



# Genetic Consultation



**Thank you very much for your interest in Feed Your Genes with Morgan Knull. Now let's talk about next steps!**

The GeneRx Report is an integrative genetic report that uses the unique raw data from your Genetic Testing Kit. Unlike other genetic reports, it looks at how your genes behave together and provides specific supplemental protocols and lifestyle recommendations based on your individualized positions. Each gene has a list of associated characteristics that allow you to recognize when that gene is “switched on” - so this report is a true blueprint for managing all aspects of your health.

See below for What's Included in your GeneRx Report.

Let's get you set up with an effective health plan that includes optimal diet, supplements, exercise, and stress management strategies—all completely based on your individual genetic makeup. These are your package options:

## **Genetic Report Package**

Investment: \$625+ GST (CAN)

- ▶ Genetic Consultation (60-85 minutes)
- ▶ Personal GeneRx Report (as outlined below)
- ▶ Supplemental guidance
- ▶ Exercise recommendations
- ▶ Nutritional Program + Meal Plan (one week, customized based on your genetic macros)
- ▶ Ongoing Email Support

I'm really looking forward to supporting you in being healthier, happier, and better able to spend your time, money, and effort on the things you truly love.



## What's Included:

### ▶ **Metabolism**

A look at the hormones responsible for fat burning, formation of fat from food, and food-seeking behaviour. This will determine if intermittent fasting or three meals daily is best for your metabolic health.

### ▶ **Diet**

Analysis of how you respond to and handle dietary carbohydrates, fats, proteins, and dairy. This will provide you with the exact amounts of each macronutrient you need to manage weight, decrease inflammation, balance blood sugar levels, and prevent disease.

### ▶ **Resistance Training + Cardiovascular Health**

Information on what type of cardiovascular and resistance training is best for you based on your genetics. This takes oxygenation, inflammation, recovery, cardiovascular and metabolic health into account.

### ▶ **Injury Susceptibility**

Recommendations on how to best protect your tendons and joints, according to your inflammation and collagen production genetics. This section can help you get a clearer picture of the causes and treatments for many tendinopathies and sports injuries.

### ▶ **Stress Response**

Details regarding the production, transportation, binding and receptor density of various stress hormones. This determines how your body reacts in the face of short and long-term stressors, how you respond to stress, and your ability to turn off stress pathways once stressors are removed.

### ▶ **Neurotransmitters**

An in-depth look at the production, transportation and metabolism of serotonin and dopamine and how this affects your mood, memory, addictions, learning, and sleep.

### ▶ **Hormones**

Information regarding estrogen and testosterone conversion and clearance, and how this may affect your risk of hormone-related diseases.

### ▶ **Immunity**

How to better manage risk and treatment of allergies, infections, auto-immune disorders and inflammatory disease based on your immune response.

### ▶ **Inflammation**

Examines the production of inflammatory mediators that may contribute to disease risk and progression, impair neurotransmitter binding and stimulation of many other genes.

### ▶ **Detoxification**

How your detoxification pathways help identify, modify and clear toxins, hormones and medications that otherwise would remain as potential disease instigators.

### ▶ **Sleep**

This section is a look at circadian rhythms and the quality of your sleep to reset abhorrent sleep patterns such as trouble falling asleep or staying asleep.

### ▶ **Thyroid**

A look at the production and regulation of TSH, conversion of T4 into active T3 to help determine the strength and functioning of the thyroid and guide better treatment protocols.

### ▶ **Longevity**

This section looks at age related illnesses such as cognitive decline, tumour suppression, frailty and more.

### ▶ **Cholesterol**

A deeper look into the reasons one can present with high cholesterol as it pertains to predispositions and family traits (familial hypercholesterolemia).