



Nutrition Genome

Mood / Memory

Low Serotonin production-higher stress perception, IBS, depression and compromised episodic memory..

- Moderate intensity aerobic exercise
- Meditation
- Green
- black tea
- Tryptophan
- prebiotics
- probiotics
- Ginkgo biloba
- B2
- B6
- B12
- folate

Brain Health

Lower cannabinoid levels: Higher anxiety and stress perception. Less 'blissful'.

- Running and biking > 30 minutes
- Strenuous hiking at high altitude
- Meditation, Yoga and deep breathing
- Red clover tea (women)
- Kaempferol: green leafy vegetables, including spinach and kale, and herbs such as dill, chives, and tarragon
- Cacao
- Genistein: Soy milk, soy flour, soy protein isolates, textured soy protein, Tempe
- Echinacea tea
- 7-hydroxyflavone (parsley, onions, berries, tea, and citrus fruits)
- Beta-caryophyllene (cloves, rosemary, hops)

Heart Health

Blood pressure dysregulation due to poor saturated fat processing.

- Potassium
- Vitamin D
- Resveratrol
- Curcumin

Stress Response

Fast metabolizer of estrogen, dopamine and adrenaline. Better response to high pressure situations with the ability to be more emotionally resistant and calm in a crisis. Thrive in response to certain stressors with enhanced cognitive performance due to elevation of dopamine and adrenaline. Perform well on tasks demanding cognitive flexibility, but not demanding focused attention. Lower dopamine can affect executive function and problem-solving abilities.

- High-intensity exercise, low media exposure
- Meditation
- Balanced Blood Sugar
- Increasing catecholamine intake: Coffee, black tea, green tea, red wine, chocolate, citrus, bananas, berries, vanilla -> slow down enzyme
- Fiber
- Vit D
- Omega-3-Fatty Acid

Increased adrenaline production, elevated stress response, and associated with IBS, anxiety, and chest pains.

- Deep breathing methods(box breathing)
- Stress reduction techniques(Meditation, Brain Spa by OWM, and Yoga)
- Adaptogens (Ashwagandha, Cordyceps, and Reishi)
- Magnesium
- Vitamin C

Tissue / Genetic Repair

Slower collagen repair / turn over. Poor processing capacity of betablockers, antidepressants and opioids. Lower Vo2Max (tissue oxygenation).

- Cryotherapy
- Vitamin C
- B6
- Zinc
- CopperGlycine
- proline

- lysine
- ashwagandha
- Eluethero root

General Inflammation

Higher need for folate for healthier Nitric Oxide production(inflammation reduction, blood pressure control, brain function, and cancer protection).

- Methyl folate
- Vit C
- Selenium
- Mg
- B6
- L-arginine
- BH4 supplement Mood Assist from OWM

Poor Glutathione production- lower antioxidant capacity- higher need for precursor Cysteine..

- Animal foods (because theyâ€™re high in cysteine)(lean cuts only due to poor saturated fat processing)
- Lutein
- Zeaxanthin
- Bilberry
- Lingonberry
- Vitamin C
- Vitamin E
- DHA
- Zinc

Poor processing of oxidative stress(cellular inflammation) from environmental toxins, plastics, etc..

- Deep breathing relaxation techniques (yoga, meditation, prayer) -> assist catalase
- Monitor iron levels
- Higher need for flavonoids, selenium, ginger, cumin, anise, fennel, caraway, cardamom
- Boron, lutein, holy basil
- Lionâ€™s Mane mushroom

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Cholesterol / Glucose Management

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- Monosaturated or polyunsaturated fats to replace saturated fat
- Fish oil
- Algae EPA/DHA

Glucose effected by meal timing through melatonin metabolism.

- Dinner before 7pm
- No late night snacks
- Breakfast after 7:30am