



## Lifecode Gx Testing Panels



GENETICS

### Nutrigenomics:

Nutrigenomics is a specialist epigenetic branch of genomics that focuses on how diet and lifestyle can alter gene function and expression and how individual genetic differences can affect a person's need for and response to nutrients and other environmental inputs. Tanya uses Lifecode Gx panels, as an important part of creating a bespoke plan when working with you.

### Lifecode DNA tests:

DNA collection takes just 1 minute using a simple cheek swab, enabling analysis of over 150 of the best researched genetic markers that can be impacted by diet and lifestyle.

**A DNA Test Kit is required with all reports, but only needs to be performed once. £99.**

This is to collect a sample of cheek cells from which DNA is extracted and analysed. The DNA Test kit includes:

- An instruction leaflet
- A cheek swab and mini-test tube
- A stabilising tablet
- A consent form
- Return packaging and postage (UK only)

## Lifecode Reports

*The Lifecode reports are grouped into clusters of clinically relevant and actionable genes around a specific system or process. Which report/s are recommended, is based on the information gathered at your initial investigative consultation.*

### Nutrient Core

£150

Examines the key genes and variants (SNPs) involved in 15 aspects of health including: food response - to gluten, lactose intolerance and caffeine; microbiome diversity; vitamin A C D B12 & folate absorption, conversion and activation; master antioxidant status of glutathione; metabolism & appetite response; histamine -can you process it and how you are genetically set up with regards to blood pressure status, circadian rhythm and respond to bacterial and viral infections, which can lead to chronic inflammation.

### Methylation Report

£150\*

Arguably the most biochemical process in the human body. The methylation process involves the creation of a methyl donor, that then changes a molecule for better use i.e securing DNA, or its removal. i.e eliminating histamine and many many more. The process of methylation is subject to many SNP's - understanding how your methylation process runs, will provide vital information your health jigsaw puzzle!

### Detoxification Report

£150\*

The Detoxification Report focuses on the key genes and variants involved in regulating Phase I, II and III liver detoxification pathways, including those involved in the metabolism of caffeine, alcohol, hormones, neurotransmitters, pesticides and various common pharmaceutical drugs. Poor detoxification can cause symptoms such as headaches, muscle aches, fatigue, allergies, skin disorders, weight gain, bloating, acid reflux and heartburn, excessive sweating, chronic infections, subfertility, low libido, poor mental function and low stress tolerance.

### Nervous system report

£150\*

The nervous system DNA test examines the key genes and variants (SNPs) that affect neurotransmitter balance, nerve cell growth & maintenance, thyroid hormone conversion, inflammation and pharmacological response. Common genetic variants combined with environmental factors including nutrient imbalances, low physical activity, toxins and other stressors can result in anxiety, depression, mood imbalances, lack of motivation, drive or focus, addiction, poor memory or sleep disturbances.

## Hormone report

£150\*

Imbalanced hormones can have a number of negative effects on health and well-being and are highly influenced by environmental, dietary and genetic factors.

Hormones including progesterone, oestrogen, testosterone, DHEA, insulin, melatonin and cortisol are involved in the regulation of many physiological processes in both men and women.

Symptoms of hormone imbalance can include: infertility, low libido and sex drive, low sperm count, acne, excess facial hair in women, PCOS, blood clots, mood swings, depression, substance misuse, poor memory, weight gain (belly fat for men), breast appearances in men, and hormone sensitive cancers, such as breast cancer or prostate cancer. and difficult transition through the perimenopuase and menopause.

The Hormones test analyses genes involved in the regulation, synthesis, signalling, transport and metabolism of these hormones. It looks at how gene variants affects hormones imbalance and details the nutrients and environmental factors that can influence and improve their balance. The Hormones report is recommended for men and women with hormone imbalance symptoms such as the ones listed above.

## Thyroid report

£150\*

Thyroid activity is altered by genetics and environmental factors: nutrients (tyrosine, selenium and iodine), toxins (fluoride, chlorine or moulds), psychosocial or physical stressors, bacteria and viruses. Imbalance can result in HPT axis (Hypothalamus-Pituitary-Thyroid) dysfunction, autoimmune thyroid diseases (AITDs) such as Graves' and Hashimoto's, thyroid sensitive cancers (although rare), and impact transport, activation and response to thyroid hormones.

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A special price for Affiliate Package clients & Loyalty Members

The following bundle discount on additional reports **after** the first report and DNAkit

1x additional report £145 (saving £5)

2x additional reports £275 ( saving £25)

3x additional reports £389 (saving £75)

4 x additional reports £499 (saving £101)

5 x additional reports £625 (saving £125)

## Important note on your data

Client data is securely stored on Lifecode Dx system and is protected using the highest industry standards.

Each test is processed in our UK lab and all samples are destroyed after 3 months.

A report is only shared with the Tanya Borowski, your authorised practitioner and Lifecode Gx senior staff. It is never shared or sold.