

# Bio-Individual Blueprint: Genomic & Metabolomic Integration Worksheet

**Client Name:** \_\_\_\_ **Date:** \_\_\_\_

**Practitioner: \_\_\_ Phase: Organize/Target**

## Section 1: Concordance Mapping (The "Blueprint" vs. "Construction Site")

*Use this section to identify if a genetic predisposition (SNP) is currently expressing as a functional bottleneck (Metabolomic marker).*

Genetic Pathway (SNP)	Metabolomic Marker (OAT/Blood)	Clinical Phenotype (Symptoms)	Concordance? (Yes/No)
Ex: COMT / MAO-A	High VMA / HVA	Anxiety, "Wired but Tired"	[X] YES
Methylation: (MTHFR/MTR)	FIGLU / Homocysteine: ____	_____	[ ]
Detox: (GST / GPX)	Pyroglutamate: ____	_____	[ ]
Neuro: (COMT / MAO)	VMA / HVA / 5-HIAA: ____	_____	[ ]
Nutrient: (BCMO1/PEMT/FUT2)	B12 / MMA / Choline: ____	_____	[ ]
Other: _____	_____	_____	[ ]

## Section 2: Enzymatic Bottleneck Prioritization

Identify which node of the Matrix requires the most immediate "Target" phase intervention based on the data above.

**Primary Bottleneck Identified:** \_\_\_\_\_

**Impact on R.O.O.T.S. Method™ Matrix:** - [ ] **Biotransformation:** (High toxic load/low glutathione expression) - [ ] **Energy/Mitochondria:** (Krebs cycle intermediates/B-vitamin SNPs) - [ ] **Communication:** (Neurotransmitter backlog/hormone clearance) - [ ] **Assimilation:** (Nutrient absorption SNPs/FUT2)

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### Section 3: Precision Protocol Design

*Select the specific "Key" for the identified "Lock." Avoid generic supplements; target the enzymatic speed.*

Targeted Intervention	Dosage/Frequency	Genomic Rationale (The "Why")
Nutrient Key: ____	____	____
Nutrient Key: ____	____	____
Lifestyle/Diet: ____	____	____

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### Section 4: Client Communication & Epigenetic Framing

*Draft the "Empowerment Model" explanation to avoid genetic fatalism.*

**The "Aha!" Discovery:** (e.g., "Your anxiety isn't just 'stress'; your COMT enzyme is working slowly, causing a backlog of adrenaline...")

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**The Epigenetic "Switch":** (How this protocol "talks" to the genes)

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### Practitioner Observations & Reflection:

**Confidence Level in Concordance (1-10):** \_ **Next Lab Re-test Date:** \_\_\_\_\_

**Notes:**

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