

# DNAflux - Summary

Coimbatore



# Personality Trait

- You can focus & study for long hours.
- Generally you are a very happy & enthusiastic person.
- You don't like risks; you are pretty cautious

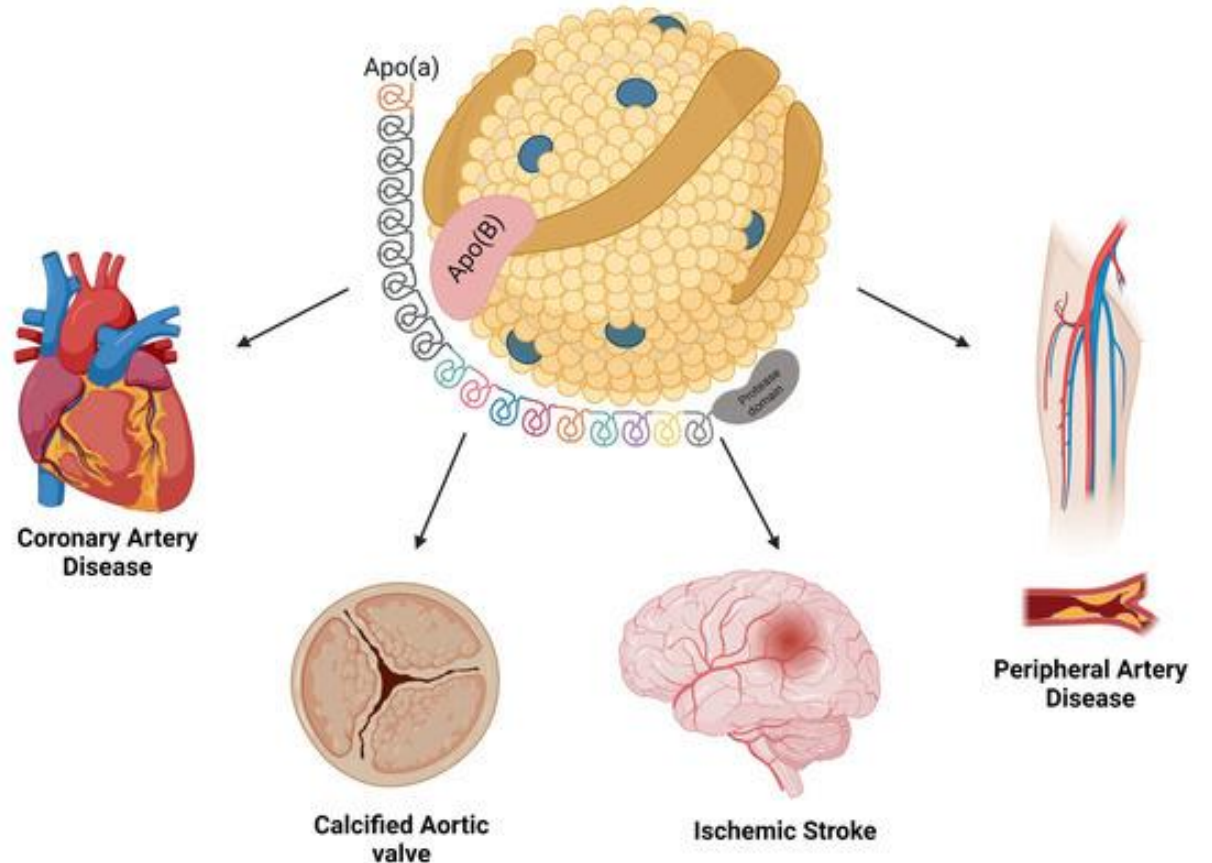
**COMT (SLOW)**  
Focused & Buoyant





# Cardiovascular System

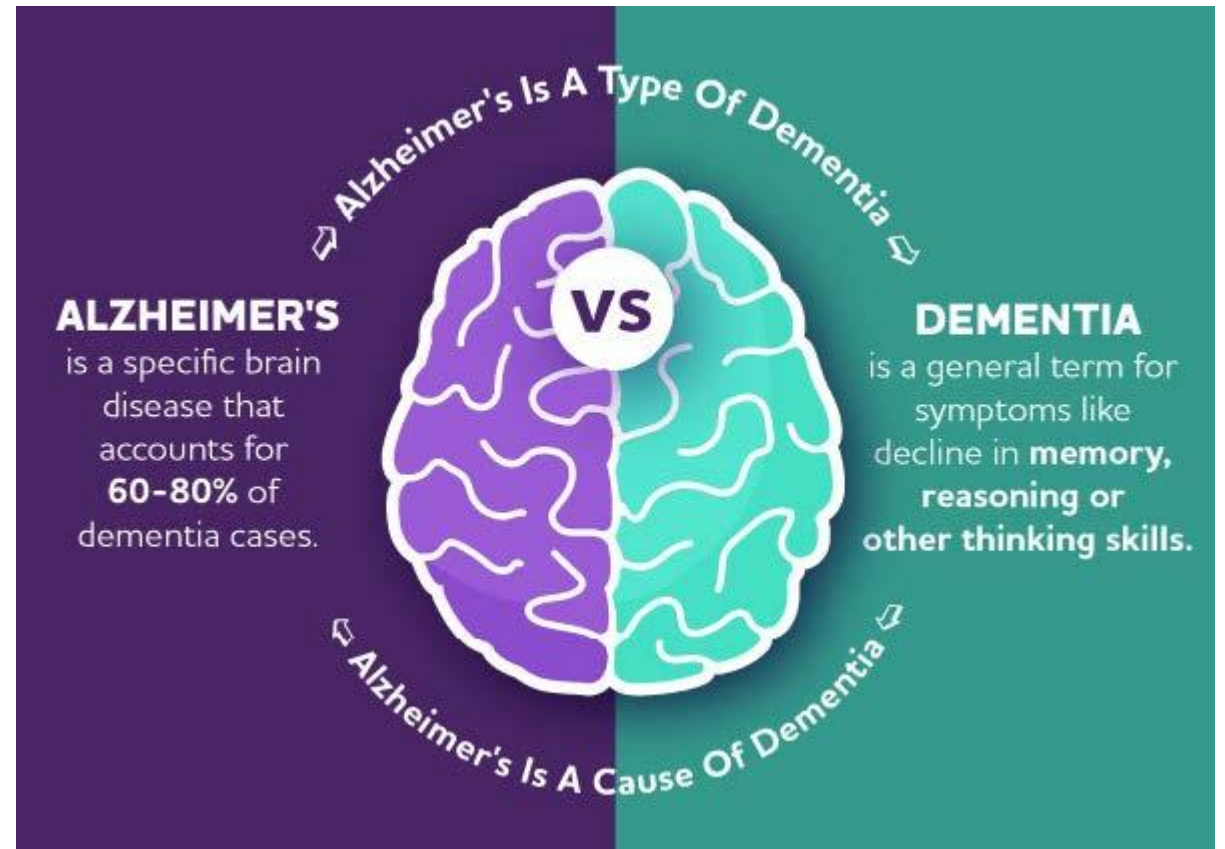
- You tend to have normal Lp(a) levels which reduces the risk of early Cardiovascular events like heart attacks and strokes.





# Apo E status

Apo E3/E3 status  
with **typical risk** of  
Dementia





# Master Antioxidant Status

Glutathione is a master antioxidant which primarily functions to protect the body from damage caused by oxidative stress and to support detoxification.

You tend to have **high levels** of glutathione.





# Sports Genomics

- Good Endurance performance & endurance related sports.
- Increased muscle mass and strength with resistance training
- Improved performance in power & sprint related sports
- Acclimatization benefit in high altitudes
- No increased risk of Lumbar degenerative disc disease



# Cancer Risk

- No increased risk of colorectal cancer with red meat consumption



# Immunity

- Lower illness severity; more subdued inflammatory response.  
Favourable outcome in critical illness



## Genotype Diet

Complex carbs are compatible  
Wild rice/ single polished rice  
Beans & veggies





A FOCUS ON  
**ACTIONABLE  
INSIGHTS**



# PERSONALITY TRAIT

➤ You are easily irritated; not very patient. You could have had a history of PMS / Fibroid uterus. Associated with fibromyalgia or migraine.

- You feel more irritable after a high-protein diet
- You have struggle falling asleep
- Caffeine does wake you up but you have to careful not to drink too much or else you get irritable.

## **Solution :**

- ✓ Stimulating activities: morning (day) Vs Calming in evening (meditation, music)
- ✓ Work hard, play hard-VACATIONS
- ✓ Prioritize sleep; Sauna, Epsom salt bath
- ✓ Support your liver with bitter vegetables
- ✓ Proteins (Breakfast > Lunch >>> Dinner)

# Personality Traits

Fast MAO also determines your personality.

The lower level of neurotransmitters that make you prone for **depression**, addiction potential, inability to focus and loss of attention.

Regular physical activity, Proteins at every meal, use of supplements like Tyrosine , 5-Hydroxy Tryptophan could help.



## **MAOA (FAST)**

Mood Swings & Carb Cravings



Most striking part of your genetic report is **reduction** in the production of Nitric oxide, predisposition to CVD. The nitric oxide synthesis could be supported by BH4, vit B2, Nattokinase, CoQ10 and Omega-3 supplementation.



# Nitric Oxide

## Why You Need It!



# Cardiovascular System

Increase aerobic activity

Lycopene, selenium & flavonoids often helps

Stayin Insulin Sensitive is the key.....

## NOS3

## Heart Issues





## Advanced Lipid Profile

Limit saturated fats as you are sensitive to it and you are likely to have increased LDL-C & total cholesterol with a diet high in saturated fats.

### *Saturated Fats ...*





## Advanced Lipid Profile

Increase consumption of **MUFA** (Sesame oil/ Avocado oil/ Extra virgin olive oil) which may reduce BMI & Triglycerides.





# Cardiovascular System & Lipid Profile



Trans-resveratrol of 1g/day along with NMN (1 g/day)

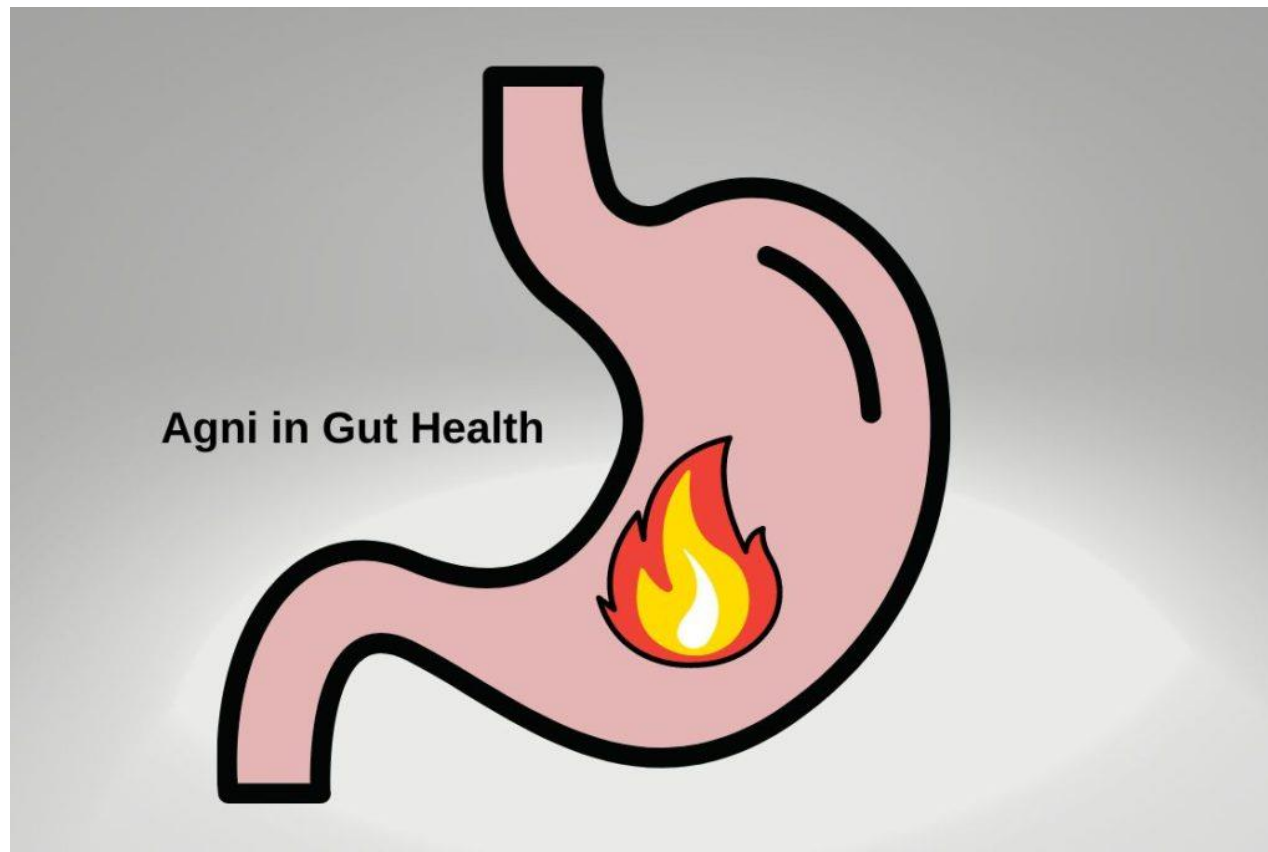


## Gut Health & Histamine Pathways

You have an intermediate risk of multiple food allergies or intolerances & histamine –related symptoms particularly if you are consuming High-histamine foods (fermented foods).

Follow DAO & HNMT cleanse as well as ALDH Cleanse for optimal digestion.

Lower risk of functional GI disorders





# Nutrigenetics

- Optimize vit D, vit E & vit B12 as your genetic variations may result in deficiencies.





# Nutrigenetics

Reduce Caffeine consumption ( not more than 2 cups a day & preferably not after 3 pm) as it may increase the risk of anxiety & cognitive vulnerability.





# Nutrigenetics

You are Lactose Intolerant but fermented dairy could be taken.

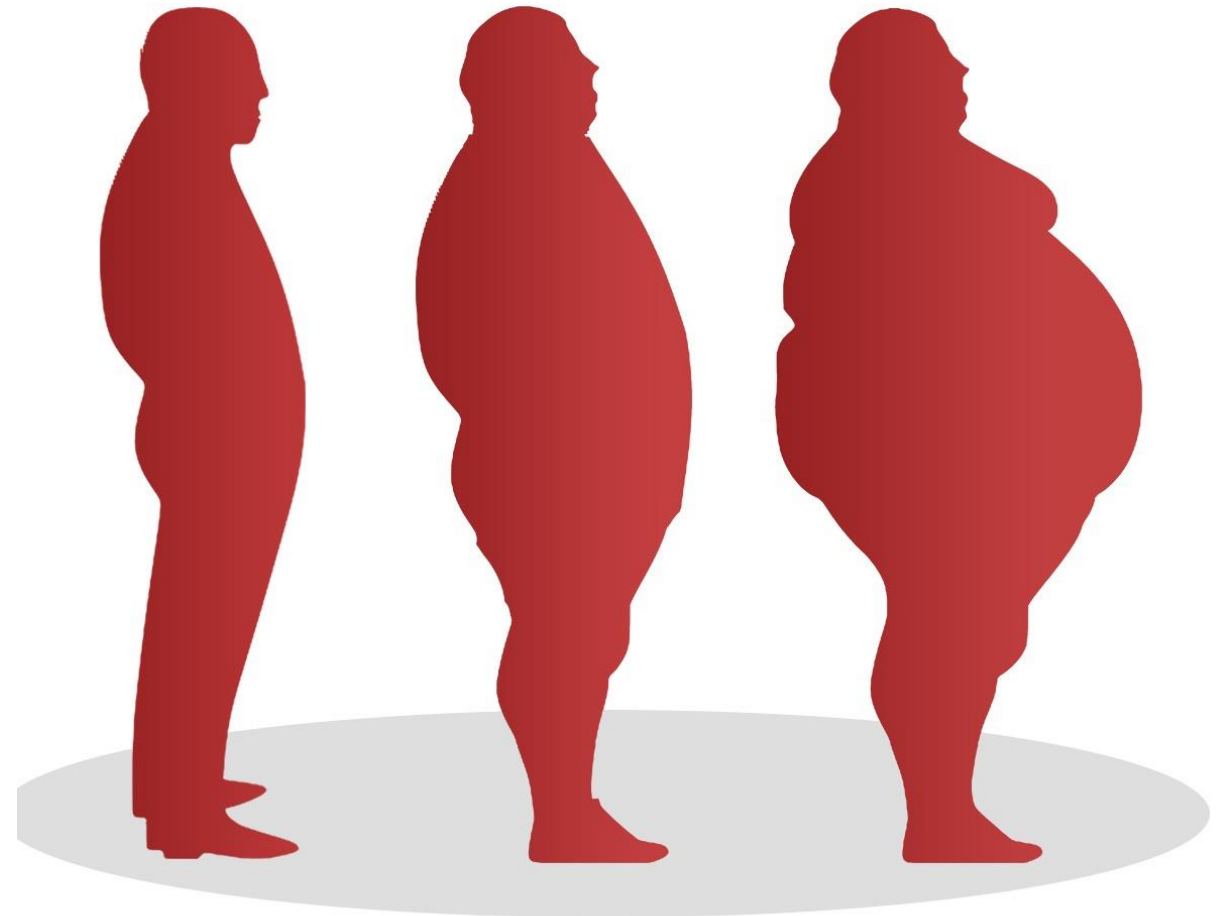




## Genotype Diet

Increased risk of obesity with saturated fats & high carbs (refined).

**OBESITY**





## Genotype Diet

Tends to have higher BMI & Obese with increased hunger, snacking & overeating.

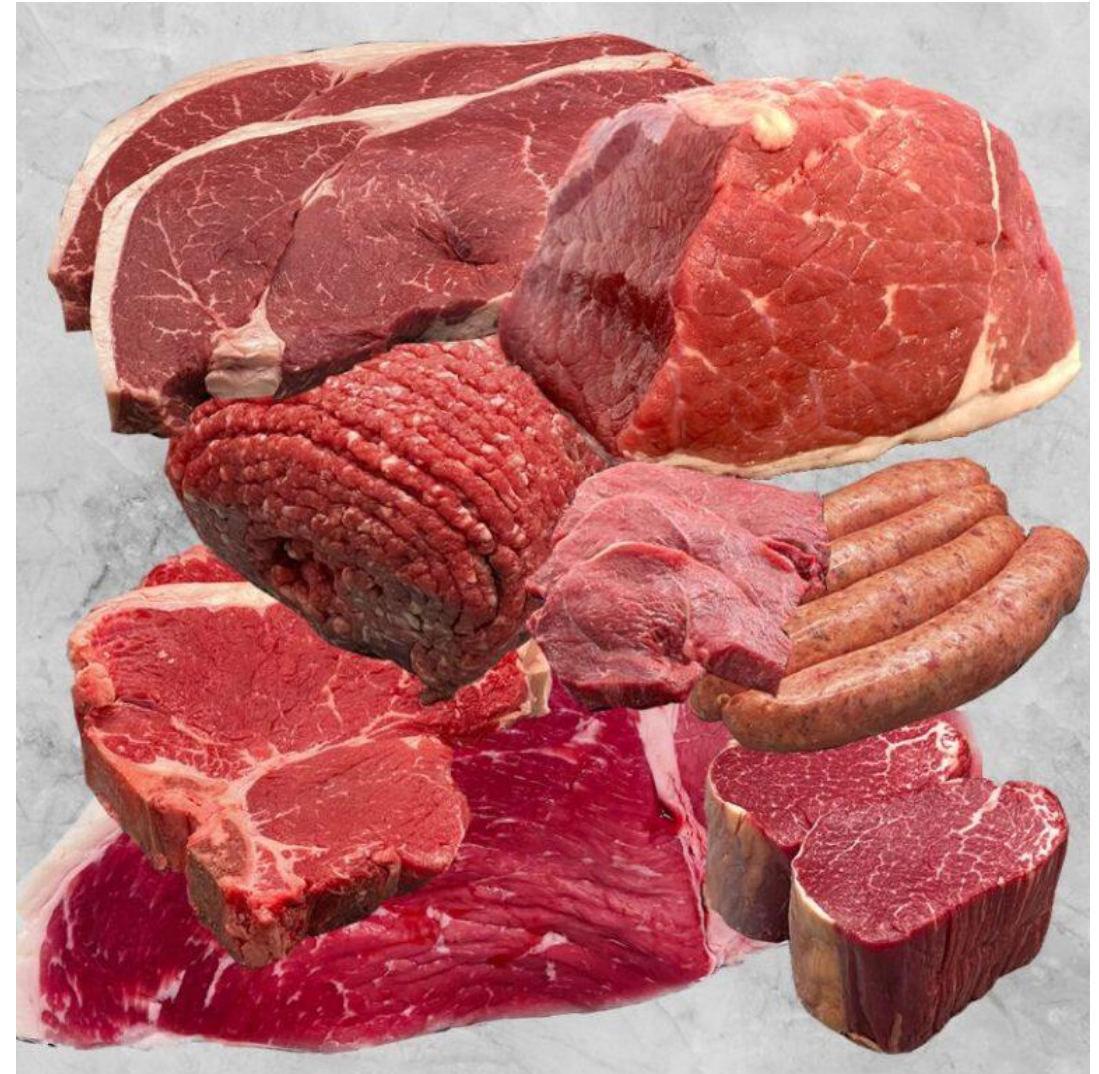
Protein rich meals  
Portion control & Slow eating would help.





## Genotype Diet

Positive response to Low-carb diet, high in MUFA & lean meats (high protein diet)





# Metabolic Health

Mild risk of Hypertension

Well-formulated diet nearly nullifies the risk...



Mild risk of diabetes





# Pharmacogenomics

- Increased risk of hemorrhage when treated with blood thinners (Warfarin/ Acenocoumarol);
- Dose adjustment may be needed (Lower the dose)





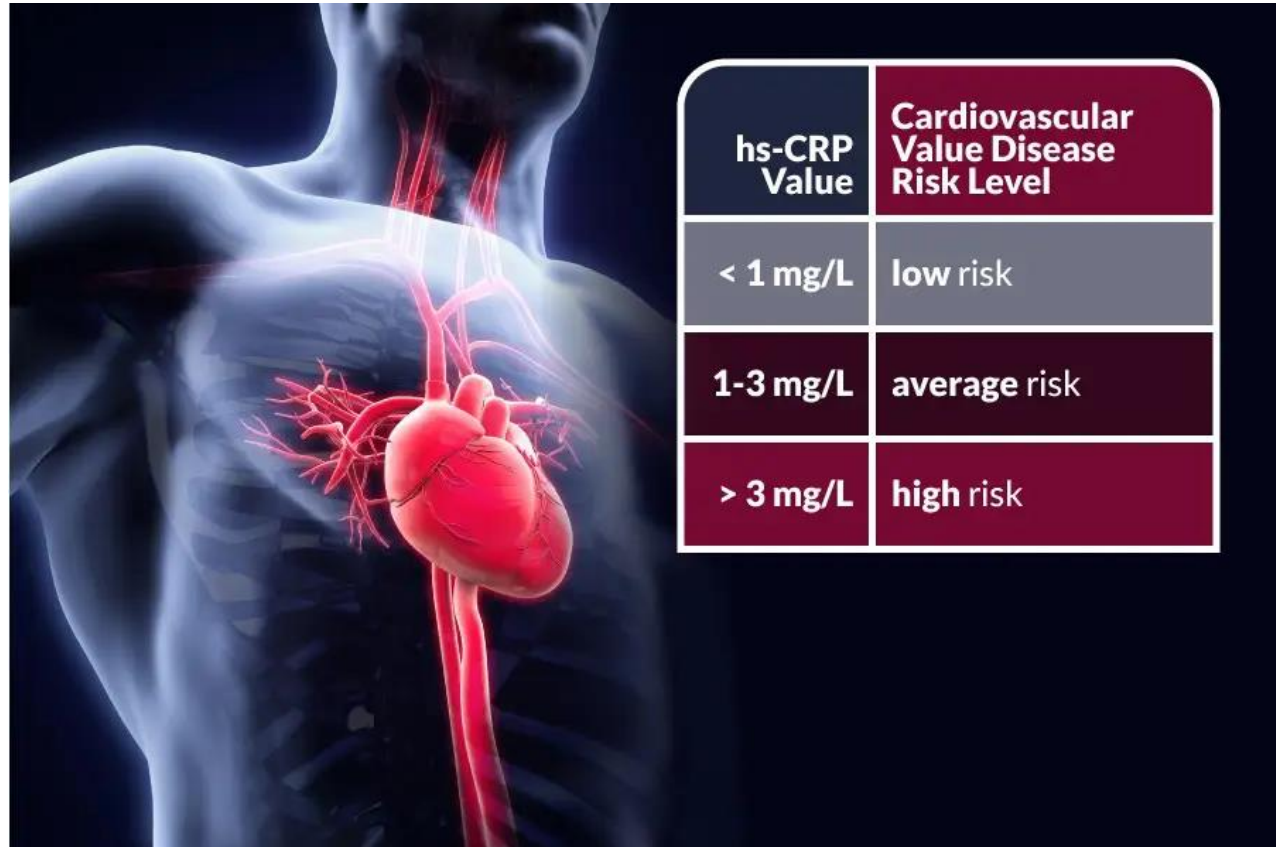
You have an increased risk of allergy.





# Immunity

You tend to have  
high levels of  
hs-CRP





# Immunity

Increased risk  
for  
Celiac/ IBD/  
Gluten  
Intolerance



Barley  
large & pale



Oats  
largest & tan



Rye  
small & green



Wheat  
smallest & red





# Pregnancy Care

During the reproductive period,

Increased risk of excess Gestational weight gain (GWG)

Optimize methylation by supplementing **Folinic Acid with adenosyl cobalamin or hydroxy cobalamin** may be necessary to support methylation – starting from prenatal & also **Choline** helps in preventing congenital anomalies & greatly reduces the risk of Pre-eclampsia and IUGR.



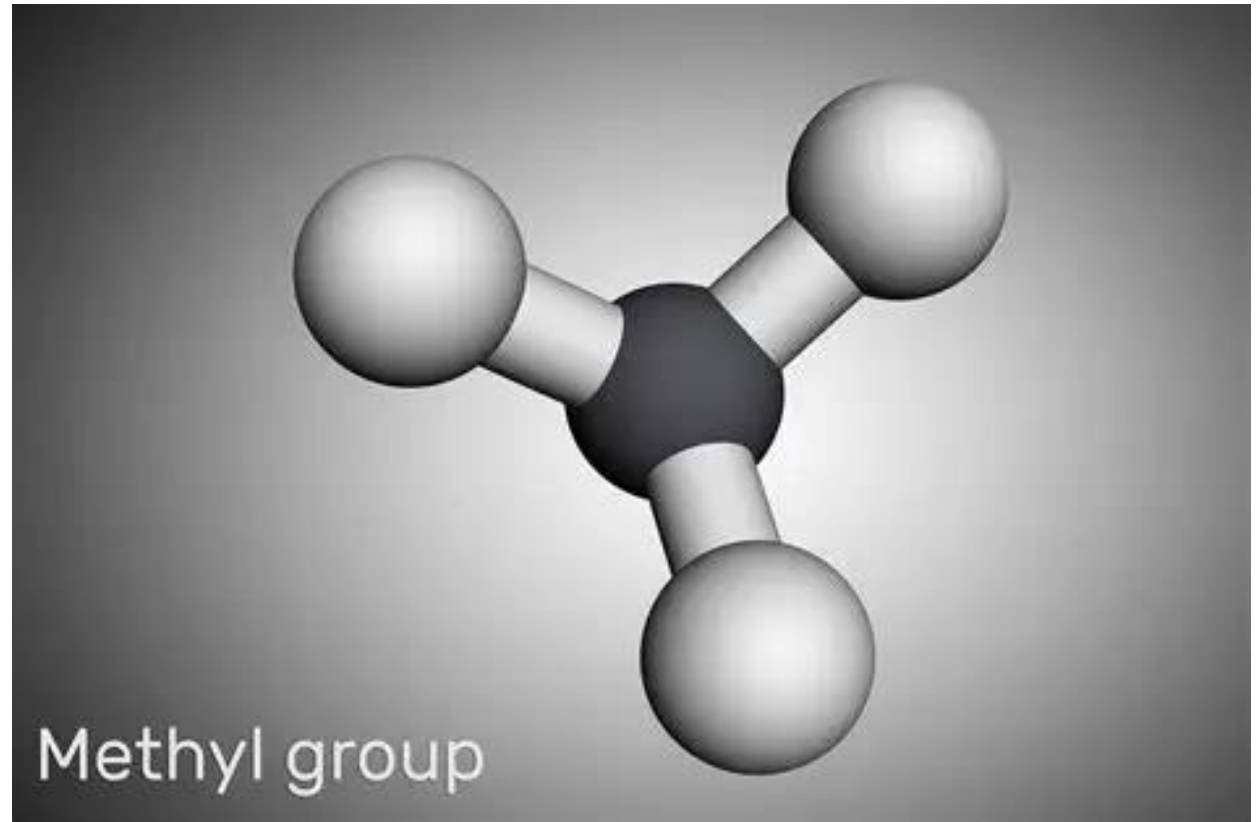


# Methylation Pathway

Folate transport and its transformation in folate pathway is reduced.

Folic Acid with adenosyl cobalamin or hydroxy cobalamin may be necessary to support methylation.

Creatine (3 g/day) & Choline supplementation (1g/day) often helps.





# METHYLATION CYCLE

Support PEMT with Choline supplementation of 1 g/day

Visceral manipulation

Phosphatidyl choline & Creatine supplementation to conserve SAMe

Fix high stress & weak fat absorption.

# PEMT

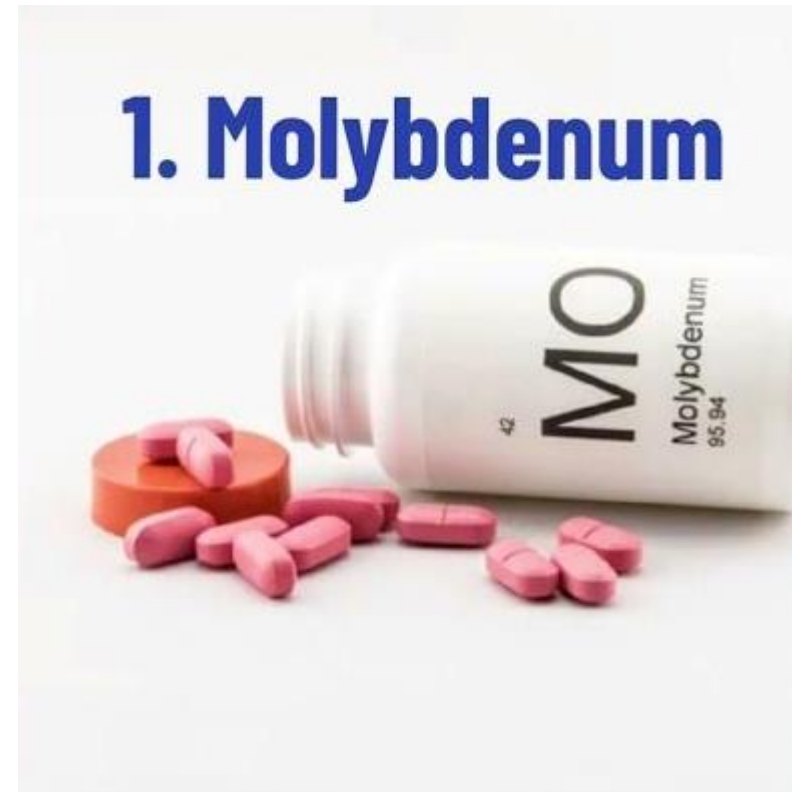
Cell Membranes & Liver





# Transsulfuration

Support Sulfate  
detox with  
Molybdenum (to  
be taken **if** you  
have foul odour in  
your breath/ foul  
smelling stools /  
urine.





# Detoxification

**GPT/GPX**  
Detox Dilemmas



You are likely to have multiple Smell and Chemical sensitivities



**GSS/ GSTO1  
GSTO2/ GSTP1**

Supporting  
Detoxification

Lycopene,  
Onion,  
Garlic &  
EGCG often help





# Detoxification

Selenium could be used as a supplement – 2 Brazil nuts/day (soaked overnight) for supporting detoxification involving Glutathione.





# Detoxification

Support Glutathione peroxidase (GPX4)  
- Elimination pathways.





# Anti-oxidant Enzymes

Reduced activity of Superoxide dismutase 2 could be boosted with regular intake of the superfood, Spirulina (a good source of SOD) 5-10 g/day in divided doses.

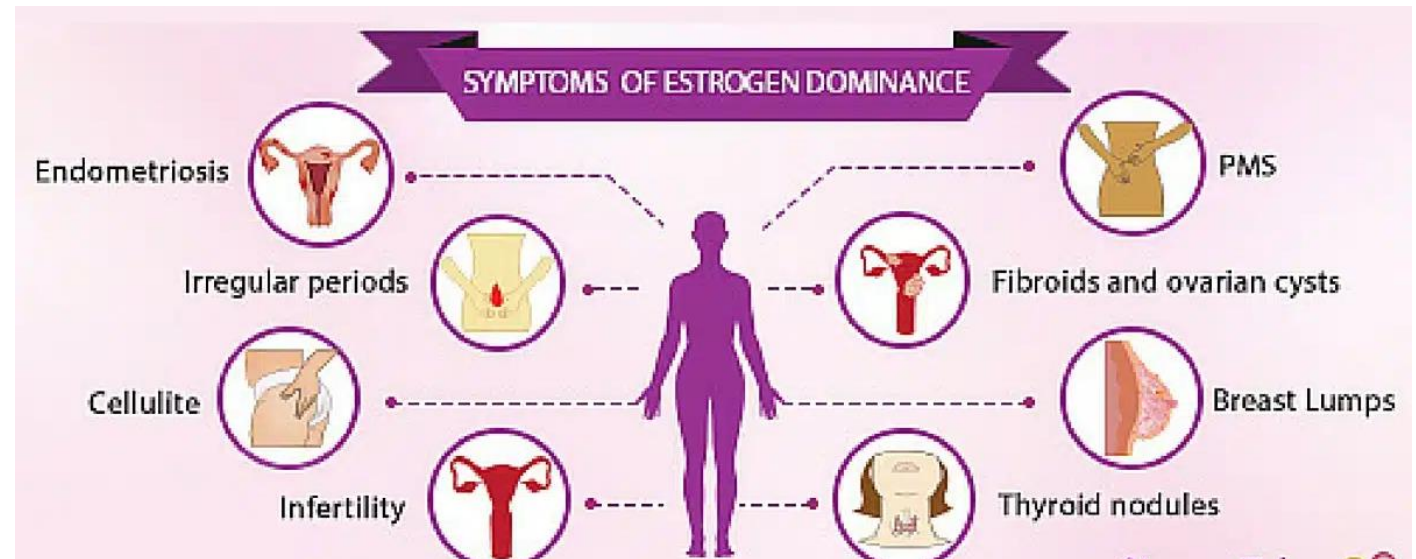


# HORMONES

You have a tendency to be **Estrogen dominant.**

Many of the symptoms or conditions related to Estrogen dominance can be reduced or prevented by

- ✓ Avoiding chemical cosmetics
- ✓ Avoiding dairy products & plastics
- ✓ Supplementing with Calcium-D-glucuronate, Indole 3- carbinol, DIM (Di-indolyl methane).
- ✓ Wild yam cream (topical)





## Miscellaneous

You have increased tolerance to alcohol.

No protection from alcoholism.





## Cancer Risk Assessment

You have an increased risk of alcohol related cancers (cancers of pharynx, larynx, pancreas, esophagus) particularly if you are a heavy drinker.

Reduction in alcohol consumption as a preventive strategy.





# Cancer Risk Assessment

Reduce the risk of developing Colo-Rectal cancer (CRC) by optimizing Vit D levels (60-80 ng/ml)





# Cancer Risk Assessment

Reduces Oxidative Stress

Reduces Cancer Risk

Supports heart function



CoQ10: 100-300 mg daily in divided doses as required.

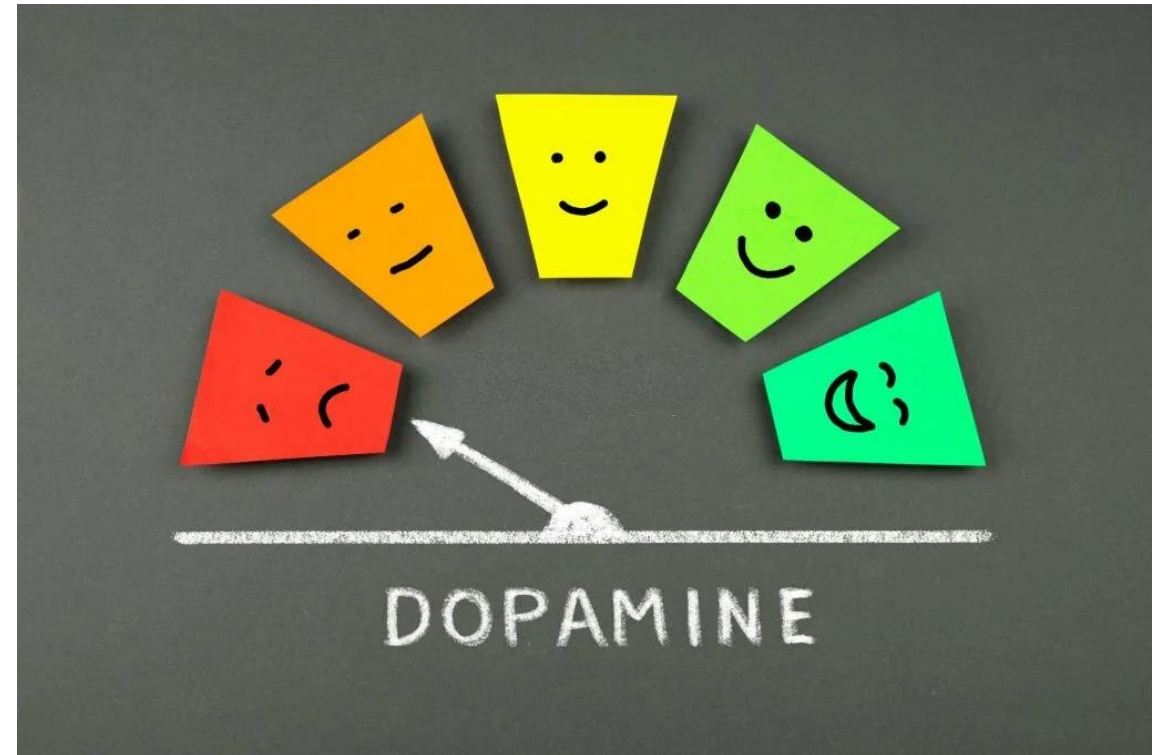


# Dopamine Pathway

Dopamine production and dopamine receptor expression are reduced. Further, High MAO activity depletes the neurotransmitter levels in the brain.

The risk of Depression & Food Cravings can be reduced to a greater extent by having protein rich foods at the beginning of each meal.

Lithium Orotate 5mg/day could help.





# Dopamine Pathway

- Early Parkinson's risk
- Risk reduction by ALDH cleanse & anti-inflammatory diet





# Serotonin Pathway

Avoid Night shifts  
as it increases the risk of SLE &  
development of breast cancer

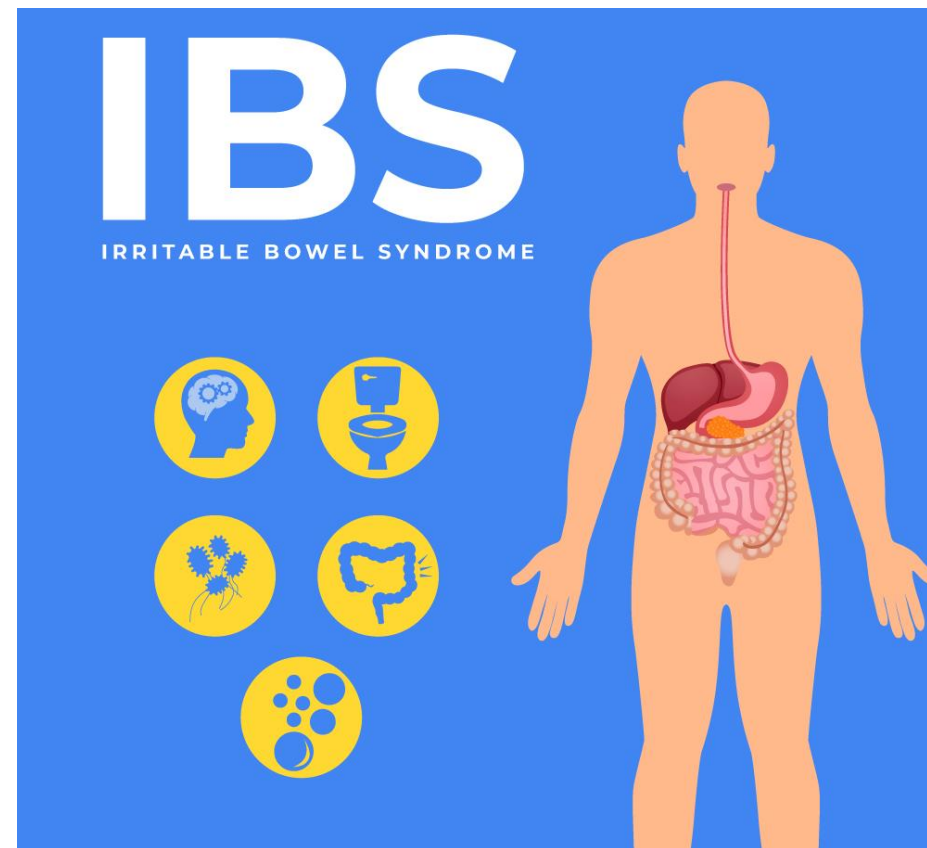




# Serotonin Pathway

You may have an increased risk of developing

- Irritable Bowel Syndrome,
- Migraine
- Anxiety





# Serotonin Pathway

Tryptophan rich foods in the evening (dinner) increases your quality of sleep.

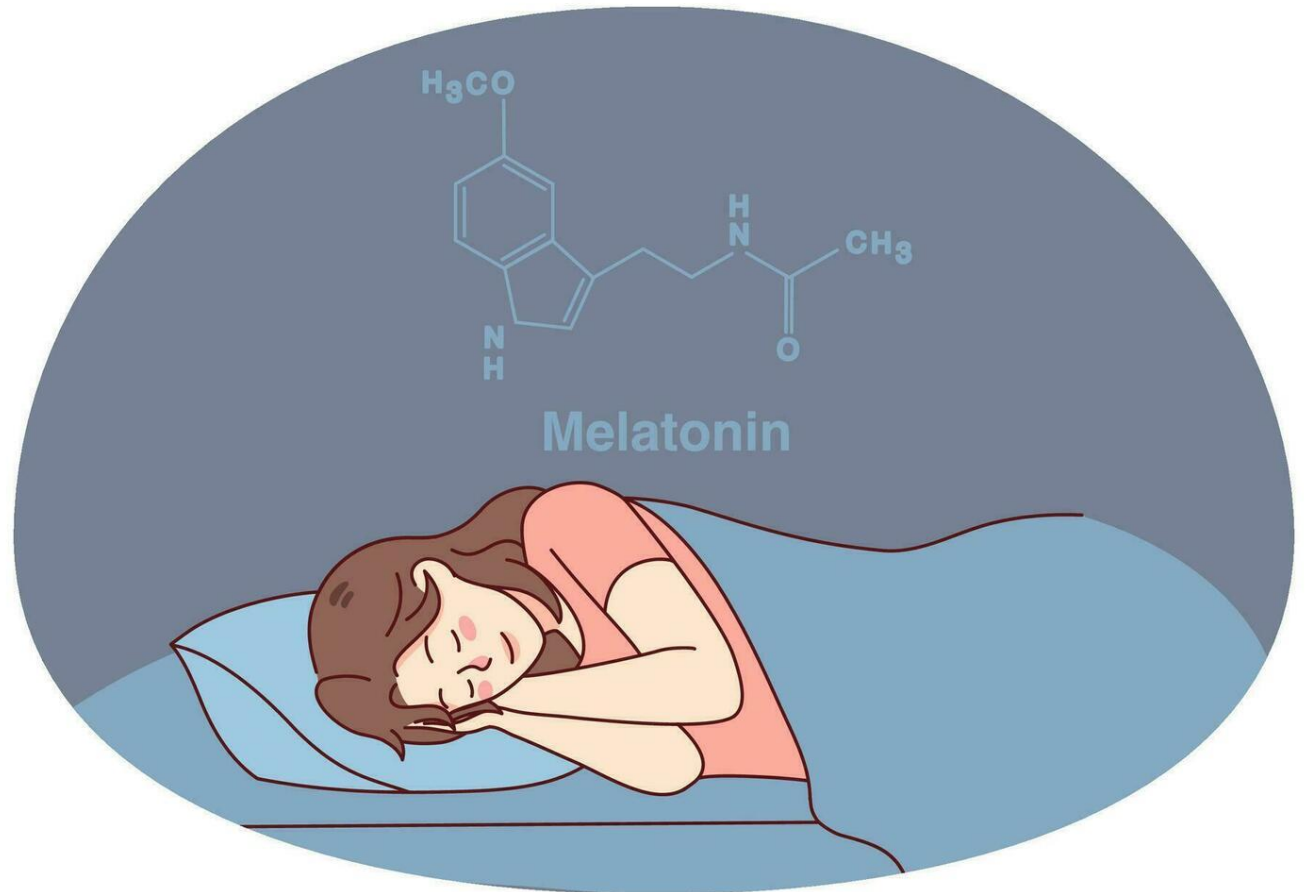


**Tryptophan-Rich Foods**



# Serotonin Pathway

Getting adequate sleep/  
Melatonin supplementation  
(3-6 mg/day) helps in  
preventing or at least reducing  
the risk of recurrent  
depression.





# Circadian Rhythm

Have late breakfast to reduce insulin resistance.





# Sports Genomics

Increased risk of Osteoporosis with abdominal obesity.





Increased risk of scoliosis with suboptimal vitamin D levels





# Sports Genomics

Exercise more than 5 (ideally 8) METS/Week is recommended for positive effect in the lipid markers and improving cardiometabolic health.

5.0 METs    x    20    x    5    = 500 MET-minutes			
 Walk 4.0 mph	 20 minutes	 5 days / week	 lower death risk