

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)		<input type="checkbox"/> Fatigue <input type="checkbox"/> Brain Fog <input type="checkbox"/> High Homocysteine	<input type="checkbox"/> Overspending
GSTM1 (Detox)		<input type="checkbox"/> Chemical Sensitivity <input type="checkbox"/> Mold Issues <input type="checkbox"/> Skin Issues	<input type="checkbox"/> Overspending
TNF-alpha (Inflammation)		<input type="checkbox"/> Joint Pain <input type="checkbox"/> Slow Recovery <input type="checkbox"/> High hs-CRP	<input type="checkbox"/> Overspending
COMT (Stress/Mood)		<input type="checkbox"/> Anxiety (Slow) <input type="checkbox"/> Low Focus (Fast) <input type="checkbox"/> Insomnia	<input type="checkbox"/> Overspending
VDR (Vitamin D)		<input type="checkbox"/> Low Immunity <input type="checkbox"/> Low Mood <input type="checkbox"/> Low Vit D Lab	<input type="checkbox"/> 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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