

Your **SIMPLIFIED** Road Map to Health

What is the difference between this **SIMPLIFIED** road map and the **MPA**?

The **MPA** ([Methylation Pathway Analysis](#)) is a more detailed explanation of each of the SNPS on Dr. Yasko's Methylation SNP panel, and is designed for a more comprehensive commitment to the program. Dr. Amy has found that there are some individuals who do not have the time to approach the program and fully customize it. Thus the **SIMPLIFIED** road map still takes into account the nutrigenomic profile and SNPs but does so in a more streamlined fashion. It has fewer intricacies and caveats so that it is easier to comply with the program, although you lose some of the customization in choosing a more streamlined approach. The **SIMPLIFIED** road map should still enable you to get a sense of supplement choices to bypass SNPs that were identified by any test.

Since some individuals may be following this **SIMPLIFIED** road map that have run other SNP tests, please be aware that Dr. Yasko cannot be held responsible for results from other SNP tests. It is up to the user to take responsibility for results of any SNP test that are used to make supplement determinations. As always you do want to work with and defer to your doctor for any supplement program. Please review the disclaimer below. In following the suggestions in this **SIMPLIFIED** road map you agree to the terms of the disclaimer.

I look forward to helping as many of you as possible on your personal road map to health!! With love and hope, Dr. Amy

This Simplified Protocol is dedicated to the memory of Dr. Rich Van Konynenburg, Ph.D., who worked tirelessly to provide a version of this program to help adults with Chronic Fatigue Syndrome (CFS).

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What makes Dr. Amy Yasko's protocol different?

Dr. Amy's protocol takes into account that each of us is unique and a one size fits all approach to health is not the answer. This program was designed by Dr. Amy Yasko, with a background in both integrative healthcare as well as more traditional training. This program has been successfully used to help support complex health conditions such as autism and chronic fatigue syndrome. Now, this **simplified version** of the same basic health program is available to help customize each individual's personal roadmap to health. This program takes into account genetic weaknesses as well as the role played by the environment and infectious agents in developing a tailored plan to keep you on the road to health.

Your individualized roadmap

It has been Dr. Yasko's experience that most health conditions in society today are *multifactorial conditions*, meaning that a number of circumstances need to go awry simultaneously for nonideal health to manifest. Multifactorial conditions stem from underlying genetic susceptibility combined with assaults from environmental stressors and infectious agents. Basic parameters like age and gender, along with other genetic and environmental factors play a role in the onset of non-ideal health.

Infections combined with excessive environmental burdens will generally only lead to problems with health if they occur in individuals with the *appropriate genetic susceptibility*.

Personalized nutrigenomic screening

One clear, definitive way to evaluate the genetic contribution of multifactorial conditions is to take advantage of new methodologies that allow for personalized genetic screening. Currently, tests are available to identify a number of underlying genetic changes in an individuals' DNA.

The field of **nutrigenomics** is the study of how natural products and supplements can interact with particular genes to decrease the risk of disease. By looking at changes in the DNA in these nutritional pathways it enables one to make supplement choices based on their particular genetics, rather than using the same support for every individual regardless of their unique needs. A knowledge of imbalances in nutritional genetic pathways allows one to utilize combinations of nutrients, foods and natural ribonucleic acids to bypass mutations and restore proper pathway function.

The *methylation cycle* is a central pathway in the body that is particularly amenable to nutrigenomic screening for genetic weaknesses. The result of decreased activity in this pathway causes a shortage of critical functional groups in the body called *methyl groups* that serve a variety of important functions.

Your body's personal mechanic

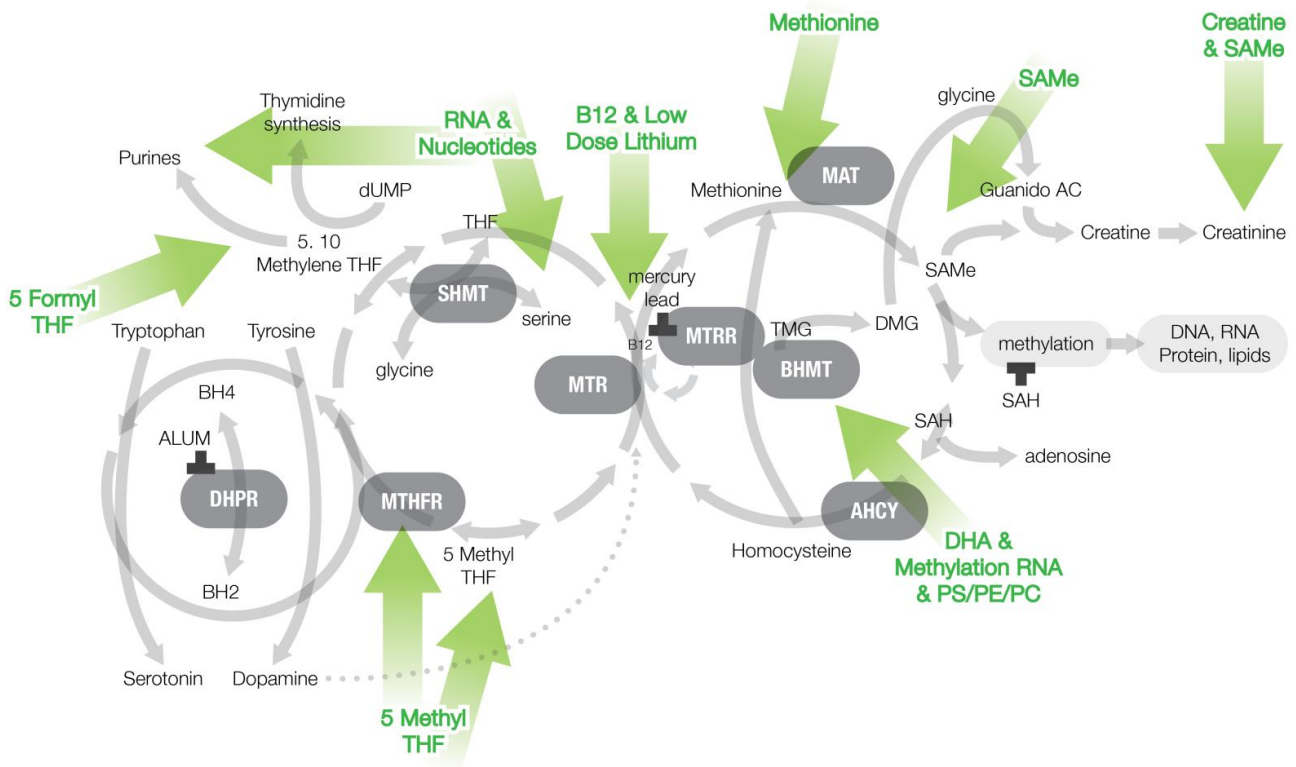
While the term may seem intimidating, a *methyl* group is actually just a group of small molecules, similar in size to the water molecule (H₂O). Water is a key to life as are methyl groups critical for health and wellbeing. Methyl groups are simply "CH₃" groups; they contain 'H' like in water and a 'C' like in coal or diamonds. However, these very basic molecules serve integral functions; they are moved around in the body to turn on or off genes.

One way to look at the role of methyl groups is that they serve as your own personal *mechanic* for your body, helping to repair and direct functions in your body. If we think about your body like a car then let's assume that you have just one car that you need to maintain over the course of your life, with the help of your own personal *mechanic*. The longer you have that car the more outdated it will become. Over the course of a lifetime the car body will accumulate rust and can rot out. Tires may wear out, the engine may need an overhaul. Alternatively the problems may be simpler such as the need for more wiper fluid or simply to keep the car filled with gas and to change the oil. In any case

your personal *mechanic* ensures that your car keeps running, that it can stay on the road...in this case on the road to health. If however your mechanic is unable to function, then all of these issues will start to accumulate over the course of the lifetime of your car. The rust may get so bad that car components fall off like your muffler or the tires become so worn that it is impossible to navigate a turn without the fear of blowing a tire. In the absence of your *mechanics* function you have no way to repair all of the large and small problems that arise with your car to the point where your car can no longer function.

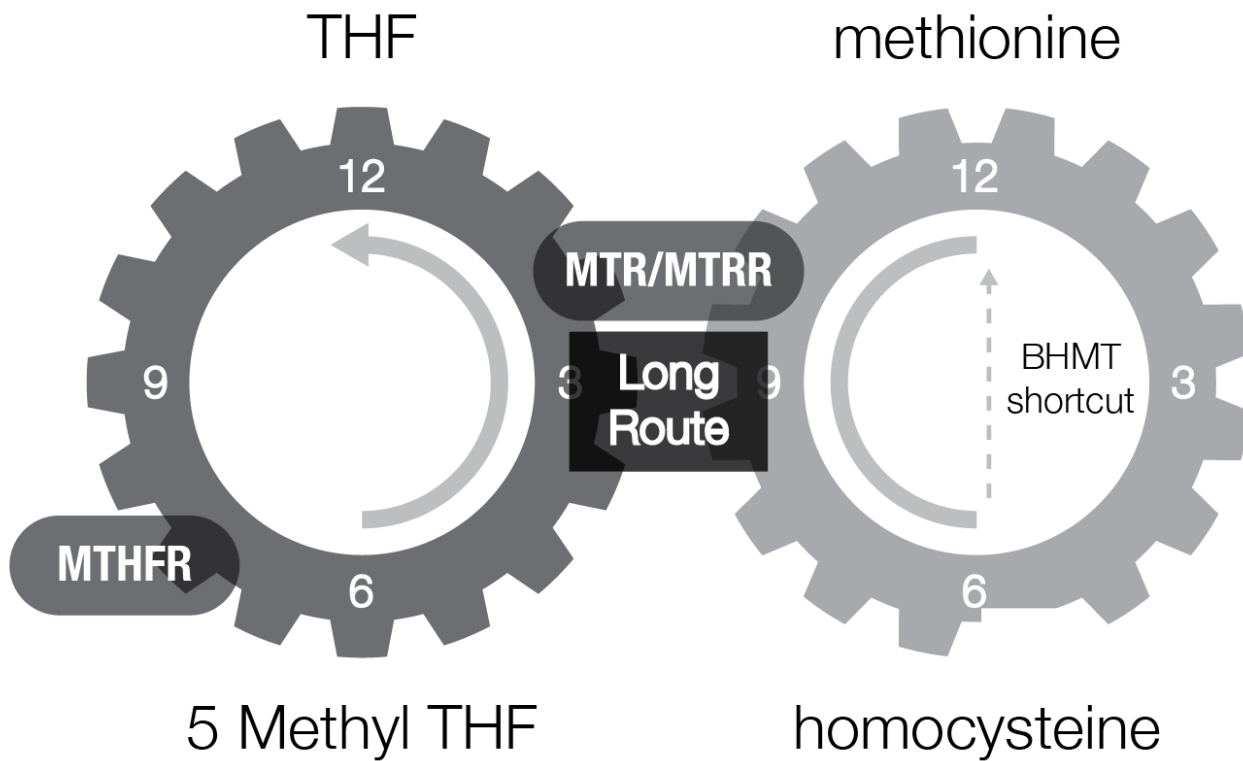
You can start to see why the proper functioning of the pathway that serves to direct your genes is so important. In addition to the editing of genes, this pathway also serves more direct roles in your body and is thus critical for overall health. While there are several particular sites in this pathway where blocks can occur as a result of genetic weaknesses, thankfully supplementation with appropriate foods and nutrients can help to bypass these mutations to allow for restored function of this pathway.

By testing to look at mutations in the DNA for this methylation cycle it is possible to draw a personalized map for each individual's imbalances which may impact upon their health. Once the precise areas of genetic fragility have been identified, it is then possible to target appropriate nutritional supplementation of these pathways to optimize the functioning of these crucial biochemical processes. As seen in the **diagram** below there are specific places in the cycle where support can be added. This support helps to bypass mutations in the pathway in a similar manner to the way you might take a detour on a highway. We can look at mutations in this pathway as analogous to a collision that has totally shut down traffic going in one direction on a highway. Support to bypass mutations in this pathway is like taking an alternate route to avoid the accident on the highway. Thus, the use of key nutrients or foods can aid in helping to bypass methylation cycle mutations and help restore function to this pathway

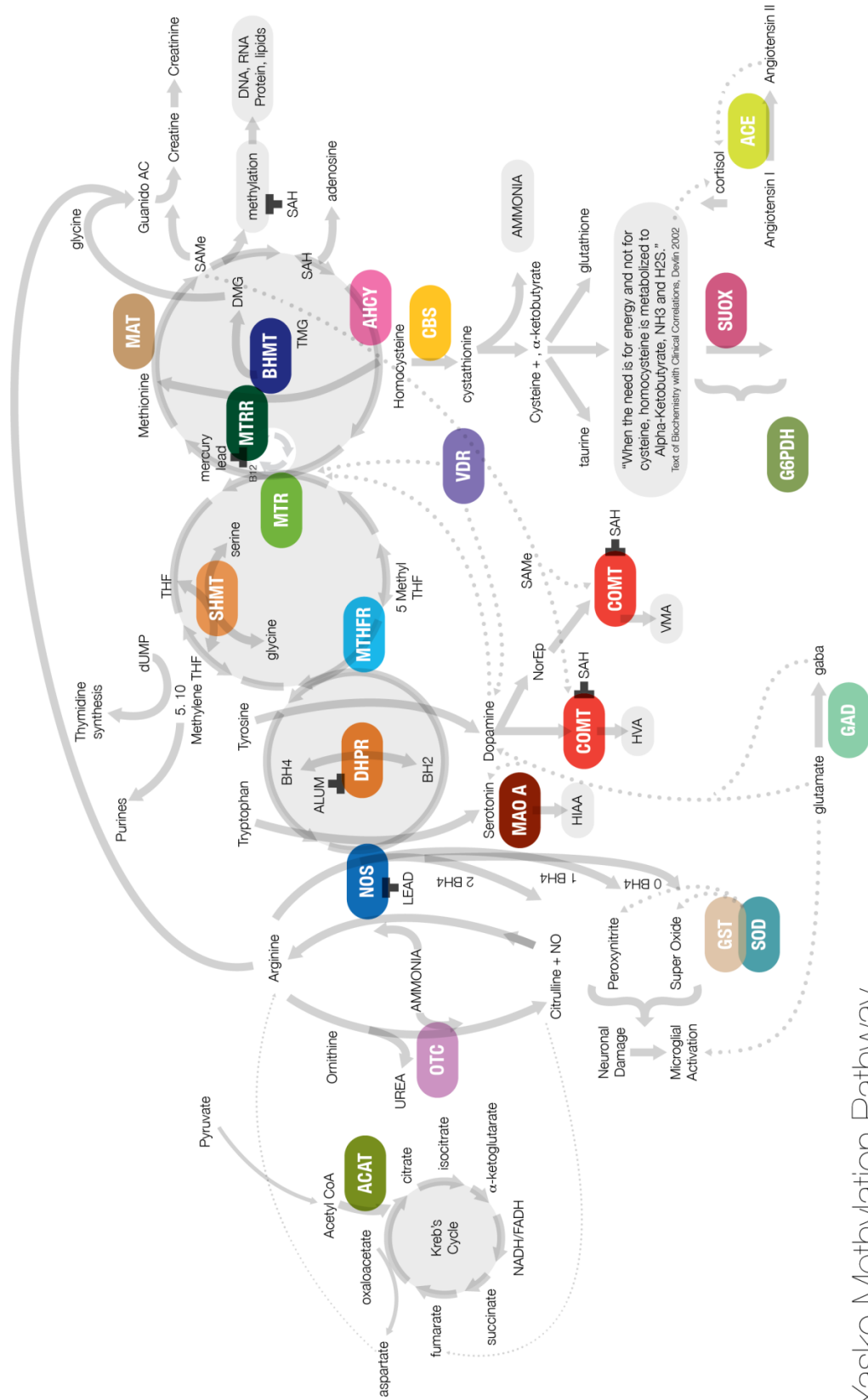


Dr. Amy Yasko looks at two routes around the methylation cycle: the short cut through BHMT and the long route around the cycle via MTR/MTRR and B12. While the ultimate goal is to support healthy function through both routes around the cycle, initially Dr. Amy focuses on short cut support. Then, long route support is layered in for more complete methylation cycle support.

Long route and Short Cut around the cycle:



Complete Methylation Cycle:



Yasko Methylation Pathway
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The Methylation Cycle is the intersection of several important pathways in the body; the common point is the need for methyl groups. Recall that methyl groups are simply small chemical compounds whose structure is similar to water. The ability to generate and move these groups is critical to health; these groups are needed for a large number of reactions in the body.

“Methylation takes place over a billion times a second in the body. It is like one big dance, with biochemicals passing methyl groups from one partner to another.”

(The H Factor, Dr. James Brady and Patrick Holford).

The role of the methylation cycle in your body

The methylation cycle is the ideal pathway to focus on for nutritional genetic analysis because the places where mutations occur is well defined and it is clear where supplements can be added to bypass these mutations. In addition to its editing role, the function of this pathway is essential for a number of critical reactions in the body. One consequence of genetic weaknesses (mutations) in this pathway is increased risk factors for a number of serious health conditions. Defects in methylation lay the appropriate groundwork for the further assault of environmental and infectious agents resulting in a wide range of conditions including diabetes, cardiovascular disease, thyroid dysfunction, neurological inflammation, chronic viral infection, neurotransmitter imbalances, atherosclerosis, cancer, aging, schizophrenia, decreased repair of tissue damage, improper immune function, neural tube defects, Down’s syndrome, Multiple Sclerosis, Huntington’s disease, Parkinson’s disease, Alzheimer’s disease, and autism.

- **Inflammation, bacterial and viral infection**

When you have bacterial or viral infections in your system it increases the level of inflammation in your body. Chronic inflammation would therefore exacerbate existing genetic mutations in this same pathway. The inability to progress normally through the methylation pathway as a result of methylation cycle mutations combined with the impact of viral and bacterial infections further compromises the function of this critical system in the body.

- **New cells and the immune system**

The building blocks for DNA and RNA require the methylation pathway to function optimally. Without adequate DNA and RNA it is difficult for the body to synthesize new cells. New cell synthesis is needed to repair damaged cells, to maintain the lining of the gut, to make new blood cells as well as for your immune system that defends you against infection.

T cells are a key aspect of your immune system and they require new DNA in order to respond to foreign invaders. T cell synthesis is necessary to respond to bacterial, parasitic and viral infection, as well as for other aspects of the proper functioning of the immune system.

- **Herpes, hepatitis and other viruses**

In addition, decreased levels of methylation can result in improper DNA regulation. DNA methylation is necessary to prevent the expression of viral genes that have been inserted into the body’s DNA. Loss of methylation can lead to the expression of inserted viral genes such as herpes and hepatitis among other viruses.

- **Sensory overload**

Proper levels of methylation are also directly related to the body's ability to both myelinate nerves and to prune nerves. Myelin is a sheath that wraps around the nerve to insulate and facilitate proper nerve reaction. Without adequate methylation, the nerves cannot myelinate in the first place, or cannot remyelinate after insults such as viral infection or heavy metal toxicity. A secondary effect of a lack of methylation and hence decreased myelination is inadequate pruning of nerves. Pruning helps to prevent excessive wiring of unused neural connections and reduces the synaptic density. Without adequate pruning the brain cell connections are misdirected and proliferate into dense, bunched thickets. When nerves grow in this unregulated fashion it can cause confusion processing signals. *Synesthesia* occurs when the stimulation of one sense causes the involuntary reaction of other senses, basically sensory overload.

- **Serotonin, dopamine and ADD/ADHD**

Methylation is also directly related to substances in your body that affect your mood and neurotransmitter levels of both serotonin and dopamine. In addition to its direct role as a neurotransmitter, dopamine is involved in assuring your cell membranes are fluid and have mobility. This methylation of phospholipids in the cell membranes has been related to ADD/ADHD. Membrane fluidity is also important for a variety of functions including proper signaling of the immune system as well as protecting nerves from damage. A number of serious neurological conditions cite reduced membrane fluidity as part of the disease process including MS, ALS, and Alzheimer's disease. In addition, phospholipid methylation may be involved in modulation of NMDA (glutamate) receptors, acting to control excitotoxin damage.

Methylation as one piece of a more complex puzzle

In general, single mutations or *biomarkers* are generally perceived as indicators for specific health issues. However, it is possible that for a number of health conditions, it may be necessary to look at the entire methylation pathway as a biomarker for underlying genetic susceptibility for nonideal health. It may require expanding the view of a biomarker beyond the restriction of a mutation in a single gene to a mutation somewhere in an entire pathway of interconnected function.

This does not mean that every individual with mutations in this pathway will have one of the health conditions listed above. It may be a necessary but not a sufficient condition. Most health conditions in society today are multifactorial in nature. There are genetic components, infectious components and environmental components. A certain threshold or body burden needs to be met for each of these factors in order for multifactorial disease to occur. However, part of what makes the methylation cycle so unique and so critical for our health is that mutations in this pathway have the capability to impair all three of these factors. This would suggest that if an individual has enough mutations or weaknesses in this pathway, it may be sufficient to cause multifactorial health issues. Methylation cycle mutations can lead to chronic infectious diseases, increased environmental toxin burdens and have secondary effects on genetic expression.

Before we get to supplement suggestions to help you on your road to health and wellness, it is important to understand that most mutations or SNP variations that are revealed are NOT "all or none mutations". In other words, if you or your loved one has a mutation or SNP variation, it does not mean that the activity of the gene is completely "off". It may simply mean it functions at a lower efficiency. When you look at the suggested nutritional support, you are working to increase the ability of the entire methylation cycle to run properly, keeping in mind that it has been functioning to some degree in spite of any mutations in particular genes.

Just as the physical location of your hometown will not change, your genetics will not change over time either. For this reason these test results will serve as a road map for your future. Knowledge of your genetics is like having an ultrasound that allows you to see inside your own individual DNA and to use this information for prevention of potential health issues. Suggestions that are made may be valid today, as well as next week, next year or ten years from now. Once you slowly implement your supplementation, your body can start to support the mutations, this helps in supporting the Methylation Cycle to function properly.

Nutrigenomic test results should help to put your mind at ease by giving you suggestions that you can act on. Nutrigenomics is a form of genetic testing that supplies information that can translate into positive constructive action. Dr. Yasko sees the ultimate goal of nutrigenomic testing to serve as a guide toward proper supplementation to bypass genetic weaknesses identified by SNP results.

Get started with these six simple steps

1) Get Your Glutamate and Gaba levels in balance and lay the groundwork for basic support

Excess glutamate relative to gaba can over excite your nerves. Glutamate works with calcium to stimulate your nervous system. Some stimulation is a good thing, but too much stimulation can leave you feeling nervous, twitchy and unable to sleep. The goal is to keep glutamate in balance so that you gain the benefits from it without having so much that your system is unbalanced:

- [BeCalm Spray](#) contains a number of ingredients to help balance excess glutamate. One of those ingredients is low level lithium support. This is a particularly important mineral, not only in terms of helping to control glutamate but lithium also helps with B12 transport. You want to be sure lithium is in balance before adding B12 so that you do not run the risk of further depleting potentially already low lithium levels.
- [Resveratrol Antioxidant Glutamate Balancing Spray](#) which is a special form of resveratrol can be another help for keeping glutamate in check as well as helping with pain or discomfort in the body.
- 1 to 3 capsules of the [All in One Multi-Vitamin](#) can help with overall nutritional support. This is a uniquely formulated general vitamin with specific forms of vitamins and minerals to optimize health. The general vitamin is iron free as iron drives bacterial virulence. It is also copper free to help to achieve an optimal zinc/copper ration. It also contains highly specific forms of B vitamins that take into account nutrigenomic issues and low doses of a range of minerals that Dr. Amy has identified to be lacking in many individuals with methylation cycle SNPs.
- [CoEnzyme Q10 Fatigue & Muscle Support Spray](#) to help with energy and for your muscles. CoQ10 is especially important for anyone taking cholesterol lowering medication but is something all of us can benefit from.

- [SDE](#) (Special Digestive Enzymes) to help your body process food and to keep your pancreas well supported for balanced blood sugar. One SDE can be taken with dinner or with larger meals during the day. Not all digestive enzymes are created equal, and SDE are special in that they have extra support for pancreatin in addition to other enzyme support.
- 1 to 2 sprays of [AminoAssist Spray](#). We all know we need protein, and the building blocks of protein are amino acids. Rather than eating a protein bar to get your amino acids, this special blend helps to give your body some of the key amino acids that it needs for daily function. For additional support you could also add in 1 or 2 Amino Assist capsules.
- 1 [Ultimate B Complex](#). Your body needs B vitamins daily as they are water soluble and so they don't stay in your system. There are a number of different forms of each of the B vitamins and Ultimate B contains special forms of B vitamins along with a source of low dose PQQ the newest member of the B vitamin family.

With only three types of capsules and four sprays you can start today on your Road Map to health.

2) Get Short Cut Support in place to get the cycle moving

Although the ultimate goal is to get the long route around the cycle working, this can cause excretion of toxins from the body. While detoxification is a good thing, it can also allow for symptoms during the detoxification process. For that reason, getting the cycle moving by supporting the short cut helps to restore methylation function while limiting detox reactions. Once the short cut is working, and lithium is in balance then B12 can be gradually increased and finally MethylMate A + B (or equivalent source of 5 methyl THF, low dose folinic, nucleotides, lactoferrin, biopterin, phospholipids). *While there are soy free options for PS/PC Dr. Amy prefers the use of [PS/PE/PC](#) (Phosphatidyl Serine Complex) with PI whenever possible rather than just using a soyfree PS + PC.*

For short cut support consider:

[All in One Multi-Vitamin/mineral](#)

[PS/PE/PC](#) gel cap + [SAM-e](#) (IF tolerated)

Soy free PS if a non soy form of PS is required along with a separate source of PC ([Seriphos](#))

[VitaOrgan](#) as a secondary source of PS as well as to help with nutrient absorption and gut pH

Daily [DHA](#) + few drops [Methylation RNA](#)

[BeCalm Spray](#)

3) Assess and support lithium levels

Lithium not only plays a role in mood, glutamate control and limiting aggression, but also has been shown to be involved in B12 transport. Many adults as well as individuals who are MTR A2756C + tend to have lower levels of lithium as judged by [hair metal analysis](#) (HMT). Supporting with higher levels of B12 before having ascertained that lithium is in balance may lead to further depletion of lithium levels. For this reason Dr. Yasko highly suggests running a hair metal test (HMT), and/or blood lithium test along with a [urine essential element test](#) (UEE) to assess the lithium level in the system. If lithium levels are low in hair and blood or urine, or if very high level lithium excretion (in the absence of support is seen in urine) consider additional lithium supplementation with your doctor before moving on to B12 support. Sources of lithium support can include [BeCalm Spray](#), low dose [lithium orotate](#), and the new general vitamin called "[All in One](#)". The level of support needed should be determined by a combination of running biochemical tests (UEE, HMT, blood lithium) as well as consultation with your health care provider.

4) Determine Your Ideal Form of B12

Once your lithium levels are in balance and short cut support is in place it is time to start to increase B12 support and to customize your supplement plan to optimize your health, based on your personal results. Just as the GPS system in your car guides you in unknown areas when you are driving, so too can your nutrigenomic results guide you in individualizing your personal healthcare. Not all of us can tolerate caffeine. We all know people who can drink espresso just before bed and fall asleep like a baby and others who are shaking from a single cup of dilute coffee. These differences in part reflect individual tolerances to certain compounds in coffee. These effects are similar to the response people can have to different forms of B12. We need B12, it is a critical B vitamin and by now all of you are getting some low dose B12 support from the All in One and Ultimate B complex. The forms of B12 in those vitamins are designed to be tolerated by all, but now it is time to add some specific B12 based on your nutrigenomic results. The chart below will help you to determine which form of B12 might be best tolerated by your system. There is a more detailed description of the types of B12 along with references for their use after the chart if you want more information than simply knowing which type of B12 might be best suited based on your nutrigenomics.

COMT V158M	VDR Taq	B12 types that should be tolerated
--	++ (TT)	All three types of B12
--	+-(Tt)	All three types with less methyl B12
--	--(tt)	Hydroxy B12 and Adenosyl B12
+-	++	All three types with less methyl B12
+-	+-	Hydroxy B12 and Adenosyl B12
+-	--	Hydroxy B12 and Adenosyl B12
++	++	Hydroxy B12 and Adenosyl B12
++	+-	Hydroxy B12 and Adenosyl B12
++	--	Mostly Hydroxy B12

While this chart helps to guide you on the choice of the type of B12 based on nutrigenomics, it is also important to pay attention to what your body is telling you. In spite of nutrigenomics if you are having trouble tolerating methylB12 then listen to your body and use hydroxyl with some adenosyl B12 instead. This is particularly true for adults who often have a more difficult time with any supplements that can trigger detox including any methylB12 support.

Why it is so important to have a form of B12 that you can tolerate

Vitamin B12 is a water soluble vitamin. This means that it doesn't stay in the body for a long period of time and that more frequent support with B12 may be needed to maintain healthy B12 levels in the body.

- Vitamin B12 is important for energy, for balance related sports, for endurance sports, for healthy red blood cells, for memory, among other roles in the body.
-
- Vitamin B12 can be depleted by drinking alcoholic beverages, a poor diet, certain medications and as we age.
- Lack of B12 has been associated with fatigue, alcoholic liver disease, anemia, cancer, ulcers, dementia, neural tube defects, depression and memory loss.
- Higher levels of B12 correlate with improved balance, energy and endurance in athletics.

Different types of B12 work best for different people

Vitamin B12 also called cobalamin can include hydroxyl B12, methyl B12, cyano B12 and Adenosyl B12. Many vitamins, including B12, are not active in the form in which they are normally found in food, instead the body needs to convert the B12 into a form that it can use directly. B12 is needed for the proper functioning of a number of different enzymes in the body, however not all types of B12 are equal and not all types of B12 can be easily changed to what is needed for critical reactions in the body. Hydroxy, methyl and adenosyl are all forms of B12 that are used directly by reactions in the body. Cyano B12 must be converted for use in the body and as the name suggests, cyanocobalamin contains a cyanide molecule.

- **Methyl B12** can be used in the body, though it cannot be tolerated by everyone. Those who get jittery from caffeine, coke, tea may not react as well to methyl B12. Many adults don't do as well with methyl B12 in spite of their nutrigenomics and so it is fine to choice an alternative form.
- **Adenosyl B12** is a special form of B12 that is important in the energy cycle in the cells of your body. It is important to have adenosyl B12 but it is not as versatile as other forms of B12 so it can be used in lower doses.
- **Hydroxycobalamin B12**, or hydroxy B12 is a unique form of vitamin B12, which is more easily converted to the form that is actually used for reactions in the body. This might cause you to ask, why doesn't everyone use high dose hydroxyl B12 in their formulations? Well, Hydroxycobalamin (Hydroxy B12) is more difficult to work with, harder to keep in an active form and more expensive than some other forms of B12, such as cyano B12. For this reason, many other products do not contain hydroxyl B12 and instead use cyano B12.
- **Cyano B12** contains a cyanide molecule. So when you take cyano B12 your body must first turn it into hydroxy B12 in order to use it, and then must find a way to get rid of the toxic cyanide molecule. We all know cyanide is a poison even if the rest of the B12 molecule is good for you. The body actually uses hydroxy B12 in order to detoxify cyanide. So, not only is cyano B12 not the form your body ultimately needs, but taking higher doses of cyano B12 may actually deplete your hydroxy B12. So why would anyone use cyano B12 if it can be toxic? Well, in low doses it may be helpful for the eyes, but for the most part cyano B12 is used because it is much less expensive, and a form of B12 that is easier to keep in a stable.

Options for additional B12 support:

- [Hydroxy B12 Mega Drops](#)
- [GET B12 Spray](#)
- [Black Bear Spray](#)
- [Black Bear Drink](#)
- [Adenosyl B12 Mega Drops](#)
- [Methyl B12 Mega Drops](#)
- B12 injections (if possible hydroxyB12)
- [Dibenzozide \(adenosyl B12\) tablets](#)
- [Activated B12 Guard](#)
- Low dose more limited support with cyanoB12 (as long as hydroxyl support in place)
 - B12 gum
 - [B12 patch](#)

For a complete list of B12 support:

<http://www.holisticheal.com/complete-b12-list.html>

5) The remainder of long route support

In addition to B12 support the long route around the cycle also uses folate. Those with MTHFR mutations cannot use plain folate ideally, and instead the use of 5 methyl THF helps to bypass MTHFR mutations. [MethylMate B](#) is a liquid form of 5 methyl THF that allows you to adjust the dose of 5 methyl THF down to very low levels. This is important as the addition of 5 methylTHF will often be the piece that triggers significant detox of toxic substances from the body. Having the ability to adjust this process with exquisite control is a real plus as it allows you to adjust the dose of 5 methylTHF and hence to have some control over the rate of detox. Starting with one drop or even one dilute drop is possible and then gradually increasing to 3 drops daily if tolerated. Dr. Amy is well aware that there are other programs that use much higher doses of 5 methyl THF. While this is not her preference at all, you can increase the amount of MethylMate B as needed to adapt to whatever program you are using

[MethylMate A](#) contains the ingredients to help to support the remainder of the methylation cycle. It includes nucleotides to take the pressure off the cycle and the immune system for generating nucleotide building blocks. It includes a low dose source of folinic acid as well as lactoferrin to support proper balance for the SHMT portion of the cycle (although those who are SHMT + should consider additional SHMT support). MethylMate A also includes low dose support for natural bipterin, as well as additional short cut support for PS, PE, PC, PI. One or more MethylMate A is sufficient for support of the cycle

6) Customized support Beyond B12

Now that you have determined the ideal form of B12 based on your personalized nutrigenomic profile it is time to look at adding in support to help bypass other imbalances that have been detected. Remember the mutations we are looking at are in a nutritional pathway. The beauty of this is that we can look at these well known pathways and see where supplements can be added to bypass imbalances that may show up on your test. Look at your test results and find any that are listed as ++ or +-. Then refer to the table below to look at suggested supplementation that can be considered to help bypass these issues.

NOTE: The ++ designation means that both copies of the gene are affected while + - means that only one of the two copies in the body has this mutation. In general those who are ++ may want to use slightly higher doses of supplements than those who are + -.

_____ As always work with and defer to your doctor _____

Gene Name	+ + or + -
COMT V158M	MethylMate A Caps and MethylMate B Drops and B12
COMT H62H	MethylMate A Caps and MethylMate B Drops and B12
COMT P199P	MethylMate A Caps and MethylMate B Drops and B12
VDR Taq (TT)	Vita D-Light Spray
VDR Fok	VDR/Fok Pancreatic Caps
MAO A R297R	SeroMood Serotonin Support
ACAT 1-02	ACAT/BHMT Caps with each meal
MTHFR C677T	B12 and MethylMate A Caps and MethylMate B Drops
MTHFR P39P	B12 and MethylMate A Caps and MethylMate B Drops
MTHFR A1298C	MTHFR A1298C/ Liver Support Caps
MTR A2756C	MethylMate A Caps and MethylMate B Drops and Lithium Support and low dose B12 and BeCalm Spray and low dose MTR/MTRR/SUOX Caps
MTRR A66G	B12 and MethylMate A Caps and MethylMate B Drops
MTRR H595Y	MethylMate A Caps and MethylMate B Drops and Lithium Support and B12
MTRR K350A	MethylMate A Caps and MethylMate B Drops and Lithium Support and B12
MTRR R415T	MethylMate A Caps and MethylMate B Drops and Lithium Support and B12
MTRR S257T	MethylMate A Caps and MethylMate B Drops and Lithium Support and B12
MTRR A664A	AminoAssist Spray and AminoAssist Caps and VitaOrgan Caps
BHMT 1	VitaOrgan Caps and ACAT/BHMT Caps with meals
BHMT 2	VitaOrgan Caps and ACAT/BHMT Caps with meals
BHMT 4	VitaOrgan Caps and ACAT/BHMT Caps with meals
BHMT 8	VitaOrgan Caps and ACAT/BHMT Caps with meals
AHCY 1	AHCY/SHMT Caps with meals
AHCY 2	AHCY/SHMT Caps with meals
AHCY 19	AHCY/SHMT Caps with meals
* CBS C669T	Black Bear Spray and low dose MTR/MTRR/SUOX Caps and * CBS RNA
* CBS A360 A	Black Bear Spray and low dose MTR/MTRR/SUOX Caps and * CBS RNA
* CBS 212	Black Bear Spray and low dose MTR/MTRR/SUOX Caps and * CBS RNA
SUOX S370S	Black Bear Spray and low dose MTR/MTRR/SUOX Cap
SHMT C1420T	SHMT Spray and AHCY/SHMT Caps
NOS D298E	MTHFR A1298C/Liver Support Capsules

_____ As always work with and defer to your doctor _____

* CBS issues

Those who are CBS + may tend toward excessively high taurine levels on a [urine amino acid](#) (UAA) test once methylation support is in place. Until adequate support for the methylation cycle is in place the impact of the CBS SNP is often not seen. As I have described before you can think of the CBS SNPs as a leaky plug in a bath tub. Until you fill the tub with water you cannot tell that the drain plug isn't sealing properly and is causing the tub water to flow down the drain instead of filling the tub. In a similar fashion, you cannot see the impact of the CBS SNP until you have sufficient methylation support in place such that the cycle is filling and at that point the taurine levels will rise well above the 50th percentile on a UAA if more CBS support is needed. Work with your doctor to use follow up UAA testing to monitor taurine levels and use the CBS RNA ONLY as needed to keep taurine in balance as determined by regular UAA testing for taurine levels and in conjunction with your doctor.

Special Considerations

We all encounter instances when we need some additional nutritional support, whether it is due to stress, heartburn, a head cold, too much social partying or simply a time period when we are feeling drained of energy. In addition to the general support, B12 support and specific nutrigenomic support listed above, during certain circumstances using some extra supplementation can make a big difference in recovery time.

Recommended for All

The [All in One Multi-vitamin/mineral](#)

Head Colds

[Naturomycin Spray](#)

[Naturomycin Caps](#)

[SHMT Spray](#)

[Zinc Lozenges](#)

[Seasonal Support Caps](#)

Sleep Issues

[Melatonin Sleep Spray](#)

Social Partying

[MTHFR A1298C/Liver Support Caps](#)

[GSH Caps](#)

Black Bear [Spray](#) and [Drink](#)

Energy/Fatigue

[Extra B12](#)

Black Bear [Spray](#) and [Drink](#)

[CoEnzyme Q10 Fatigue & Muscle Sup Spray](#)

Antioxidant support

[UltiFend Caps](#)

[MTHFR A1298C/Liver Support Caps](#)

[Reservatrol Antioxidant & Glutamate Bal Spray](#)

Limited Sunshine

[Vita D-Light Spray](#)

Additional Protein Support

[AminoAssist Caps](#)

[AminoAssist Spray](#)

[VitaOrgan Caps](#)

Metal Detox

[MetalAway Caps](#)

DetoxAway Caps (Coming)

Heartburn

[PeptiMycin Caps](#)

Additional Scientific Background and further testing

As already explained your DNA will not change so once you have nutrigenomic test results those will not change over your lifetime.

Unlike [genetic tests](#), biochemical tests will change over time. Biochemical testing measures the amount or activity of a particular enzyme or protein from a sample of urine or stool or hair. Biochemical testing can be used to assess the effect of supplementation on your system. Ideally, the goal is to use the knowledge of your genetics to make informed decisions on how to supplement and bypass weaknesses in your system. Then to use regular biochemical testing to monitor the progress of your supplementation to bypass mutations.

You can go to:

<http://www.holisticheal.com> for more information on biochemical testing.

<http://www.holisticheal.com/complete-list-of-health-tests.html>

For those of you who are interested in more in depth information about the Methylation Cycle such as an understanding of which genes have increased activity, which have regulation problems and those which have reduced activity you can find more advanced information in the book, Genetic Bypass by Dr. Yasko or by joining the discussion group at <http://www.ch3nutrigenomics.com>.