

## **Methylation Patient Instructions**

Modifying our Genetic Expression (Epigenetics)

The bottom line is that through focused genetic and kinesiological testing and the application of supplementation, we can:

1. Identify the presence of SNPs /mutations/polymorphisms in key places in the methylation cycle.
2. Use the right supplements to control how these genes act, in effect bypassing the genetic mutations to optimize methylation cycle function.
3. Benefit from all of the necessary tasks performed by a functioning methylation cycle.
4. Reduce (and repair the effects of) neurological inflammation.
5. Over time, correct imbalances, relieve symptoms, and optimize a person's potential for good health

### **Let's Begin!**

We will be evaluating your individual methylation patterns through genetic (DNA) testing and muscle testing to determine approximately where these genetic glitches are and recommending supplementation to achieve a "genetic bypass" of your particular DNA mutations.

### **First Visit:**

For your first visit, please bring any supplements and medications you are currently taking. Please also take some time to think about which symptoms you are seeking help for, including energy and mood. Please bring in a written list so nothing is left out during the appt.

### **Genetic Testing:**

23andme offers a simple inexpensive genetic test (done through saliva-\$200). You can order online [www.23andme.com](http://www.23andme.com). Please use my name as a referral. Results are received in approximately 6-8 weeks and we can begin your individualized nutrient supplementation protocol.

### **Treatment**

First Visit: After receiving the results from your genetic test, we will put your data through several templates to extract the information that is clinically relevant. (The cost of these 5-30\$ each). There is one main one that we use called [www.MTHFR.net](http://www.MTHFR.net) We can then use kinesiology to determine your exact nutrient needs and amounts of supplements needed to compensate for your genetic variants.

Remember, you have had a lifetime of not being able to absorb certain nutrients, so repair and detoxification will take a bit of time. However, progress is generally seen quickly in certain symptoms such as depression, focus, memory and fatigue. This first visit can takes 2 hours to take a history, go over your results and design a health program for you.

Because of our very unique genetics and environmental exposure levels your supplement program must be customized to fit your needs. We are trying to repair cellular damage, balance nutrient deficiencies, allow your body to detox, allow your immune system to function normally and repair neurological damage. The good news is that through this program it is possible to address all of these areas and rebalance these systems. However, this process takes time and patience. Success can be achieved by slowly correcting each imbalance and beginning to rebuild the body.

**Follow-up visits:** On your follow-up visit we will re-evaluate your program and make sure we are not missing any ingredients to get your body functioning normally again. These visits are 60 minutes. We determine how you are tolerating your treatment protocol.

Call the Heather my assistant to make an appointment or for more information at 414-345-6366, or schedule online:

[www.genbook.com/bookings/slot/reservation/30193308?bookingSourceId=1000](http://www.genbook.com/bookings/slot/reservation/30193308?bookingSourceId=1000)

**Supplements:** During your first appointment Dr Kate will set you up with a fullscript account and your supplements will be mailed to you. She is offering a 10% discount to you and shipping is free over 50\$.

Generally the amount of supplements will decrease over time as your body gets back into balance. Plan on taking 10-15 pills a day. Bring any supplements you are taking.