

Epigenetic Expression & Trigger Assessment

Client Name: ____ Date: _____ Genomic Test Status: ☐ Pending ☐ Completed

Purpose of this Tool

In Functional Medicine, we know that **"Genetics loads the gun, but environment pulls the trigger."** This tool helps identify if your genetic predispositions (SNPs) are currently being "expressed" due to lifestyle triggers. Use this to move from a victim mindset to an empowered action plan.

Section 1: The "Big Three" Genetic Expression Check

Check the boxes that apply to your current experience over the last 30 days.

1. MTHFR (Methylation/Folate Conversion)

Signs your methylation "switch" may be struggling: - ☐ Persistent fatigue or low physical energy - ☐ Brain fog or difficulty concentrating - ☐ History of high homocysteine (if known) - ☐ Low mood or mild-to-moderate anxiety - ☐ Sensitivity to chemicals or poor alcohol tolerance

2. COMT (The Stress & Hormone Manager)

Signs your "Worrier" phenotype may be over-activated: - ☐ "Wired but tired" (exhausted but can't turn your brain off) - ☐ Racing thoughts, especially at night - ☐ Difficulty "coming down" after a stressful event - ☐ Sensitivity to caffeine (jitters, heart palpitations) - ☐ (For women) Symptoms of estrogen dominance (PMS, heavy cycles)

3. APOE (The Brain & Lipid Guard)

Signs your body is reacting to inflammatory triggers: - ☐ Frequent "brain fog" or word-finding difficulty - ☐ High sensitivity to high-fat meals or "heavy" foods - ☐ Feeling significantly worse after exposure to mold or toxins - ☐ History of high LDL cholesterol despite a "healthy" diet

Section 2: The "Switch" Audit (Epigenetic Triggers)

Identify the environmental signals currently interacting with your DNA.

Trigger Category	Current Exposure Level (1-10)	Primary Source/Note
Toxic Burden		(e.g., mold, heavy metals, plastics)
Nutritional Gap		(e.g., low leafy greens, low B-vitamins)
Emotional Stress		(e.g., work pressure, relationship strain)
Sleep/Circadian		(e.g., late-night blue light, insomnia)
Inflammation		(e.g., processed oils, chronic infection)

Section 3: Reflection & Empowerment

Trigger Load Score: (Sum of 1-10 ratings above) / 50 = _% *(Higher scores indicate a greater need for epigenetic "cleanup" to protect your genetic blueprint.)*

Practitioner Observations:

The "Light Switch" Shift: *Instead of saying "I have the [X] gene," rephrase it as: "My body is currently sensitive to [Trigger], which affects my [Gene Function]. By changing my [Habit], I can flip the switch back to health."*

Next Steps:

1. **Targeted Nutrient:** _____ (e.g., Magnesium for COMT)
2. **Lifestyle Shift:** _____ (e.g., Blue light blocking for Clock genes)
3. **Dietary Focus:** _____ (e.g., Increase cruciferous vegetables)

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