



WORLDWIDE HEALTH & FITNESS SOLUTIONS



# YOUR healthPower RESULTS

Personal DNA Report for:

Private and Confidential

# YOUR healthPower SUMMARY

Your personal report covers your genetic composition for results related to how well your body regulates sex hormones, detoxification, inflammation, immune response and tumour response, and methylation. The results give you an indication of your predisposition to the health factors tested. Your genetics are your blueprint. You can enhance and improve your health outcomes through diet, fitness and environment.

AREA TESTED	TELLS YOU (Risk Potential)	YOUR GENETIC COMPOSITION RESULTS	PAGE
DETOXIFICATION			
Detoxification Phase 1 - Activation	<i>How efficiently your body manages oxidation</i>	87% <span>13%</span>	10
Detoxification Phase 2 - Conjugation	<i>How efficiently your body conjugates drugs, hormones and various toxins into water soluble substances for elimination</i>	100%	12
Detoxification Phase 2 - Acetylation	<i>How efficiently your body catalyzes acetylation reactions to detoxify cancer causing carcinogens</i>	100%	14
Detoxification Phase 2 - Methylation	<i>How efficiently your body metabolizes dopamine, epinephrine (adrenalin), norepinephrine (noradrenaline), and estrogen.</i>	100%	15
Detoxification Phase 2 - Oxidative Protection	<i>How efficiently your antioxidant enzymes can protect you against reactive oxygen species</i>	50% <span>50%</span>	17
HORMONE HEALTH			
Biosynthesis of Androgens and Estrogens	<i>How effectively your body regulates sex steroids, estrogen and androgen</i>	25% <span>75%</span>	19
Phase 1 - Metabolism of Estrogens	<i>Your body's ability to metabolize estrogen</i>	100%	20
Phase 2 - Elimination of Estrogen Metabolites	<i>Your body's ability to eliminate estrogen and estrogen metabolites</i>	75% <span>25%</span>	21



● Normal Genes ● Variations

# YOUR healthPower ACTION PLAN

Your personal DNA results provide valuable insights into your body based on your unique genetic code.

This is a suggested healthPower Action Plan based on your personal DNA results. We have provided you with Action Tips that may help support your DNA and health.

The areas below are where you have higher genetic variations (>50% red in the Genetic Composition graphs). This increases your risk potential in that area over time. By taking action to support your health in these areas and managing lifestyle factors such as diet, exercise, sleep, stress and environmental factors, you increase the opportunity for your genes to function optimally.

AREA TESTED	ACTION TIPS	PAGE
DETOXIFICATION		
 Detoxification Phase 2 - Oxidative Protection	<i>Support your SOD2 antioxidant activity by supplementing with turmeric, manganese and foods rich in antioxidants such as berries, pecans and artichokes.</i>	17
HORMONE HEALTH		
 Biosynthesis of Androgens and Estrogens	<i>Your body may have greater issues regulating sex steroids, estrogen and androgen. Consider hormone free meat and dairy, and produce free of herbicides, pesticides and other chemicals. Use glass rather than plastic and reduce exposure to household chemicals.</i>	19

» Additional Tips are available throughout the report. Focus on areas where you have high red variations.

» These Action Tips are based on your genetic predisposition only. They are intended to support better health. They are not an indication of a problem and do not take into account where your health may be today.

» Consult with a healthcare practitioner before embarking on any major lifestyle changes.

# Biosynthesis of Androgens and Estrogens



## HOW EFFECTIVELY YOUR BODY REGULATES SEX STEROIDS, ESTROGEN AND ANDROGEN

The production of sex steroids, steroidogenesis, stems from cholesterol. Through the multi-step metabolism of cholesterol, progesterones, androgens and estrogens are sequentially synthesized (and androgens are metabolised).

Estrogen makes cells grow, develops the uterus, breasts, periods, pregnancy and the egg within the ovary. However, in excess it becomes toxic to the body. Too much estrogen causes cells to multiply out of control. A prolonged imbalance of estrogen to progesterone increases your cancer risk.

The following key genes, and their encoded enzymes, play critical roles in this multi-step biosynthesis and metabolism.

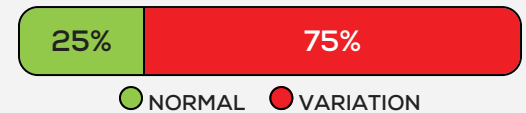


## TIPS TO TAKE POWER OVER YOUR HEALTH

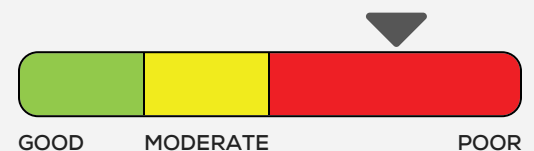
If you have variations in this panel, you may want to consider the following to improve your health:

- » Choose hormone-free, meat, dairy and wild fish.
- » Avoid produce that has been sprayed with herbicides or pesticides.
- » Use glass rather than plastic containers for food. Be sure not to heat or microwave food in plastic bags or containers.
- » Avoid bleached paper such as coffee filters, tissue paper, napkins.
- » Avoid the use of household chlorine containing bleach or use disposable gloves and open all the windows if working with chemicals.
- » Reduce use of solvents found in nail polish and nail polish remover.
- » Undergo lifestyle improvements in nutrition, exercise and stress management.
- » Follow your health care professional's schedule for checkups related to early detection of hormone related cancers.

## YOUR GENETIC COMPOSITION %



## YOUR GENE FUNCTION



▶ Your variations in these genes are high. This can lead to an imbalance of sex steroids, associated with an increased risk of hormone related diseases.