

THE GENOMIC KITCHEN

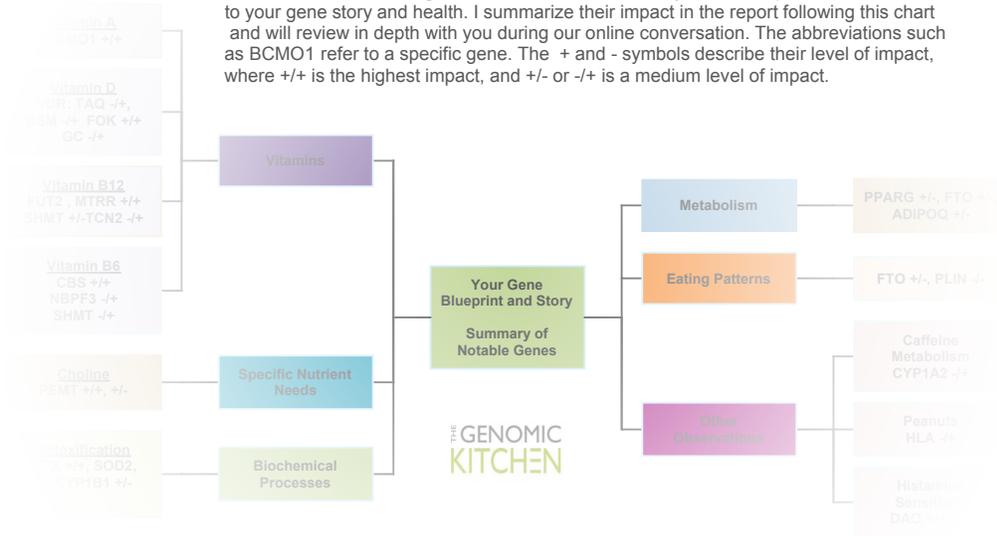


YOUR DNA ROADMAP
TO HEALTH

SAMPLE GENE PROFILE

Genetic Chart

This chart illustrates the genes I have determined from your DNA report that are relevant to your gene story and health. I summarize their impact in the report following this chart and will review in depth with you during our online conversation. The abbreviations such as BCMO1 refer to a specific gene. The + and - symbols describe their level of impact, where +/- is the highest impact, and +/- or -/+ is a medium level of impact.



- You have two SNPs that indicate you "may not" efficiently deal with foods high in histamine (fermented or left over foods for example) or foods that liberate histamine (example spinach, tomatoes, citrus). These foods can therefore create immune and inflammatory responses. The other gene responsible for degrading histamine is working efficiently. If you notice that these foods cause a reaction such as headaches, hives, itching, you are advised to either eliminate, decrease or spread out when you eat these foods
- You have a potential to react to peanuts. If you have not observed any reactions, then the gene involved is working efficiently.
- Caffeine: You have one SNP suggesting you metabolize caffeine quite slowly. In this case, I recommend you limit caffeine to no more than two caffeinated beverages per day.

Summary of Laboratory and Test Recommendations

These recommendations will evaluate the efficiency of the genes involved

- Vitamin A
- Vitamin B 12: preferred test is methyl malonic acid
- Vitamin D: preferred test is 1, 25-OH
- Vitamin B 6
- Bone mineral density scan (DEXA) if you have not had one. This test evaluates bone mineral density and is important as you have gene variants in the vitamin D pathway that could impact bone metabolism.

the Genomic Kitchen, we will also be providing you with a complimentary access to our Genomic Kitchen Express course. The Genomic Kitchen, as part of the Genomickitchen package you purchased at the Genomickitchen, you also have complimentary access to our Genomic Kitchen Express course. This course explains what M.L.S.E. ingredients are and how they support major genes and also your unique biochemistry.

On the ingredient list I have included in this report, you will see that I have highlighted specific ingredients for you to focus on. I also added a note in a green box in the relevant sections of the ingredient list. This note explains why you should focus on these ingredients, and how they relate to your gene story. This is not an exclusive list of ingredients! You can eat widely from our Ingredient list, however if you wish to hone in on ingredients that support your unique gene story, be sure to include the ingredients I highlight on the ingredient list. I will be discussing these target ingredients and some preparation techniques to optimize them for your genes during our online zoom conversation.

Translating Ingredients to Your Plate

We offer additional meal planning and culinary support services at the Genomic Kitchen should you require more personalized guidance on translating target foods for your genes into a grocery list or manageable meal plans. For recipe ideas that feature target ingredients for your genes, I also encourage you to visit our Pinterest boards at <https://www.pinterest.com/thegenomickitchen/> and look through our recommended recipes on the following boards:

- Cruciferous Vegetables
- Garlic, leek and onion recipes
- Turmeric Dishes
- Watermelon and Tomato Recipes
- Supporting Methylation with Influencer Ingredients
- Vegetable Recipes (Influencer Ingredients)
- GK Influencer: Omega-3 Recipes
- Dips, Dressings and Spreads
- Nuts and Seeds Snacks and Main Dishes

Turmeric
Honey
Olive oil
Red wine

Ingredients will provide the nutrient support detoxification. Focus on the crucifers your genes. Choose olive oil as your preferred monounsaturated fats in your diet, which your



INFLUENCER INGREDIENTS

FRUIT

Avocados
Mango
Oranges
Sun dried tomatoes

VEGETABLES

Beets
Corn
Peas
Peppers
Spinach

SEAFOOD

Albacore Tuna
Anchovy
Herring
Mackerel
Mussels
Oysters
Pacific Halibut
Salmon
Sardines

ANIMAL PROTEIN

Cheese
(aged preferential)
Meat
Poultry
Whole Eggs

NUTS & SEEDS

Chia
Brazil Nuts
Flaxseed*
Hemp Seed
Sesame Seed*
Sunflower Seed*
Walnuts

LEGUMES

Black-eyed Peas
Soybeans*

OTHER

Brewer's yeast
Mushrooms (Shitake)
Nutritional Yeast
Quinoa
Rye
Sea Vegetables*
Wheatgerm

NOTE: Choosing from this group of ingredients ensures intake of vitamins B12 and B6 where you may have insufficiencies. Ingredients highlighted in yellow provide choline in the form your body needs. Ingredients in red are excellent sources of the polyunsaturated fats (particularly omega-3) that your genes prefer.

*Appear in more than one ingredient category, reflecting different biochemical functionalities of these ingredients



SUPER FOOD INGREDIENTS

LEGUMES

Chickpeas
Lentils
Soybeans*

SEEDS

Flaxseed*
Sesame seed*
Sunflower seed*

OTHER

Sea Vegetables*

*Appear in more than one ingredient category, reflecting different biochemical functionalities of these ingredients



EVIDENCE-BASED INGREDIENTS

PREBIOTICS

Asparagus

PROBIOTICS

Yogurt

FERMENTED/ CULTURED

Kimchi

DAIRY FERMENTED/ CULTURED

Yogurt

NON-DAIRY FERMENTED

Kimchi

