

# DNA Tests & Reports

Lifecode Gx DNA tests take just 30 seconds using a simple cheek swab. Results are ready in about 3 weeks after the sample is returned.



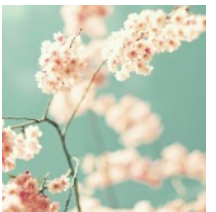
## Methylation

Methylation is critical to keeping your body and brain biochemistry in balance. Common genetic variants can impact your ability to utilise B vitamins and other essential nutrients to make SAMe - the master methyl donor, increasing the risk of chronic health conditions such as heart disease, diabetes, chronic fatigue, autoimmune disease, and depression.



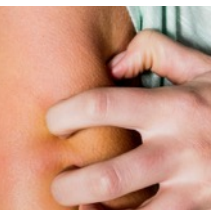
## Detoxification

Poor detoxification can contribute to a wide range of symptoms including headaches, digestive discomfort, itchy or sensitive skin, fatigue, low mood and even cancer. We test genes that impact the Phase I, II and III liver detoxification pathways and individual responses to caffeine, alcohol, hormones, neurotransmitters, pesticides and medication.



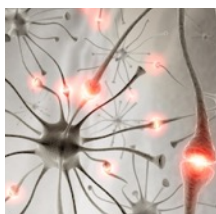
## Oestrogen Balance

Disruption to synthesis, activation, storage or elimination of oestrogen and other steroid hormones can increase risks relating to infertility, PCOS, cancers, heavy or irregular periods, pain sensitivity and mood swings. This test examines the genes that impact the oestrogen lifecycle and informs about nutrition and lifestyle interventions to reduce risk.



## Histamine Intolerance

Histamine intolerance is a toxic response by the body resulting from an imbalance between accumulated histamine and the capacity to break it down. Allergy type symptoms such as skin irritation, gastro-intestinal upset, respiratory distress, headaches, insomnia and anxiety can result from ineffective clearance of histamine.



## Nervous System

Genetic variances combined with environmental factors can contribute to anxiety, depression, mood imbalances, lack of motivation, drive or focus, addiction, poor memory or sleep disturbances. This test examines the genes that impact neurotransmitter levels and sensitivity, neuronal health, thyroid hormone conversion and inflammation.



## APOE Plus

The APOE gene is understood to be the biggest genetic risk factor for (late onset) Alzheimer's disease. As well as APOE, this test examines genes involved in the three subtypes of AD - inflammatory, toxic and atrophic - as described by Dale Bredesen MD, enabling personalised, nutrition and lifestyle interventions to proactively reduce risk.

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