two copies of the functioning ACTN3 gene (rs1815739 CC).

In between those two genotypes is rs1815739 CT. More on what this all means and how to check your genetic data in the Genetic Variants section below.

ACTN3 affects muscles, aging, and longevity:

As we age, we tend to lose muscle mass, starting around age 25. This muscle loss due to aging is called sarcopenia.

Studies show that ACTN3 deficiency = More falls, less lean body mass:

Elderly people with the ACTN3-deficient genotype may have more falls.[ref]

Lean body mass is lower in older women with the ACTN3-deficient genotype.[ref]

Older people who have the functional ACTN3 gene may have a (slight) advantage in maintaining muscle mass, which decreases the risk of falls.[ref]

Lower bone mineral density: The ACTN3-deficiency genotype has links to lower bone mineral density (BMD) in postmenopausal women. The difference was about 1% lower BMD for women with the XX genotype.[ref]

<https://www.bing.com/search?q=actn3+gene&cvid=4bc30ba58dbc4351850fb5f3d9306ffc&aqs=edge.0.0i9.1903j0j4&FORM=ANAB01&PC=HCTS>

PEMT gene

The PEMT gene codes for phosphatidylethanolamine N-methyltransferase (PEMT). PEMT is an enzyme that helps convert phosphatidylethanolamine (PE) to phosphatidylcholine (PC) in the liver. PC can release the nutrient choline. This is particularly important when food sources of choline are not available [R, R, R, R, R, R].

You need adequate levels of choline for [R, R]:

Brain, liver, and muscle health

Fetal development

Fat transport and metabolism

Cell structure and signaling

PEMT variants may lower the activity of PEMT. Low PEMT activity may contribute to choline deficiency by making people dependent on food for their daily requirement of choline. Low levels of choline may promote [R, R, R, R]:

Non-alcoholic fatty liver disease

Liver and muscle damage

Neural tube defects

Postmenopausal women with these variants may be particularly prone to choline deficiency. This is because estrogen normally boosts PEMT activity in the liver [R, R].

<https://selfdecode.com/app/gene/PEMT/>

Zone 2 workouts

HR 120-133. 40-80 min, with half of it being in the HR range listed.

Supplement Chart

Supplement	Upon rising	With breakfast	Mid-morning	With lunch	Mid-afternoon	With dinner	After dinner	Before bed
Probiota HistaminX Seeking health								1 capsule
Methyl B Nutrition Dynamics		6 drops						
Cardio Flow Nutrition Dynamics			1 serving					
D3/K2 Seeking Health		2 drops						
B Complex Nutrition Dynamics		2 capsules						