

Understanding Your Functional Tests & Genetic Results

What is Advanced Testing?

Functional and genetic tests go beyond standard blood work to look at your body's unique "blueprint." These tests help us understand your health tendencies and how your environment—like the food you eat and the way you sleep—affects your well-being.

Why This Matters For You

- **Genetics is Not Destiny:** Your genes are like a roadmap, but you are the driver. Knowing your genetic "tendencies" allows us to choose the specific lifestyle habits that keep your healthy genes "turned on" and your "unhealthy" genes "turned off."
- **Privacy and Peace of Mind:** Your biological data is your most private asset. We prioritize labs that respect your privacy, ensuring your information is secure and not sold to outside companies without your clear "okay."
- **Smart Investing:** We want to make sure every dollar you spend on testing provides real value. We focus on tests that will actually change your plan for the better, rather than just collecting data for data's sake.

What You Can Do Today

1. **Focus on Epigenetics:** Remember that your daily choices (stress management, movement, and nutrition) are often more powerful than your DNA. A "high risk" gene does not mean you will get a disease; it just means we need to be proactive.
2. **Review the Privacy Policy:** Before we run a test, feel free to ask how the lab handles your sample. You have the right to know if they store your data or if you can request to have it deleted after the test is done.
3. **Verify Your "At-Home" Results:** If you have results from a consumer kit (like 23andMe), treat them as "hints" rather than absolute facts. These tests are great for exploration, but we should confirm any big findings with a professional clinical lab before making major changes.

Questions to Discuss with Your Practitioner

- "How will the results of this specific test change my daily health protocol?"

- "If this test finds something unexpected that is outside our coaching scope, what is our plan for getting me to the right medical specialist?"
- "Are there any lower-cost tests we should do first before moving to this advanced option?"

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