

Your practitioner has been trained in the system of Wholistic Methylation. They are uniquely qualified to determine your specific genetically determined needs to help you achieve optimal health!



WHOLISTIC METHYLATION™



Getting your DNA tested is easy and inexpensive! Since the completion of the genome project, a tremendous amount of information has been collected. With this breakthrough, we are able to determine your individual need for supplements, assist you in planning your diet and exercise program. You will be on your way to optimizing your genetic potential!

**Begin Your Genetic
Optimization Today**

OPTIMIZE YOUR GENETICS!



Achieve your greatest health potential with diet and supplements based on your unique genetic profile!



WHOLISTIC METHYLATION™

Wholistic Methylation uses your genetic information to determine your unique health risks. Using Kinesiology (muscle testing), we can determine which genes are expressing and where you may be at risk for various potential diseases and imbalances. With this information your practitioner will create your unique supplementation, lifestyle and diet program



Choosing the right supplements and the right diet for your unique needs can be tricky. Let us design your program specifically for you based on your genetic blueprint.

Decades of research into our genetic makeup has given us great insight into the true causes of chronic disease. Armed with this information, we can begin to help our bodies work like they are supposed to. We do that by giving it support where we may be lacking nutrients due to genetic variants.

This simple concept can have *dramatic* effects on overall health.

What to expect from this system:

- Increased energy
- Optimal immune system function
- Increase in mood, sleep and focus
- Increased detoxification ability
- Optimal digestion
- Decreased pain

STEP 1: GET YOUR DNA TESTED

We use the ancestryDNA test to get your raw genetic data. Ordering is easy. Just go to the website and order online. Your test kit will arrive at your home within a week. Spit into the tube and return your kit. You should expect your results in 4-6 weeks.



AncestryDNA test kit

STEP 2: YOUR DNA WILL BE ANALYZED BY YOUR PRACTITIONER

Your practitioner has been trained in the analysis of your DNA results using the Wholistic Methylation™ system. Using these results, your practitioner can determine your health care risks, your optimal diet and the best nutrition for your unique needs.

SNP ID	SNP Name	Risk Allele	Your Alleles	Your Results
rs1048943	CYP1A1*2C A4889G	C	TT	-/-
rs1799814	CYP1A1*4 C2453A	T	GG	-/-
rs2472304	CYP1A2*1F 34356G>A	A	GG	-/-
rs762551	CYP1A2*1F C164A	C	CC	+/+
rs2069526	CYP1A2*1K -739T>G	G	TT	-/-
rs56276455	CYP1A2*3 D348N	A	GG	-/-
rs28399424	CYP1A2*6 R431W	T	CC	-/-
rs28936700	CYP1B1 10233C>T	T	CC	-/-
rs1056827	CYP1B1 A119S	A	CC	-/-
rs1056836	CYP1B1 L432V	C	CC	+/+
rs1800440	CYP1B1 N453S	T	TT	+/+
rs10012	CYP1B1 R48G	G	CG	+/-
rs9282671	CYP1B1 T241A	A	AA	+/+
rs1801272	CYP2A6*2 A1799T	T	AA	-/-
rs35303484	CYP2B6 A136G	G	AA	-/-
rs34097093	CYP2B6 C1132T	T	CC	-/-
rs8192719	CYP2B6 C26570T	T	TT	+/+

STEP 3: GET YOUR HEALTH CARE REPORT, DIET AND SUPPLEMENT RECOMMENDATIONS

Your practitioner will design a supplement and diet program based on your DNA results and the results of your kinesiology testing session. Your program will keep you feeling great and reduce your potential health risks.

