

GENETIC EXPRESSION ASSESSMENT

Please Read and Fill out Form

First Name: _____ Last Name: _____

Age: _____ DOB: _____ Date: _____ Email: _____

Our Goal is to improve the **Health** and **Wellbeing** of every patient! Medical & Scientific technology has provided us tools to practice a more precise, personalized and predictive approach to your individual health and Wellness. Recent studies have shown that many health conditions, symptoms and diseases are caused by changes in Epigenetic marks or gene expression. This **Genetic Expression Assessment** is a vital first step to identify and address your epigenetic expression health goals for optimal wellness. When genes aren't expressing themselves optimally, symptoms and health issues occur. As such, when expression is enhanced, optimal health occurs! Epigenetic Signal Detection Technology may determine appropriate nutritional and lifestyle interventions that may help to improve, or address symptoms indicated. *Answer the following questions to the best of your abilities based on your experiences presently and/or within the past six months.*

Your Nutritional Health such as Vitamins, Minerals, Amino Acids, Fatty Acids, Antioxidants are directly linked to your Genetic Expression. Imbalances, deficiencies or inadequate sources of these vital nutrients, cause Genetic Marks and Expression to be affected. This creates symptoms and conditions that inhibit your overall optimal wellness. Below are some key Vital Nutrients that may influence symptoms.

This assessment is vital to becoming proactive in achieving optimal health and wellness.

SYMPTOMS your answer with an "X"	"X" NEVER	"X" SOMETIMES	"X" FREQUENT	POTENTIAL VITAL NUTRIENT IMBALANCES (not all listed)
1. Weight gain/obesity				Alpha Lipoic Acid, CO-Enzyme Q10, Anthocyanidins
2. Insomnia or frequent waking				B3, Polyphenols, Glycine, Tryptophan, D3
3. Arthritis / Aching joints				Copper, Manganese, Sulphur DHA-3, EPA-3, Histidine, CO-Enzyme Q10,
4. Sore muscles and/or swollen joints				Valine D, Manganese, CO-Enzyme Q10, Potassium
5. Depression/Anxiety /Mood Swings				B5, B6, D3, Lithium, DHA, Serine, Cysteine, Chromium
6. Blood sugar spikes and crashes				Anthocyanidins
7. GI Disorders/Acid reflux/heartburn /Indigestion				B3, E, Potassium, GLA-6 Glutamine, AA-6,
8. Constipation or Diarrhea				Potassium, Alpha Lipoic Acid
9. Cravings especially carbs or sugar				Glutamine, Tryptophan
10. Blurred Vision				ALA
11. Bruising				K1, K2, C, Flavonoids
12. Headaches/migraines				B3, B9, Glycine, Leucine,

				Phytoestrogen
13. Gas and bloating / Food Intolerance				AA-6, B3
14. Itchy skin or scalp / Skin Rash /Acne				Carotenoids, Zinc, Arginine, Histidine, Oleic-9, B6
15. Dry skin or oily skin				B2, C, Zinc, ALA, Eion, Oleic
16. Thinning or brittle hair				Calcium, Selenium, AA-6, Eion, GLA-6
SYMPTOMS <i>Responses of sometimes or frequent to any of the following symptoms indicate you would benefit from a detoxification protocol to boost cellular regeneration and offer immune support.</i>	"X" NEVER	"X" SOMETIMES	"X" FREQUENT	POTENTIAL VITAL NUTRIENT IMBALANCES (not all listed)
17. Hot or Cold Flashes/Hormonal Imbalance				Phytoestrogen
18. Tremors / Poor Coordination / Muscle Spasms				Magnesium, Sodium, E, Calcium
19. Cold hands & feet / Tingling/ Numbness				ALA, Potassium, Linoleic, B1, Iron
20. Fatigue				B2, B5, D3, Calcium, Selenium Copper, Iron, Chromium
21. Wake up starving				Tryptophan, Glutamine
22. Excessive appetite (high or low)				Magnesium, Phosphorus, Zinc
23. Do you diet and find it hard to keep off excess weight?				Phenylalanine, Tryptophan, Alpha Lipoic Acid

SYMPTOMS	"X" Yes	"X" No	Comments
24. Are you presently taking nutritional supplements?			
25. Do you practice intermittent eating or fasting?			
26. Do you ever have unexplained symptoms/just not feeling right?			
27. Do you have any other further health or wellness concerns you'd like to address?			