

Genomic Cluster & Symptom Correlation Worksheet

Client Name: _____ Date: _____

Purpose: This tool helps correlate your genetic predispositions (SNPs) with your current physiological symptoms. By identifying where your "metabolic bottlenecks" are, we can prioritize the specific nutrigenomic "bypasses" needed to silence problematic gene expressions.

Section 1: The Neuro-Hormonal Axis (COMT & MAO-A)

Focus: Stress hormones (Adrenaline/Dopamine) and Estrogen clearance.

SNP Status (if known): COMT: ☐ Slow (++) ☐ Mixed (+/-) | MAO-A: ☐ Slow (++) ☐ Mixed (+/-)

Symptom Checklist (Check all that apply): - ☐ "Tired but wired" feeling (exhausted but can't relax) - ☐ Anxiety or ruminating thoughts that last for hours/days after a stressor - ☐ High-achiever/Perfectionist personality ("Worrier" profile) - ☐ Heavy menstrual cycles or history of estrogen dominance - ☐ Sensitivity to caffeine or stimulants - ☐ Irritability or sudden mood swings - ☐ Sensitivity to high-histamine foods (aged cheese, wine, fermented foods)

Section 2: Environmental Resiliency (GST & VDR)

Focus: Detoxification capacity and Vitamin D utilization.

SNP Status (if known): GSTM1/P1: ☐ Null/Absent ☐ Present | VDR: ☐ Slow (Taq/Bsm/Fok)

Symptom Checklist (Check all that apply): - ☐ "Canary in the coal mine" (sensitive to perfumes, exhaust, or cleaning chemicals) - ☐ History of mold illness or chronic inflammatory response - ☐ Low Vitamin D levels despite supplementation - ☐ Frequent infections or slow recovery from illness - ☐ Brain fog that worsens in specific buildings or environments - ☐ History of "reacting to every supplement" tried in the past

Section 3: The Methylation Web (MTHFR, MTR, MTRR)

Focus: Cellular repair, neurotransmitter production, and B-vitamin recycling.

SNP Status (if known): MTHFR: ☐ 677 ☐ 1298 | MTR/MTRR: ☐ Slow (++)

Symptom Checklist (Check all that apply): - ☐ Chronic fatigue or low physical stamina - ☐ History of elevated Homocysteine (if tested) - ☐ Brain fog or difficulty with word-finding - ☐ Poor response (or adverse reaction) to high-dose Methyl-B12/Folate - ☐ Family history of cardiovascular issues or early cognitive decline

Section 4: Nutrigenomic Strategy (The "Bypass" Plan)

Based on the clusters identified above, prioritize the following cofactors:

If Cluster is "Slow"...	Consider Support (The Bypass)	Practitioner Notes
COMT / MAO-A	Magnesium Glycinate, B2 (Riboflavin), Low Histamine	
GST (Null)	Sulforaphane, NAC, Milk Thistle, Clean Living	
VDR	Higher dose D3 + K2, Vitamin A, Zinc	
Methylation Web	Riboflavin (B2) first, then low-dose Methyl donors	

Summary & Observations:

Primary Bottleneck Identified: _____

Client Reflection: Which of these "clusters" best explains the symptoms you have struggled with long-term?

Next Steps:

- _____
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