

## Action Plan for XXXXX

Based on your unique genetic results, I have summarized the following initial recommendations to optimize your nutrition, lifestyle, and activity choices.

**NUTRITION** – When looking at food, think: What nutritional value is this providing? Let that be your guide, along with taste and preference. Aim to eat protein, carbs in the form of a veggie or fruit, and a healthy fat with every meal. Protein and healthy fats help keep you full longer.

- **The Paleo Diet** is the preferred diet type based on your genes (along with some aspects of the Mediterranean Diet). The Paleo diet is based on the types of food presumed to have been eaten by early humans, consisting mainly of meat, fish, vegetables, and fruit, and excluding dairy or grain products and processed food. General guidelines for the diet are as follows:
  - **Eat more fruits and veggies** – aim for 2-3 servings of fruit, such as colorful berries, and four or more servings of veggies per day, such as kale, spinach, broccoli, cauliflower, brussels sprouts, green beans, asparagus, artichokes. Colorful food=colorful mood.
  - **Eat unsaturated fats from plants** – replacing butter with cold-pressed organic olive oil (lower smoke point used for dressing) and avocado oil (higher smoke point used for cooking).
  - **Protein** –organic grass-fed beef, organic pasture-raised chicken, pork and turkey.
  - **Eat more fiber** - Aim for 25-40g daily from fruits, and veggies.
  - **Reduce inflammatory triggers** - sugary processed foods, gluten, dairy, & saturated fats may impact your mood & brain health.
- **Avoid “dirty dozen” produce.** A list can be found here - <https://www.ewg.org/foodnews/dirty-dozen.php>.
- **Support toxin breakdown** with cruciferous veggies, sprouts, berries, pomegranates, walnuts, & green teas. Limit exposure to substances that overload the methylation cycle, including alcohol & endocrine disruptors such as BPA found in plastic. Avoid external toxins such as pesticides, cleaning products, perfumes, air fresheners, & skin care products.
- **Ensure adequate hydration** daily by drinking half your body weight in ounces of water per day (for example, if you weigh 100 pounds, drink 50 ounces of water per day). Consider sparkling water instead of soda/diet soda.

## **ACTIVITY**

- **Support energy balance** with quality sleep, intermittent fasting, stress management, & breathing exercises.
- **Exercise for at least 120 minutes** each week and include high-intensity, low-intensity, and resistance training.
- **High-intensity intervals** - improve your anaerobic capacity, incorporate regular interval workouts in your training that are specific to your goal with short periods of moderate to high-intensity intervals with periods of rest (30 seconds to 2 minutes)
- **Resistance training** - improve your muscular strength, by including regular resistance workouts that target all major muscle groups, focusing on full-body functional movement. Use lighter weights or resistance that fatigues your muscles within 10 - 12 reps.

## **LIFESTYLE**

- **Sauna** use 4-7 times a week was shown to reduce the risk of dementia and Alzheimer's disease by 66% and 65%, respectively. Sauna (102 degrees F) supports detoxification and produces heat shock proteins, which have been shown to inhibit early aggregation of amyloid B plaques and reduce amyloid B plaque toxicity. Both dry heat and infrared are shown to have benefits. The show "Limitless" with Chris Hemsworth details stress, cold exposure, and sauna usage and their benefits. Below is a link to a Podcast with Dr. Mark Hyman Dr. Soberg that discusses the benefits of hot and cold therapy.  
<https://podcasts.apple.com/us/podcast/the-doctors-farmacy-with-mark-hyman-m-d/id1382804627?i=1000605231584>
- **Support toxin elimination** through dry brushing, rebounding, lymph drainage massage, sweating with a sauna (infrared or steam), sulforaphane consumption & exercise.
- **Practice intermittent fasting** using a 12-16 hour fasting window five times per week to help reduce inflammation & reduce fat storage.
- **Cold exposure** through cold water swimming, shower immersion, or cryotherapy stimulates the formation of brown fat tissue, which releases energy through heat production called non-shivering thermogenesis.
- **Sun exposure** for 20-30 mins a day supports vitamin D production, which provides anti-inflammatory benefits.
- **Reduce toxin exposure** – use aluminum-free deodorant, glass or metal instead of plastic, and BPA-free plastic, if using plastic. Choose "cleaner" household cleaning products and self-care products. Use this website as your guide: <https://www.ewg.org>

## **SUPPLEMENTS**

- **Multivitamin w/ methylated B vitamins** – to support general wellness and nutrient deficiencies
- **Hydrolyzed collagen powder** - joint health
- **Sulforaphane Complex** – detoxification
- **CoQ10 200mg** – an antioxidant, can be decreased in patients who take statins for cholesterol

## **PROTECTIVE GENES**

- **UCP2** may be protective in the development of obesity and may be more responsive to the weight loss effects of a calorie-restricted diet. May be associated with a reduced risk of Type 2 Diabetes.

## **NOW Goals**

- 1) **Weight loss** – aim for a 14-16 hour overnight fast. Small changes add up to big wins. Focus on what you CAN eat and not what you can't eat. The following websites are an excellent resource for the Paleo Diet: <https://daniellewalker.com> and <https://whole30.com>.
- 2) **Move more** – Progressive overload – start increasing the weight on your dumbbells every week x 4 weeks, then start at your beginning weight, and repeat. Resistance training will help build muscle and improve your metabolism.
- 3) **Improve sleep** – While you sleep, your body can "take out the trash." The more you deprive yourself of an adequate night's sleep, the more toxins, aka "trash," your body can accumulate. If you tend to have a "monkey mind" and are constantly thinking about your "to-do" list before bed or in the middle of the night, consider stopping work 2 hours before bed, reading a non-work related book before bed, listening to calming music, keeping a notepad and pen by your bed so you can write a list of what is on your mind then give yourself the grace to forget about the "to do's" and go back to sleep. Establish a good schedule for sleep, waking up and going to sleep around the same time every day. You can find more information from longevity expert Dr. Peter Atia at <https://peterattiamd.com/category/sleep/> . No caffeine after 2 pm or consider decaffeinated coffee

as your gene results show that you metabolize caffeine very slowly and will likely be sensitive to large amounts consumed. Read labels as some pre-workout drinks contain caffeine or green tea, which naturally contains caffeine.

It was such a pleasure talking with you last week. Thank you for allowing me to be part of your wellness journey. Please feel free to contact me at XXXXXXXX if you have any questions.

Sincerely,  
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The Profero Team

