

epiglottitis stenosis?

longevity
ring event

cells?

EFA
w = B
C

myl
rapping)

ited diet

needs fats
arbs (sleep)
eggs
mp?

Jan Bloods - low WCC
21 - low vit D
- low ferritin (iron infusion)
- B12 1143 (was 1617, 2446)
- RF < 15 (ref < 30) ok?

Supps - Elemental diet
- vit D, vit C
- paleo fibre? PHGA?
- B complex x 2
- B12 x 2000mcg
- Zn 45mg (reduce?)
- fish oil / vit C
- Co Q10 per DNA
Asth

may 20
it was 25!

May Bloods - low homocysteine 4-3L
20 - high zinc @ 25
- low iodine 35ug/L (>100ug/L)
↳ 150ug/day recommended
- T3 @ 629 (high)

Smart DNA

- lipids - favour medit. diet / fish oil
- may have cholesterol issues / responsive to exercise
- not good w. omega 6
- prone to gaining weight w. rat fats
- ZDM - favour PUFAs, low AI (but doesn't need to be VLC)
- prone to inflammation
- Food - NA sensitive / gluten, lactose, caffeine all ok
- needs Co Q10, ~~omega 3~~ omega 3, B12, C, D (moderate) but can get it in those per genes
- lower blood homocysteine naturally (i.e. no probs w heart health)
- check CBS + trans sulthation, COMT, ↓ AAT
- needs eggs, caution lower for statin choline
- PTO - can function without a lot of protein
- tends to run high on the CPTS + Aesth adrenals