

Genomic "Blueprint vs. Reality" Protocol Worksheet

Client Name: _____ Date: _____

Section 1: Genomic Blueprint (Genotype) vs. Current Expression (Phenotype)

Instructions: Use this section to map the client's genetic "weak links" against their current symptoms or lab markers. This bridges the gap between their DNA and their current health status.

Key SNP	Genotype Result (+/-, +/+, or Null)	Phenotype Correlation (Symptoms/Labs)	"Budget" Status
MTHFR (Methylation)		[] Fatigue [] Brain Fog [] High Homocysteine	[] Overspending
GSTM1 (Detox)		[] Chemical Sensitivity [] Mold Issues [] Skin Issues	[] Overspending
TNF-alpha (Inflammation)		[] Joint Pain [] Slow Recovery [] High hs-CRP	[] Overspending
COMT (Stress/Mood)		[] Anxiety (Slow) [] Low Focus (Fast) [] Insomnia	[] Overspending
VDR (Vitamin D)		[] Low Immunity [] Low Mood [] Low Vit D Lab	[] Overspending

Section 2: The "Sustain" Strategy Protocol

Instructions: Based on the "Overspending" areas identified above, list the specific lifestyle, environmental, or nutritional "deposits" required to balance the budget.

Priority Area 1: _____ - [] Dietary Action: _____ - [] Supplement Support: _____ - []
Environmental Change: _____

Priority Area 2: _____ - [] Dietary Action: _____ - [] Supplement Support: _____ - []
Environmental Change: _____

Section 3: COMT Phenotype Management

Identify the client's COMT profile to personalize their lifestyle "software."

Phenotype Identified: [] **The Warrior** (Fast) | [] **The Worrier** (Slow)

- **For the Warrior:** Focus on high-intensity intervals and dopamine-boosting activities to maintain focus.
- **For the Worrier:** Focus on magnesium, "down-training" the nervous system, and reducing catecholamine load (caffeine/stress).

Section 4: Practitioner Reflection & Ethical Communication

The "Budget" Analogy Reflection: How will you explain these findings to the client to avoid "Genetic Fatalism"?

Clinical Correlation Check: Which functional labs (OAT, Blood Chem, DUTCH) confirm these genomic findings?

Next Steps:

1. _____
 2. _____
 3. Re-evaluate Phenotype markers in _____ (weeks/months).
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