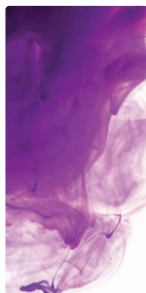
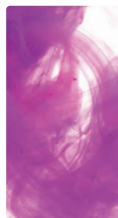


Mindful DNA

# Find wellness from within

Introducing genetic testing  
for better health



# Discover a wellness plan that's uniquely yours

Our genes — sections of our DNA — are the blueprints for our bodies that determine our traits, or characteristics. Differences in genes between one person and another are called genetic variation, and this is what makes us all unique. These differences may also impact our health.

Now, through in-depth research, we're able to understand more about which genes have what effect. The Mindful DNA™ test was created based on Genomind's expertise in brain health and core belief in the importance of the mind-body connection. It takes a closer look at some of these key genes, giving you a more complete picture to help guide you to a healthier lifestyle.

## Why do we analyze genes?

It starts with systems biology. Simply put, systems biology means that everything is connected. Everything works together.

We've identified genes that work together to affect your health and organized them into six groups we call "domains." Mindful DNA looks at genes within these domains to see which genes may impact your current health conditions and find conditions to watch out for, so you can have a plan to stay well and help prevent disease.

## Domain

## What it includes

## Why it matters



### Cognition & Mental Acuity

Memory, focus, perception and mood.

*Changes in the genes controlling these functions may increase the risk of memory loss, psychosis, Alzheimer's disease and other forms of mental impairment.*

Your clinician may suggest certain dietary changes or add supplements to your routine to improve brain function, slow memory loss and reduce the risk of certain diseases.



### Cardiometabolic

Heart and blood vessels, blood sugar and your body's ability to use nutrients.

*Genetic changes and imbalances may lead to a host of diseases including high blood pressure, diabetes, obesity, high cholesterol, clogged arteries and stroke.*

With so many root causes of these types of diseases, identifying specific genes and imbalances can help your practitioner avoid guesswork and decide the most helpful dietary, physical and medical strategies.



### Gastrointestinal (GI) & Immune

The ability to process food safely and efficiently, and fight off illness and disease.

*Mutations in these genes may lead to overeating and obesity, difficulty absorbing nutrients, or harmful reactions and inflammatory conditions.*

Finding the genetic reasons behind GI and immune issues can help your practitioner choose dietary and medical therapies to help your body absorb food more efficiently and avoid inflammatory issues that can affect your overall health.



### Stress & Emotional Well-being

Emotions, mood, social behavior and coping with the world.

*Variations in some of these genes may change the way you see and react to the world. Anxiety, addiction and lack of resilience can have genetic causes.*

Identifying the risk factors, such as chemical imbalances or shortages that may lead to addiction or anxiety, can help your practitioner create a treatment plan to help make up for these issues and lower the risk.



### Inflammation

Inflammatory processes which are part of our bodies' immune response to identify and repair damaged cells.

*Gene variations may lead to too much or too little inflammation, causing a number of health issues such as poor immune response, nervous system issues, obesity and clogged arteries, just to name a few.*

Because inflammation affects so many different functions, it's important to identify which genes have key variations. That way, your practitioner can prescribe the right therapy to prevent, treat and reduce the risks of disease.



### Sleep

The ability to maintain a cycle of activity and rest to rebuild and repair the body.

*Inability to maintain a proper sleep cycle may lead to hormonal imbalances, mood changes, obesity, heart disease and numerous other effects.*

Your practitioner may suggest therapies to help improve functions that affect sleep. These may help improve overall well-being and lower the risk of linked health issues such as heart-related events or depression.

# Turn simple steps into impactful changes

Taking control of your health begins here. After talking with your clinician, you're only three steps away from getting on the path to wellness.

## 1 Collect

Your clinician collects a small sample of your saliva by swabbing the inside of your cheek with a cotton swab.

*The sample is tested and results are reported to your clinician within 8-10 business days after lab arrival.*

## 2 Plan

Your clinician will create a wellness plan, such as medical, diet and lifestyle changes, based on your results.

## 3 Review

Together, you and your clinician will review this plan and take the next steps towards improving your health.

**Remember:** It's important to consult your clinician before making any changes to your current medical care (including medications, supplements, diet and exercise).

# Explore the possibilities

## What can your DNA tell you?

- Find out which genes may impact your health conditions
- Identify potential risks that may only be found with genetic testing
- Treat your health holistically, and take action to improve your wellness

Your clinician can order and administer Mindful DNA. Simply pay online before your clinician sends in your sample, or fill out a credit card form for your clinician to send, along with your sample, to our lab.

## Learn more about Mindful DNA

### Talk to your clinician:

See if Mindful DNA is right for you.

### Online:

[genomind.com](http://genomind.com)

### By phone:

(877) 895-8658

Genomind is a unique personalized medicine company that brings innovation to healthcare around the world. Comprised of pioneering scientists and thought leaders in brain health and genetics, Genomind delivers actionable insights to clinicians, healthcare partners and individuals to improve the quality of human life.

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