Obviously, genetics plays a crucial role in how our bodies grow and age, especially when it comes to our hormones, neurotransmitters and diet. In combination, they have an impact on our stress and sleep response. According to current research, nearly 70 percent of office visits today and a large percentage of prescriptions today are to help manage sleep and emotional liability. Some of these responses are a result of genetics. Variations in our genetic code can have both positive and negative effects on how our bodies manage stress and hormones. For example, one particular gene variation, BDNF, plays a role in comfort food eating and decreased learning, while another, HTR2311, codes for poor response to pharmaceutical intervention to support a healthy mental outlook.

Depression is a feature of some psychiatric syndromes such as major depressive disorder but it may also be a normal reaction to certain life events. A recent identification of obesity predisposing genes that are highly expressed in the brain raises the possibility of their genetic contribution to depression. Multiple variations contribute to polygenic obesity and may contribute to depression. Insomnia, excessive sleeping, fatigue, aches, pains, digestive problems or reduced energy may also be present. Most likely you don't know if you have these gene variations, which means you don't know what actions you can take to help maintain your optimal health.

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mental and emotional health

FAIM2	Some variants are protective in brain aging, responsive to mixed fatty acids for brain health
SEC16B	Required for protein transfer resulting in healthy energy metabolism within the mitochondria
ETV5	This gene influences dopaminergic neurotransmission affecting startle response, attention and sleep
MC4R313	This genes is associated with a capacity for efficient energy utilization and improved satiety signals
BDNF	This protein is found in regions of the brain that control eating, drinking and body weight

TAS2R38-98	This gene controls the ability to taste glucosinolates, bitter-tasting compounds found in plants of the family Brassica. Some variants are accompanied by the desire to eat salt to mask bitter flavor
MC4R	This gene is associated with the appetite-stimulating effects of the enzyme AgRP, a neuropeptide of the brain
TAS2R38-66	This gene controls feeding disinhibition, restraint and hunger
HTR2A	This gene is a subtype of the serotonin receptor A and affects neural activity, perception, cognition and mood and emotional control
NEGR1	This gene is related to neurological activity in the hypothalamus
LEP039	This gene regulates leptin which is secreted by white adipocytes for regulation of body weight
DRD2277	This gene inhibits adenylyl cyclase activity and is involved in the regulation of appetite and growth hormone
DRD2497	This gene controls the synthesis of dopamine in the brain
COMT	Breaks down catecholamines such as dopamine, epinephrine and norepinephrine, related to emotional patterns
NBPF3	Neuroblastoma breakpoint family, member 3 associated with pyridoxine clearance

FUT2	Responsible for B-12 metabolism and glutathione activity related to intrinsic factor and bacterial adhesion
MTHFR	Associated with Methylenetetrahydrofolate reductase deficiency

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Tests for 17 genes and their variations associated with behavioral health. While no amount of food or exercise will physically alter our genes, with proper nutritional supplementation and lifestyle changes, you can maintain the functioning of your gene variations to maintain optimal health. Contact for further information: www.CustomHealthandWellness.com/contact