



Genomic Medicine for Physical and Mental Health

Transform your health and mood with DNA-directed healthcare



Learn about your DNA and what makes you unique

- ✓ Have you been trying to lose weight and gain muscle but have been unable even though you have tried everything?
- ✓ Are you concerned about your risk for developing Alzheimer's or wondering what to do about your memory loss?
- ✓ Have you wondered whether your families' health problems are hereditary and genetic or lifestyle related or both?
- ✓ Do you want to know exactly what you need to do for your individual DNA-genetics to optimize your health and prevent disease?

Genomic testing is the revolution in medicine that can help you fine tune your food, diet, supplement, and exercise routine to enhance your health and prevent disease.

Choose a package that suits you

- 1) Pay for your test and consult package.
- 2) The test will be shipped to your door.
- 3) In 6 weeks you will receive an email to set up an appointment to review your test results with Dr. Korn and receive your plan of action.
- 4) You receive a comprehensive report on your genetics.
- 5) A clinical consultation with Dr. Leslie Korn, a Harvard Medical School educated Integrative medicine expert, who will provide you with a phone consultation to explain the findings and a written report to include dietary, supplements, herbs and exercise program.
- 6) Sample collection is easy – a simple cheek swab.

Alzheimer's and Cardiovascular Risk (APOE) \$325



There are three different forms of the APOE gene known as E2, E3 and E4 alleles. Genetically, E4 is the strongest risk factor for developing AD. According to the National Institute of Health, inheriting a single copy of ApoE4 from a parent increases the risk of Alzheimer's disease by about three-fold. Inheriting two copies, one from each parent, increases the risk by about 12-fold. In fact almost 40% of AD patients have inherited an E4 allele.⁹ In the cardiovascular system ApoE is involved in the transportation of fat molecules out of circulation and into your cells. Each of the allele variations, E2, E3 and E4 mediate cholesterol metabolism in a different manner. E4 is associated with increased levels of cholesterol and triglycerides, which leads to atherosclerosis, heart disease and stroke.

This panel identifies your risk category so you can take important steps to change your lifestyle before symptoms become evident.

Emotional Cognitive \$900



Emotional and cognitive health mean different things to women and men, and involves complex interaction between our genes and our environment. Neurotransmitter imbalances, mood disorders, response to stress, trauma, cognitive function, and adequate sleep are some of the areas commonly affecting emotional health. Alzheimer's disease and recovery from traumatic brain injury are cognitive dysfunctions that significantly impact quality of life. This extensive panel provides gender-specific information based on 81

gene and 242 variant interpretations, to provide important insights into developing personalized nutrigenomic strategies that address many of the areas involved in emotional and cognitive health. These include:

Addiction, Anxiety, Depression, Neurocognitive Functioning, Alzheimer's Disease, HPA Axis & Stress Response, Neuroplasticity, Neuropeptides, Traumatic Brain Injury, Circadian Rhythm & Sleep Dysfunction, Nutrient Utilization, Oxidative Stress & Inflammation.

The following genes are evaluated in this panel (may vary based on gender):

ALDH2, APOE, BCMO1, BDNF, BHMT, CAT, C β S, CLOCK, COMT, CRP, CYP1A2, CYP2R1, DHCR7, DIO2, DRD2, FADS1, FUT2, GC, GPX, HTR2A, IL-1B, IL-6, IL-10, IL-13, KDR, KIBRA, MC4R, MMAB, MR, MTHFD, MTHFR, MTR, MTRR, NBPF3, NPY, NQO1, OXTR, SLC2A2, SLC19A1, SLC23A1, SOD2, TAS1R3, TAS2R38, TCN2, TH, TNF- α , TTPA, VDR.

Cardiometabolic \$1,600



This comprehensive panel, with gender-specific reports based on more than 182 gene and 550 variant interpretations, provides personalized nutrigenomic strategies that affect the following areas:

Lipid Metabolism, Glucose Utilization & Metabolism, Cardiovascular Disease, Hypertension, Inflammation, Circadian Rhythm, Stress Response, Methylation/Homocysteine, Nutri-

ent Utilization, Thyroid Function, Oxidative Stress, Hormones involved in Appetite, Eating Behaviors & Fat Deposition, and Exercise

The following genes are evaluated in this panel (may vary based on gender):

ABCA1, ACE, ACTN3, ADIPOQ, AGT, ALDH2, APOA1, APOA2, APOA5, APOC3, APOE, BCMO1, BDNF, BHMT, CaSR, CAT, CETP, CLOCK, COMT, CRP, CYP1A2, CYP2R1, CYP27B1, C β S, DHCR7, DIO2, EDN1, eNOS, ETV5, FADS1, FADS2, FTO, FUT2, GC, GPX, GSTM1, GSTP1, GSTT1, HTR2A, IL-1 β , IL-6, IL-6R, LDLR, LEP, LEPR, LIPC, LPL, Lp(a), MC4R, MMAB, MTHFD, MTHFR, MTR, MTRR, NBPF3, NCR3, NQO1, Nrf2, PPAR- γ , PPAR- α , PPAR- δ , SEC16B, SLC2A2, SLC19A1, SLC23A1, SOD2, SOD3, TAS1R3, TAS2R38, TCF7L2, TCN2, TH, TMEM18, TNF- α , TTPA, VDR.

Athletic Performance \$800

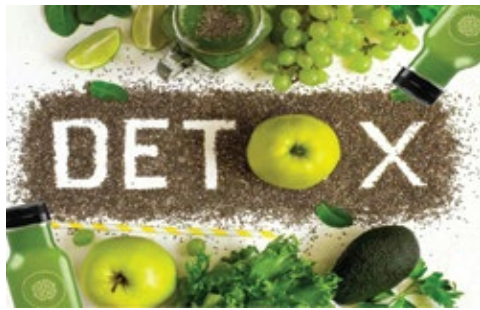


Designed for high-performances athletes, weekend warriors, or clients who just want to improve overall fitness, this genomic panel and gender-specific report, based on 97 gene and 286 variant interpretations, provides personalized nutrigenomic strategies for optimization in the following areas: Power, Endurance, Inflammation, Injury, Recovery Time, Aerobic Performance, Nutrient Utilization, Oxidative Stress, and Eating Behaviors.

The following genes are evaluated in this panel (may vary based on gender):

ACE, ACTN3, ADR β 2, ADR β 3, AGT, ALDH2, BCMO1, BHMT, CAT, C β S, COL1 α 1, COL5a1, CRP, CYP1A2, CYP2R1, DIO2, DRD2, FTO, FUT2, GC, GPX, GSTM1, GSTP1, GSTT1, HMOX, IL-6, IL-6R, KDR, LEP, LEPR, MC4R, MMAB, MTHFD, MTHFR, MTR, MTRR, NBPF3, NQO1, Nrf2, PPAR- α , PPAR- γ , PPARGC1A, SLC2A2, SLC19A1, SLC23A1, SOD2, TAS1R3, TAS2R38, TCN2, TNF- α , TTPA, VDR.

Detoxification \$900



Many of the nutrigenomic strategies used for detoxification rely on adequate levels of functioning nutrients. In this panel we have added the analysis of nutrient utilization to provide a complete picture of the interventions needed to optimize the detoxification process. This panel includes gender-specific interpretations based on 69 gene and 205 variant interpretations, and nutrigenomic strategies addressing common conditions including breast and prostate cancer, infertility, heavy metal and organotoxicity, and other conditions related to impaired detoxification. The areas of evaluation are:

Phase 1 & 2 Detoxification, Hormone Metabolism, Oxidation/Reduction, Nutrient Utilization (Includes Methylation), Eating Behaviors (Includes Caffeine & Alcohol).

The following genes are evaluated in this panel (may vary based on gender):

ALDH2, BCMO1, BHMT, CAT, C β S, COMT, CYP1A1, CYP1B1, CYP2R1, CYP17A, CYP19A1, DHCR7, FADS1, FUT2, GC, GPX, GSTM1, GSTP1, GSTT1, MMAB, MTHFD, MTHFR, MTR, MTRR, NBPF3, NQO1, Nrf2, SLC2A2, SLC19A1, SLC23A1, SOD2, SULT1A1, TAS1R3, TAS2R38, TCN2, TTPA, VDR.

Weight Management \$1,200



Achieving and maintaining a healthy body weight is a complex interplay between genes, gender, emotions, biochemistry, hormones, metabolism, dietary intake, exercise, toxins and inflammation.

This comprehensive panel provides gender-specific reports, based on 125 gene and 365 variant interpretations, offering personalized weight loss and weight management strategies affecting the following areas:

Body Fat, Waist Circumference, Body Mass Index (BMI), Cardiovascular Disease, Diabetes, Food Cravings & Addictions, Detoxification, Inflammation, Exercise, Nutrient Utilization, Weight Loss & Regain, Appetite Affecting Hormones And Metabolism & Thyroid Function.

The following genes are evaluated in this panel (may vary based on gender):

ACTN3, ADIPOQ, ALDH2, APOA2, ARDB2, BCMO1, BDNF, BHMT, CAT, C β S, CLOCK, COMT, CRP, CYP1A1, CYP1A2, CYP1B1, CYP2R1, DHCR7, DIO2, DRD2, EDN1, ETV5, FADS1, FABP2, FTO, FUT2, GC, GPX, GSTM1, GSTP1, GSTT1, HTR2A, INSIG2, LEP, LEPR, MC4R, MMAB, MTHFD, MTHFR, MTR, MTRR, NBPF3, NQO1, PPAR- δ , PPAR- γ , SLC2A2, SLC19A1, SLC23A1, SOD2, TCF7L2, TCN2, TTPA, VDR.

Complete Health \$2,500



The most common health issues for men and women include hormonal health, which impacts prostate, breast and cervical cancer, heart disease, diabetes, osteoporosis, migraine, and thyroid function.

With gender-specific reports based on more than 145 gene and 420 variant interpretations, this genomic panel can help provide insight to personalized prevention and treatment programs addressing the following health concerns:

Bone Health, Sex Hormone Metabolism, Prostate/Breast/Cervical Cancer, Infertility, Detoxification, Thyroid Function, Cardiovascular Disease, Diabetes, Migraine, Stress Response, Exercise, Eating Behaviors & Nutrient Utilization.

The following genes are evaluated in this panel (may vary based on gender):

ACE, ACTN3, ADR β 2, AGT, APOE, APOA1, APOC3, BCMO1, BDKRB2, BDNF, BHMT, CaSR, CAT, CLOCK, COL1A1, COMT, CRP, CYP1A1, CYP1B1, CYP17A, CYP19A1, CYP2R1, CYP27B1, C β S, DAO, DHCR7, DIO2, DRD, FADS1, FADS2, FUT2, GC, GPX, GSTM1, GSTP1, GSTT1, HMOX1, IL-1B, IL-6, IL-6R, MAO-A, MMAB, MR, MTHFD, MTHFR, MTR, MTRR, NBPF3, NPY, NQO1, OXTR, TNF α , SULT1A1, Nrf2, PPAR- α , PPAR- γ , SLC2A2, SLC2A2, SLC19A1, SLC23A1, SOD2, SOD3, SULT1A1, TAS1R3, TAS2R38, TCN2, TH, TNF- α , TTPA, VDR.

Total Wellness and Health \$1,400



This panel is the broadest genomic blueprint, testing for 122 gene SNPs. It is applicable across all age groups. With gender-specific reports based on 441 gene and 1379 variant interpretations, this panel provides the most comprehensive look at health, prevention and treatment of most chronic diseases, offering nutrigenomic strategies across a wide range of physiological, biochemical, and metabolic systems.

The following are just some of the areas covered in this panel:

Cardiovascular Disease, Lipid Metabolism, Hypertension, Diabetes, Glucose Metabolism, Bone Health, Detoxification, Estrogen/Hormone Metabolism, Depression, Anxiety, Addiction, Stress Response, Cognitive Health, Alzheimer's, Traumatic Brain Injury (TBI), Methylation/Homocysteine, Nutrient Utilization, Inflammation, Oxidative Stress, Thyroid Function, Weight Management, Exercise, Circadian Rhythm, Migraine & Telomeres.

The following genes are evaluated in this panel:

ABCA1, ACE, ACTN3, ADIPOQ, ADR β 2, ABR β 3, AGT, ALDH2, APOA1, APOA2, APOA5, APOE, APOC3, BCMO1, BDKRB2, BDNF, BHMT, CAT, C β S, CETP, CLOCK, COL1A1, COL3A1, COL5A1, COMT, CRP, CYP1A1, CYP1A2, CYP1B1, CYP17A1, CYP19A1, CYP2R1, DHCR7, DIO2, DRD2, EDN1, eNOS, ETV5, FADP2, FADS1, FTO, FUT2, GABPB1, GC, GPX, GSTM1, GSTP1, GSTT1, HMOX1, HTR2A, IL-1B, IL-6, IL-6R, IL-10, IL-13, IL-17A, IL-21, IL-23R, INSIG2, KDR, KIBRA, LDLR, LEP, LEPR, LIPC, Lp(a), LPL, MC4R, MMAB, MR, MTHFD1, MTHFR, MTR, MTRR, NBPF3, NPY, NQO1, Nrf2, OBFC-1, OXTR, PCSK1, PLIN, PPAR- α , PPAR- δ , PPAR γ -C1A, PPAR- γ , RTEL-1, SCARB1, SLC2A2, SLC19A1, SLC23A1, SLC30A8, SOD2, SOD3, SULT1A1, TAS1R3, TAS2R38, TCF7L2, TCN2, TH, TMEM18, TNF- α , TTPA, VDR.