



Energy/Fatigue Panel



Health Action Plan

October 1, 2019

Demo Client

Kit #1234ABCD5678

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Understand Your Genetics

This report is broken down into three main sections: Trait Impact, Recommendations and Trait Detail. Depending on the number of traits being reviewed, your report will contain multiple trait and recommendation detail sections. Terms and sections of the report are defined below.

DNA

DNA is a long, ladder-shaped molecule. The rungs of the ladder are made of two amino acids pairing together, these are called bases. They always pair the same way, A (Adenine) with T (Thymine), and C (Cytosine) with G (Guanine). The body is constantly replicating DNA strands.

GENE

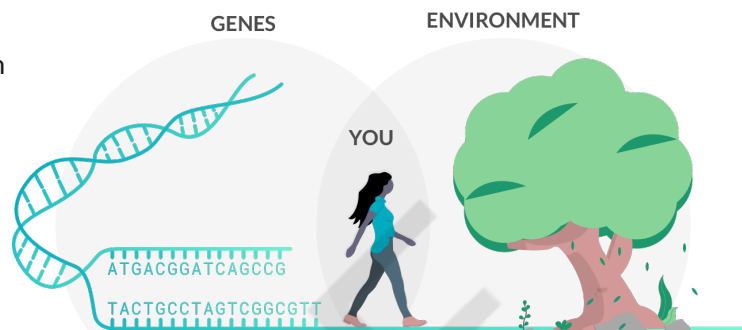
Genes are the basic units of heredity (passed down from generation to generation). They are made of DNA and provide the instructions for how our body works, what we look like, etc. Humans have between 20,000 - 25,000 genes. We inherit half of them from our mother and half from our father.

SNP

A SNP is a Single Nucleotide Polymorphism. SNPs occur when the amino acids making up the base pair do not come together in the same way as the original DNA strand. For example, the original strand may have had an A but the replicated strand has a G. SNPs are common and many of them have no impact to the individual, however, some can change how our body works.

VARIANT

Variants are how SNPs are referred to in this report. When the amino acid in the copied strand is different from the original, it is called a variant - it varies from the original. Variants are not necessarily 'good' or 'bad' they are simply different from the original. The depiction of variants is shown as: +/+ (both copies have different amino acids), +/- (one copy has a different amino acid), -/- (both copies have the same amino acid as the original) or U (one copy is indeterminate).



Reading This Report

Trait	Impact Score
Trait Name	

Gene	SNP/RSID	Variant
SMPL	ex1234567	+ -

Trait Recommendations

1 Trait Impact

This report focuses on traits. These are typically groups of SNPs that have a similar impact on the body's function. We use a proprietary algorithm to determine the impact a group of SNPs may have on a specific function in the body based on your individual test results.

2 Traits

The traits in our reports are typically grouped by body function, a symptom type, a disease, a nutrient need, or a response to environment. Within the trait pages, you will see the SNPs that are looked at for that trait, your variant type and recommendations to optimize health and minimize risk based on your individual results.

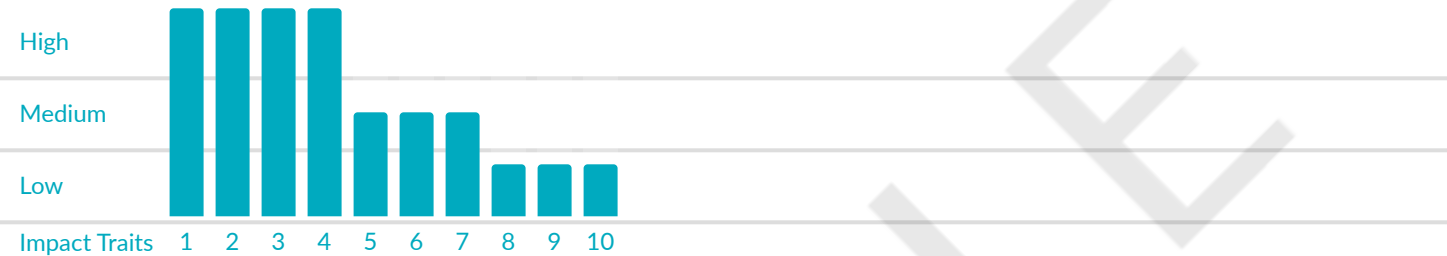
3 Recommendations

Your genes, and therefore your SNPs, will not change during your life. However, this report focuses on SNPs whose impact can be influenced by external factors like diet, exercise, supplements, and lifestyle changes.

Disclaimer - The recommendations in this report have been carefully prepared and reviewed for you by your health and wellness provider, based on his or her reasoned medical judgment about your personal health needs. Be sure that you have shared with your health and wellness provider all relevant information about your health, including any medications or dietary supplements you may be taking, and any medical conditions you may be experiencing, before you adopt any of these recommendations. This test is performed via DNA sequencing. As with all genetic testing with the highest possible standards, the data generated during the laboratory process will have a <99% sensitivity and specificity.

How These Traits Affect You

This page provides a high-level snapshot of the clinical significance of each trait within this panel. The results are in two categories: traits that are ranked high, medium or low impact as well as traits for which there is an explicit result (i.e. categorical such as "yes" or "no"). At the end of this page are a summary of any non-reportable (NR) traits. The results for these traits are unable to be determined from the sample submitted. Recommendations are made for traits with high or medium impact only.



Impact Traits	Impact	Learn More
1 Cortisol	HIGH	Page 11
2 Depression	HIGH	Page 12
3 Inflammation	HIGH	Page 14
4 Oxidative Stress	HIGH	Page 16
5 Migraines	MEDIUM	Page 17
6 Osteoarthritis	MEDIUM	Page 19
7 Stress Response	MEDIUM	Page 21
8 Chronic Fatigue Syndrome	LOW	
9 Fibromyalgia	LOW	
10 Musculoskeletal Pain	LOW	

Supplements

Below is a list of the top recommended supplements curated specifically for you. These recommendations may represent a subset of the total recommendations found within the Supplement sections of your report. Recommendations are listed in order of importance based on your individual genetic results. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Recommendation Name	The Details	Linked Traits
1 Magnesium	Supplement with 300 - 500 mg of magnesium per day.	Depression, Migraines, Osteoarthritis, Stress Response
2 Folate	Supplement with 400 - 800 mcg of methyl-folate per day.	Depression, Inflammation, Migraines
3 Vitamin C	Supplement with 500 - 1,000 mg of vitamin C per day.	Cortisol, Depression, Oxidative Stress
4 Vitamin D3	Supplement with 3,000 IUs of vitamin D3 per day.	Depression, Inflammation, Migraines
5 Curcumin	Supplement with 250 - 2,000 mg of curcumin extract per day.	Inflammation, Osteoarthritis
6 Omega-3	Supplement with 2 - 5 g of omega-3 fatty acid supplement that contains essential fatty acids DHA and EPA.	Cortisol, Depression
7 Probiotics	Supplement with a 10 - 50 billion CFU probiotic per day.	Cortisol, Depression
8 Zinc	Supplement with 10 - 40 mg of zinc per day.	Depression, Oxidative Stress
9 Ashwagandha	Supplement with 250 - 300 mg of ashwagandha per day.	Cortisol
10 Betaine Hydrochloride (HCl)	Supplement with 1 - 2 g of betaine hydrochloride (HCl) with meals for at least 6 months.	Inflammation

Note - If you are taking any medications, consult with your practitioner before starting any new supplements as they may have adverse effects with your medications.

Diet

Below is a list of the top dietary recommendations curated specifically for you. These recommendations may represent a subset of the total recommendations found within the Diet sections of your report. Recommendations are listed in order of importance based on your individual genetic results. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Recommendation Name	The Details	Linked Traits
1 Magnesium Rich foods	Consume a diet rich in magnesium.	Cortisol, Depression, Osteoarthritis, Stress Response
2 Anti-Inflammatory Diet	Consume a diet rich in anti-inflammatory foods.	Depression, Inflammation
3 Antioxidants	Consume a wide variety of antioxidant-rich foods daily, aim for at least 5 servings of brightly colored fruits and vegetables.	Cortisol, Osteoarthritis
4 Dark Chocolate (70-99%)	Eat approximately 1 oz of dark chocolate per day.	Cortisol, Stress Response
5 Folate Rich Foods	Consume a diet rich in folate.	Depression, Migraines
6 Fruits and Vegetables	Include fruits and vegetables at every meal to increase levels of antioxidants in the body, especially strawberries, blueberries, broccoli, sprouts, and green leafy vegetables.	Inflammation, Oxidative Stress
7 Butternut Squash Seeds	Consume 1 oz of butternut squash seeds later in the day.	Stress Response
8 Calorie Restriction	Reduce overall calorie intake to create a calorie deficit.	Oxidative Stress
9 Dietary Fiber	Increase dietary fiber intake to recommended 25 g for females and 30 g for males.	Inflammation
10 Gluten Free Diet	Avoid gluten-containing foods such as baked goods, cereals, or other foods processed in a facility that also processes gluten.	Depression

Lifestyle

Below is a list of the top lifestyle recommendations curated specifically for you. These recommendations may represent a subset of the total recommendations found within the Lifestyle sections of your report. Recommendations are listed in order of importance based on your individual genetic results. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Recommendation Name	The Details	Linked Traits
1 Meditation	Engage in 10 to 20 minutes of mindfulness meditation 2 or more times per week.	Depression, Migraines
2 Reduce Stress	Engage in enjoyable hobbies such as gardening, sports, or other leisure activities to help reduce stress.	Oxidative Stress, Stress Response
3 Adequate Sleep	Aim for the recommended 7 to 8 hours of sleep each night.	Cortisol
4 Chinese Herbal Bath Therapy	Adopt a chinese-style bathing technique involving steaming and washing the affected area with anti-inflammatory and analgesic herbs at least 2 times per day, especially during flare-ups.	Osteoarthritis
5 Intermittent Fasting	Try intermittent fasting (fasting for 14+ hours daily) or alternate day fasting (fasting for 24 hours every other day).	Inflammation
6 Limit Alcohol	Avoid alcohol or limit alcohol to no more than 1 drink per day for women and 2 drinks per day for men.	Migraines
7 Relaxation	Practice deep breathing techniques for relaxation daily such as belly breathing or alternate nostril breathing.	Cortisol
8 Sleep Consistency	Stick to a consistent sleep routine that consists of going to sleep and waking up at approximately the same time each day.	Inflammation

Exercise

Below is a list of the top exercise recommendations curated specifically for you. These recommendations may represent a subset of the total recommendations found within the Exercise sections of your report. Recommendations are listed in order of importance based on your individual genetic results. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Recommendation Name	The Details	Linked Traits
1 Aerobic Activity	Aim for 20 to 30 minutes of aerobic physical activity most days of the week.	Depression, Migraines, Oxidative Stress, Stress Response
2 Yoga	Incorporate at least 1 to 2 yoga sessions into your weekly exercise routine.	Depression, Migraines, Oxidative Stress
3 Dancing	Incorporate 45 to 60 minutes of dance several times per week into your normal exercise routine.	Depression
4 Water Exercise	Participate in water-based exercises for at least 150 minutes each week.	Osteoarthritis

Further Testing

Below is a list of the top further testing recommendations curated specifically for you. These recommendations may represent a subset of the total recommendations found within the Further Testing sections of your report. Recommendations are listed in order of importance based on your individual genetic results. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Recommendation Name	The Details	Linked Traits
1 C-Reactive Protein (CRP) or hsCRP	Test levels of C-Reactive Protein (CRP) or hsCRP	Inflammation, Migraines, Osteoarthritis
2 Homocysteine Levels	Check blood homocysteine levels	Depression, Inflammation, Migraines
3 Vitamin D3 (25-OH)	Test blood levels of vitamin D3 (25-OH)	Depression, Migraines, Osteoarthritis
4 4-Point Salivary Cortisol Test	Perform a 4-Point salivary cortisol test	Stress Response
5 Carotinoids	Test alpha-carotene, beta-carotene, beta-cryptoxanthin, lycopene, lutein, zeaxanthin and serum Vitamin A	Depression
6 Erythrocyte Sedimentation Rate (ESR)	Test erythrocyte sedimentation rate (ESR) in blood	Inflammation
7 Ferritin	Test blood ferritin levels	Cortisol
8 Fibrinogen	Test fibrinogen levels in the body	Inflammation
9 Folate Testing	Test folate levels	Inflammation
10 IL-6 Testing	Test for levels of IL-6	Inflammation



Appendix 1

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Cortisol

People with similar genetic markers to yours may be at an increased risk for impaired cortisol metabolism.

Gene	SNP	Variant	Impact
FKBP5	rs1360780	+/+	High
FKBP5	rs9470080	+/+	High
FKBP5	rs7748266	+/-	Medium

Recommendations

These recommendations are based on the genetic findings in the chart above.

SUPPLEMENT

- Omega-3
- Vitamin C
- Thiamine (Vitamin B1)
- Probiotics
- Low Dose Naltrexone Therapy (LDN)
- Prebiotic Fiber
- Ashwagandha
- L-Theanine

DIET

- Dark Chocolate (70-99%)
- Magnesium Rich foods
- Potassium Rich Foods
- Vitamin B6 Rich Foods
- Limit Added and Refined Sugars
- Antioxidants
- Thiamine (B1)
- Riboflavin (B2)

LIFESTYLE

- Adequate Sleep
- Relaxation

FURTHER TESTING

- Morning Cortisol Levels
- Ferritin

Depression

People with similar genetic markers may be predisposed or at a higher risk for depression.

Gene	SNP	Variant	Impact
HTR1A	rs6295	+/+	High
HTR1A	rs878567	+/+	High
FKBP5	rs3800373	+/+	High
SLC6A4	rs25531	+/+	High
FKBP5	rs1360780	+/+	High
FKBP5	rs9296158	+/+	High
CRHR1	rs110402	+/+	High
GNB3	rs5443	+/+	High
CHRH2	rs3779250	+/+	High
MTHFR	rs1801133	+/-	Medium
KSR2	rs7973260	+/-	Medium
LHPP	rs35936514	-/-	Low
SLC6A15	rs1545843	+/-	Low
SIRT1	rs12415800	-/-	Low
PCLO	rs2522833	+/-	Low

Recommendations

These recommendations are based on the genetic findings in the chart above.

SUPPLEMENT

- Omega-3
- Zinc
- Vitamin C
- Vitamin D3
- Folate
- Magnesium
- Probiotics
- SAmE (S-Adenosyl-L-Methionine)

DIET

- Magnesium Rich foods
- Zinc Rich Foods
- Anti-Inflammatory Diet
- Folate Rich Foods
- Gluten Free Diet

LIFESTYLE

- Meditation

EXERCISE

- Dancing
- Aerobic Activity
- Yoga

FURTHER TESTING

- Carotinoids
- Serum B12 Levels
- Homocysteine Levels
- Zinc
- Vitamin D3 (25-OH)
- Methylmalonic Levels
- Magnesium

Inflammation

People with similar genetic markers may be more likely to experience increased levels of inflammation, which is the body's natural response to an injury, wound, or infection.

Gene	SNP	Variant	Impact
TNF- α	rs1800629	+/+	High
IL6	rs1800795	+/+	High
TNF- α	rs1799724	+/-	Medium
PTPN22	rs2476601	+/-	Medium
IL-10	rs1800872	+/-	Low
TNF- α	rs1799964	-/-	Low
IL23R	rs2201841	+/-	Low
IL-10	rs3024505	-/-	Low

Recommendations

These recommendations are based on the genetic findings in the chart above.

SUPPLEMENT

- Multivitamin
- Betaine Hydrochloride (HCl)
- Vitamin D3
- Folate
- Curcumin

DIET

- Anti-Inflammatory Diet
- Omega-3 Rich Foods
- Dietary Fiber
- Mediterranean Diet
- Nut Consumption
- Fruits and Vegetables

LIFESTYLE

- Sleep Consistency
- Intermittent Fasting

FURTHER TESTING

- Homocysteine Levels
- IL-6 Testing
- C-Reactive Protein (CRP) or hsCRP
- Erythrocyte Sedimentation Rate (ESR)
- Fibrinogen
- Folate Testing

-
- TNF-alpha
-

SAMPLE

Oxidative Stress

People with similar genetic markers may experience higher levels of oxidative stress due in part to antioxidant depletion.

Gene	SNP	Variant	Impact
UGT	rs1105879	+/+	High
CDKN	rs10811661	+/+	High
GSTP1	rs1695	-/-	Low
CYP1A1	rs1048943	-/-	Low
LRRK2	rs34637584	-/-	Low
SOD2	rs4880	+/-	Low

Recommendations

These recommendations are based on the genetic findings in the chart above.

SUPPLEMENT	<ul style="list-style-type: none">ZincVitamin CVitamin E
DIET	<ul style="list-style-type: none">Calorie RestrictionFruits and Vegetables
LIFESTYLE	<ul style="list-style-type: none">Reduce Stress
EXERCISE	<ul style="list-style-type: none">Aerobic ActivityYoga
FURTHER TESTING	<ul style="list-style-type: none">Markers of Oxidative Stress

Migraines

People with similar genetic markers may be at a higher risk for migraines.

Gene	SNP	Variant	Impact
TRPM8	rs10166942	+/+	High
PDRM16	rs2651899	+/+	High
ASTN2	rs6478241	+/-	Medium
PHACTR1	rs9349379	+/-	Medium
ADH1B	rs1229984	+/-	Medium
LRP1	rs11172113	+/-	Medium
SUGCT	rs4379368	-/-	Low
MEF2D	rs3790459	-/-	Low
MEF2D	rs1925950	-/-	Low
MEF2D	rs3790455	-/-	Low
MEF2D	rs1050316	-/-	Low
TRPM8	rs17862920	-/-	Low
MEF2D	rs2274316	-/-	Low
FHL5	rs13208321	-/-	Low
MEF2D	rs12136856	-/-	Low

Recommendations

These recommendations are based on the genetic findings in the chart above.

SUPPLEMENT

- CoQ10
- Vitamin D3
- Folate
- Magnesium
- Riboflavin (Vitamin B2)

DIET

- Folate Rich Foods

LIFESTYLE

- Meditation
- Limit Alcohol

EXERCISE

- Aerobic Activity
- Yoga

FURTHER TESTING

- Homocysteine Levels
- Vitamin D3 (25-OH)

-
- C-Reactive Protein (CRP) or hsCRP
-

SAMPLE

Osteoarthritis

People with similar genetic markers may be at a higher risk for developing osteoarthritis.

Gene	SNP	Variant	Impact
MCF2L	rs11842874	+/+	High
GLT8D1	rs6976	+/+	High
FTO	rs8044769	+/+	High
GNL3	rs11177	+/+	High
TP63	rs12107036	+/-	Medium
COG5	rs3815148	+/-	Medium
CHST11	rs835487	+/-	Medium
DUS4L	rs4730250	-/-	Low
BTNL2	rs10947262	-/-	Low
HLA-DBQ1	rs7775228	+/-	Low
PTHLH	rs10492367	-/-	Low
RBFOX1	rs716508	-/-	Low
ASTN2	rs4836732	-/-	Low
ALDH1A2	rs3204689	-/-	Low
SENP6	rs9350591	-/-	Low
CDC5L	rs10948172	-/-	Low

Recommendations

These recommendations are based on the genetic findings in the chart above.

SUPPLEMENT

- Magnesium
 - Devil's Claw
 - Hyaluronic Acid
 - Boswellia serrata
 - Niacinamide (Vitamin B3)
- Curcumin
 - Glucosamine and Chondroitin
 - Pine Bark (Pycnogenol)
 - Ginger

DIET

- Magnesium Rich foods
- Antioxidants

- Vitamin D Rich Foods
- Vitamin K Rich Foods

LIFESTYLE

- Chinese Herbal Bath Therapy

EXERCISE

- Water Exercise

FURTHER TESTING

- Vitamin K
- Vitamin D3 (25-OH)
- C-Reactive Protein (CRP) or hsCRP

Stress Response

People with similar genetic markers may be predisposed to greater cortisol reactivity, as well as greater anticipatory cortisol response, which can be accompanied by adverse physiological effects

Gene	SNP	Variant	Impact
COMT	rs4680	+/-	= Medium
BDNF	rs6265	-/-	— Low
HTR2C	rs6318	-/-	— Low

Recommendations

These recommendations are based on the genetic findings in the chart above.

SUPPLEMENT

- Magnesium
- Rhodiola Extract
- Chamomile Extract

DIET

- Dark Chocolate (70-99%)
- Magnesium Rich foods
- Butternut Squash Seeds

LIFESTYLE

- Reduce Stress

EXERCISE

- Aerobic Activity

FURTHER TESTING

- 4-Point Salivary Cortisol Test



Recommendation Detailed Appendix



Appendix 2

Energy/Fatigue Panel

October 1, 2019

Demo Client

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Supplements

Recommendation Name	The Details	Linked Traits
Magnesium	Supplement with 300 - 500 mg of magnesium per day.	Depression, Migraines, Osteoarthritis, Stress Response
Folate	Supplement with 400 - 800 mcg of methyl-folate per day.	Depression, Inflammation, Migraines
Vitamin C	Supplement with 500 - 1,000 mg of vitamin C per day.	Cortisol, Depression, Oxidative Stress
Vitamin D3	Supplement with 3,000 IUs of vitamin D3 per day.	Depression, Inflammation, Migraines
Curcumin	Supplement with 250 - 2,000 mg of curcumin extract per day.	Inflammation, Osteoarthritis
Omega-3	Supplement with 2 - 5 g of omega-3 fatty acid supplement that contains essential fatty acids DHA and EPA.	Cortisol, Depression
Probiotics	Supplement with a 10 - 50 billion CFU probiotic per day.	Cortisol, Depression
Zinc	Supplement with 10 - 40 mg of zinc per day.	Depression, Oxidative Stress
Ashwagandha	Supplement with 250 - 300 mg of ashwagandha per day.	Cortisol
Betaine Hydrochloride (HCl)	Supplement with 1 - 2 g of betaine hydrochloride (HCl) with meals for at least 6 months.	Inflammation
Boswellia serrata	Supplement with 300 - 500 mg of Boswellia serrata per day.	Osteoarthritis
Chamomile Extract	Supplement with 800 - 1,250 mg of chamomile extract per day.	Stress Response
CoQ10	Supplement with 150 - 500 mg of CoQ10 per day.	Migraines
Devil's Claw	Supplement with 2,400 mg of Devil's claw per day.	Osteoarthritis
Ginger	Supplement with 400 - 3,000 mg of dried ginger extract per day.	Osteoarthritis
Glucosamine and Chondroitin	Supplement with 2,300 mg of glucosamine and chondroitin per day.	Osteoarthritis
Hyaluronic Acid	Supplement with 80 mg of hyaluronic acid per day.	Osteoarthritis
L-Theanine	Supplement with 200 mg of L-theanine per day.	Cortisol
Low Dose Naltrexone Therapy (LDN)	Supplement with a low dose of Naltrexone ranging from 25 - 100 mg per day.	Cortisol
Multivitamin	Supplement with a multivitamin that includes activated B vitamins.	Inflammation
Niacinamide (Vitamin B3)	Supplement with 1 - 3 g of niacinamide (vitamin B3) per day.	Osteoarthritis
Pine Bark (Pycnogenol)	Supplement with 150 mg of pine bark (pycnogenol) per day.	Osteoarthritis

Prebiotic Fiber	Supplement with 5 - 12 g of oligofructose-enriched inulin per day.	Cortisol
Rhodiola Extract	Supplement with 400 mg of rhodiola extract per day.	Stress Response
Riboflavin (Vitamin B2)	Supplement with 100 - 400 mg of riboflavin (vitamin B2) per day.	Migraines
SAMe (S-Adenosyl-L-Methionine)	Supplement with 800 mg of SAMe per day.	Depression
Thiamine (Vitamin B1)	Supplement with 30 - 100 mg up to 3 times per day.	Cortisol
Vitamin E	Supplement with 100 - 400 IUs of vitamin E per day.	Oxidative Stress

Diet

Recommendation Name	The Details	Linked Traits
Magnesium Rich foods	Consume a diet rich in magnesium.	Cortisol, Depression, Osteoarthritis, Stress Response
Anti-Inflammatory Diet	Consume a diet rich in anti-inflammatory foods.	Depression, Inflammation
Antioxidants	Consume a wide variety of antioxidant-rich foods daily, aim for at least 5 servings of brightly colored fruits and vegetables.	Cortisol, Osteoarthritis
Dark Chocolate (70-99%)	Eat approximately 1 oz of dark chocolate per day.	Cortisol, Stress Response
Folate Rich Foods	Consume a diet rich in folate.	Depression, Migraines
Fruits and Vegetables	Include fruits and vegetables at every meal to increase levels of antioxidants in the body, especially strawberries, blueberries, broccoli, sprouts, and green leafy vegetables.	Inflammation, Oxidative Stress
Butternut Squash Seeds	Consume 1 oz of butternut squash seeds later in the day.	Stress Response
Calorie Restriction	Reduce overall calorie intake to create a calorie deficit.	Oxidative Stress
Dietary Fiber	Increase dietary fiber intake to recommended 25 g for females and 30 g for males.	Inflammation
Gluten Free Diet	Avoid gluten-containing foods such as baked goods, cereals, or other foods processed in a facility that also processes gluten.	Depression
Limit Added and Refined Sugars	Limit added and refined sugars to no more than 25 g per day (1 oz of sugar or 8 oz of soda).	Cortisol
Mediterranean Diet	Adopt a Mediterranean-style diet that includes a variety of antioxidant-rich foods, heart healthy fats, and complex carbohydrates.	Inflammation
Nut Consumption	Consume a variety of nuts including almonds, walnuts, macadamia nuts, and brazil nuts.	Inflammation
Omega-3 Rich Foods	Consume a diet rich in omega-3 fatty acids.	Inflammation
Potassium Rich Foods	Consume a diet rich in potassium.	Cortisol
Riboflavin (B2)	Consume a diet rich in vitamin B2 (riboflavin).	Cortisol
Thiamine (B1)	Consume a diet rich in vitamin B1 (thiamine).	Cortisol
Vitamin B6 Rich Foods	Consume a diet rich in vitamin B6.	Cortisol
Vitamin D Rich Foods	Aim to get at least 3,000 IUs of vitamin D from a combination of diet, sunlight, and supplementation per day.	Osteoarthritis

Vitamin K Rich Foods	Aim to consume 90 to 120 mcg of vitamin K from a combination of diet and supplementation per day.	Osteoarthritis
Zinc Rich Foods	Consume a diet rich in zinc.	Depression

Lifestyle

Recommendation Name	The Details	Linked Traits
Meditation	Engage in 10 to 20 minutes of mindfulness meditation 2 or more times per week.	Depression, Migraines
Reduce Stress	Engage in enjoyable hobbies such as gardening, sports, or other leisure activities to help reduce stress.	Oxidative Stress, Stress Response
Adequate Sleep	Aim for the recommended 7 to 8 hours of sleep each night.	Cortisol
Chinese Herbal Bath Therapy	Adopt a chinese-style bathing technique involving steaming and washing the affected area with anti-inflammatory and analgesic herbs at least 2 times per day, especially during flare-ups.	Osteoarthritis
Intermittent Fasting	Try intermittent fasting (fasting for 14+ hours daily) or alternate day fasting (fasting for 24 hours every other day).	Inflammation
Limit Alcohol	Avoid alcohol or limit alcohol to no more than 1 drink per day for women and 2 drinks per day for men.	Migraines
Relaxation	Practice deep breathing techniques for relaxation daily such as belly breathing or alternate nostril breathing.	Cortisol
Sleep Consistency	Stick to a consistent sleep routine that consists of going to sleep and waking up at approximately the same time each day.	Inflammation

Exercise

Recommendation Name	The Details	Linked Traits
Aerobic Activity	Aim for 20 to 30 minutes of aerobic physical activity most days of the week.	Depression, Migraines, Oxidative Stress, Stress Response
Yoga	Incorporate at least 1 to 2 yoga sessions into your weekly exercise routine.	Depression, Migraines, Oxidative Stress
Dancing	Incorporate 45 to 60 minutes of dance several times per week into your normal exercise routine.	Depression
Water Exercise	Participate in water-based exercises for at least 150 minutes each week.	Osteoarthritis

Further Testing

Recommendation Name	The Details	Linked Traits
C-Reactive Protein (CRP) or hsCRP	Test levels of C-Reactive Protein (CRP) or hsCRP	Inflammation, Migraines, Osteoarthritis
Homocysteine Levels	Check blood homocysteine levels	Depression, Inflammation, Migraines
Vitamin D3 (25-OH)	Test blood levels of vitamin D3 (25-OH)	Depression, Migraines, Osteoarthritis
4-Point Salivary Cortisol Test	Perform a 4-Point salivary cortisol test	Stress Response
Carotinoids	Test alpha-carotene, beta-carotene, beta-cryptoxanthin, lycopene, lutein, zeaxanthin and serum Vitamin A	Depression
Erythrocyte Sedimentation Rate (ESR)	Test erythrocyte sedimentation rate (ESR) in blood	Inflammation
Ferritin	Test blood ferritin levels	Cortisol
Fibrinogen	Test fibrinogen levels in the body	Inflammation
Folate Testing	Test folate levels	Inflammation
IL-6 Testing	Test for levels of IL-6	Inflammation
Magnesium	Test magnesium levels	Depression
Markers of Oxidative Stress	Test markers of oxidative stress	Oxidative Stress
Methylmalonic Levels	Test for methylmalonic levels	Depression
Morning Cortisol Levels	Test serum morning cortisol levels	Cortisol
Serum B12 Levels	Measure serum B12 levels	Depression
TNF-alpha	Test for TNF-alpha	Inflammation
Vitamin K	Test vitamin K levels	Osteoarthritis
Zinc	Test serum zinc levels	Depression