



CONSULTATION DATE: 12/09/24

NAME: Tina Morriss

PRESCRIPTION:

Product	Information	Breakfast	Lunch	Dinner
Mag Theanine	Increase Dopamine, reduce sleep onset time, calm glutamate reactivity.			2 tablets with dinner

***We will get very specific with your plan once we have your further results to review. Attached is a GP referral letter.**

DIET:

Try to consume clean produce to reduce exposure to harmful pesticides. A diet rich in poly and monounsaturated fats such as fatty fish, olive oil, avocado nuts, and seeds. Variety of vegetables, **especially cruciferous and dark green leaves.**

Attached is the Mediterranean Plan that will suit your genetic presentation well.



Report of findings

HIGHLIGHTS

****Note that we will focus a lot on the genes that are working against your optimal health. For a full list of your genetic strengths, reference page 54-57**

METHYLATION

- Due to choline & betaine requirements being high, monitoring your blood homocysteine throughout your life will be helpful as this is the main area that may slow down methylation for you. A whole food diet will support your increased choline demands.
- B12 requirement is high due to your presentation of the FUT2 gene; This places you at a higher likelihood of B12 deficiency and I suggest you get tested via a blood test. B12 is very important for immunity, mental health, energy and long-term cognitive performance.
- MTHFR shows to have slightly reduced capacity, meaning that your folate requirements are slightly higher. We should assess your homocysteine to assess real-time methylation.

VITAMINS/MINERALS

- Vitamin D – you have the VDR gene which makes you more susceptible to a Vitamin D deficiency. A blood test to find out where your level is at is important. Vitamin D is extremely important to assist with immunity, prevent dementia, assist with mental health.
- Vitamin E – due to your genetic presentation, ensuring that you have lots of Vitamin E in the diet or from a supplement will serve you very well. Vitamin E is important for immunity, cardiovascular health.

HORMONES/MENTAL HEALTH

- Working on your lifestyle/exercise and gut health to improve your mental health is extremely important. Your genotypes for Serotonin and Dopamine metabolism look to be intermediate which means that the better your gut and lifestyle, the better your mood will become. The gut produces a large amount of Serotonin and Dopamine, so nourishing the gut will have a good effect on mental health.
- You have the DI01+2 genes which predisposes your thyroid to become damaged over time when exposed to chemicals (especially chlorine).
- You have a medium requirement to work on addictions and blood sugar regulation. Your Ghrelin, Adiponectin are of medium priority. Having adequate protein, fats and lower refined carbohydrates can be helpful to curb cravings and abnormal blood sugar spikes.

IMMUNE/DETOX/HEART HEALTH

- Your requirement for an important antioxidant called Glutathione is high. Glutathione is the master antioxidant in the body that is responsible for protecting you against age-related disease, keep your mind strong and support your immune system along with liver health.
- Your Cholesterol is something to monitor, especially LDL and HDL cholesterol based on some genetic markers.
- Your MTHFR gene presentation shows a reduced protection from UV exposure. Try to limit time in damaging sunshine and expose to morning or evening sun only.