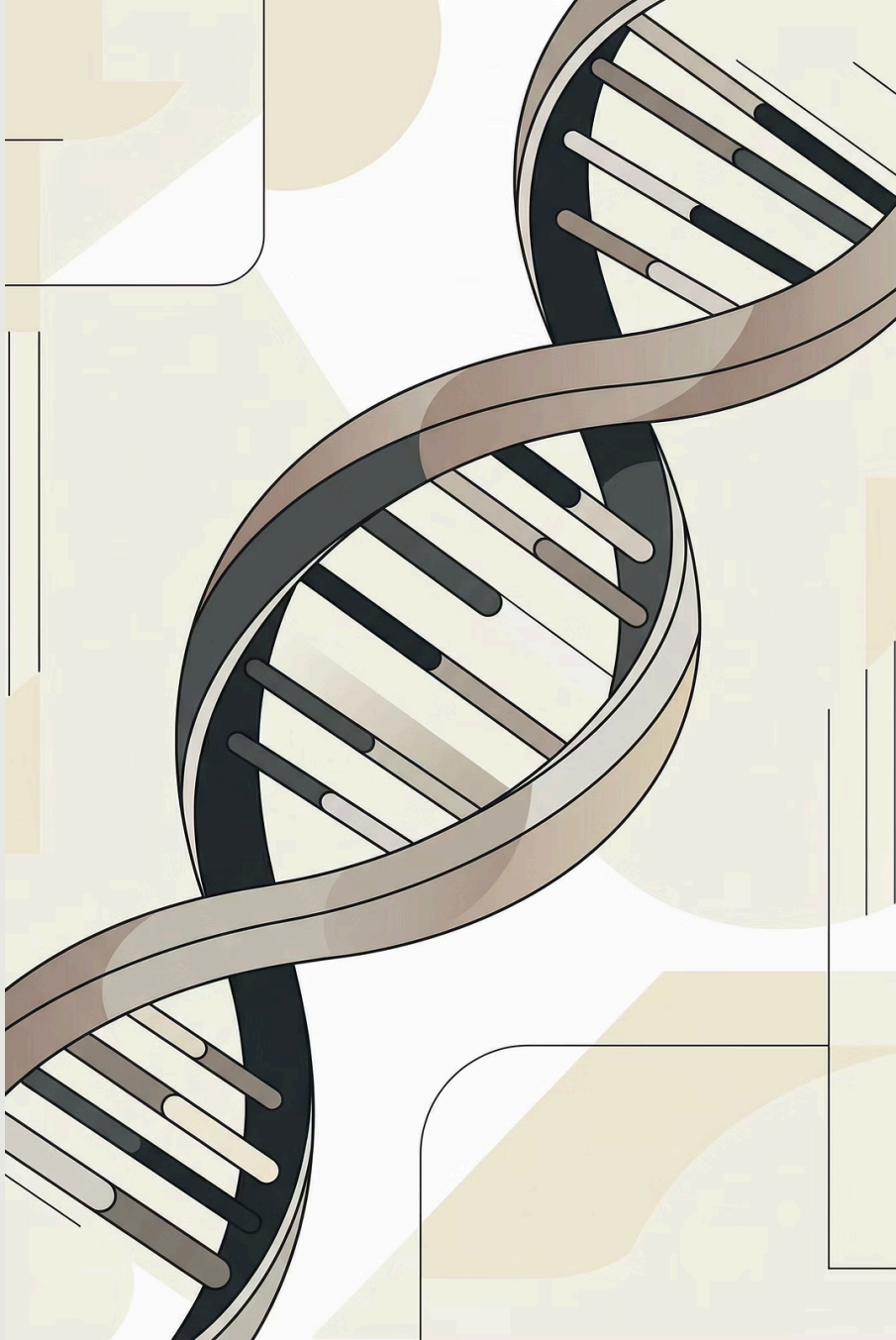
HELIX BLUEPRINT

PERSONALIZED GENETIC WELLNESS ANALYSIS

Prepared for: Confidential Client

Date: January 2026



YOUR GENETIC STORY

WHAT THIS REPORT REVEALS

Your DNA tells a story about how your body and mind are wired to perform. This isn't guesswork or generic wellness advice — this is your genetic code, translated into actionable intelligence.

HOW YOU THINK AND RESPOND

How your brain handles stress, focus, and cognitive load

HOW YOUR BODY USES NUTRIENTS

How you produce and utilize critical vitamins and nutrients

HOW YOU PERFORM AND RECOVER

Your optimal approach to energy, sleep, recovery, and physical output

WHAT MIGHT ACTUALLY WORK FOR YOU

Which interventions may align with YOUR specific genetics

This Blueprint analyzes 26 genetic markers across four critical domains. This is not generic advice. This is YOUR genetic code, translated into action.

CORE PROFILE

YOUR GENETIC PROFILE SUMMARY

Your genetics suggest a pattern of **balanced cognitive processing** combined with a **critical need for deliberate stress recovery**. Research suggests people with your combination have cognitive flexibility and analytical independence, but require intentional recovery practices between high-stress events.

You also have multiple nutrient pathway findings that deserve attention — particularly choline production and vitamin D.

YOUR CORE GENETIC PATTERN

Gene	Genotype	What This Gene Influences	Pattern
COMT	AG	Clears dopamine in the prefrontal cortex	Balanced — adaptable processing
DRD2	GG	Dopamine receptor density and reward sensitivity	Stable reward system ✓
FKBP5	TT	Cortisol receptor sensitivity and stress recovery	⚠️ Slower recovery — needs protection
OXTR	GG	Oxytocin receptor function	Analytical orientation
FAAH	AC	Anandamide breakdown (stress buffering)	Moderate calm buffer
ACTN3	CT	Muscle fiber composition	Mixed athlete type

KEY STRENGTHS

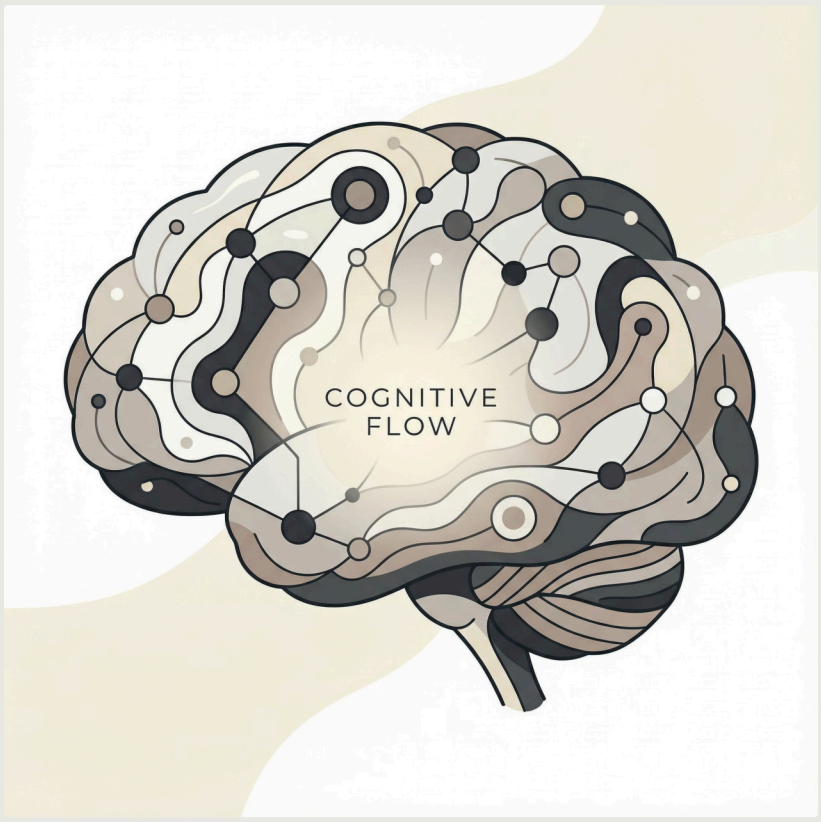
- Balanced cognition (COMT AG)
- Stable reward system (DRD2 GG)
- Optimal neuroplasticity (BDNF CC)
- Moderate calm buffer (FAAH AC)
- Normal inflammation (TNF GG)

KEY OPTIMIZATION OPPORTUNITIES

- Stress recovery (FKBP5 TT)
- Choline production (PEMT TT — critical)
- Vitamin D pathway (GC TT + CYP2R1 GG)
- Caffeine timing (CYP1A2 AC)
- Methylation support (MTHFR AG)

COGNITIVE PROCESSING

HOW YOU PROCESS STRESS AND FOCUS



COMT GENE (RS4680): AG — "THE BALANCED PROCESSOR"

What this gene influences: COMT helps clear dopamine and related neurotransmitters in the prefrontal cortex, affecting how cognitive load and stimulation are processed.

Research suggests this pattern is associated with **cognitive flexibility** — the ability to adapt your processing style to different situations. You may be able to toggle between deep focus and rapid response depending on what's needed.

WHAT RESEARCH SUGGESTS

- You may function well across varied cognitive demands
- Neither highly sensitive to stimulation nor dependent on it
- Can likely handle both routine work and high-pressure situations
- May adapt your working style to the task at hand

POTENTIAL STRENGTHS

- **Cognitive versatility** → Can shift between different work modes
- **Adaptable stress response** → Neither crumbles nor seeks chaos
- **Sustainable performance** → Less prone to extremes

AREAS TO WATCH

- Your FKBP5 TT (slower cortisol recovery) is the bigger consideration
- Balanced processing doesn't mean unlimited capacity
- Especially important with slow stress recovery

DRD2 (RS1800497): GG — "STABLE REWARD SYSTEM"

What this gene influences: DRD2 affects dopamine receptor density in the brain, which relates to reward sensitivity and motivation patterns.

Research suggests normal dopamine receptor density. You likely don't need constant novelty or stimulation to stay motivated — you can sustain focus on long-term projects without getting bored easily.

OXTR (RS53576): GG — "ANALYTICAL ORIENTATION"

What this gene influences: OXTR affects oxytocin receptor function, relating to social bonding, empathy, and social information processing.

Research suggests a more independent, analytically-oriented approach. You may make decisions based on logic rather than social pressure, find excessive consensus-building draining, and prefer direct communication.

COMBINED PATTERN

Balanced processor + stable reward + analytical orientation = **You're built for independent, sustained work that requires logical thinking.** You don't need external validation or constant novelty — you can go deep on problems others find tedious.

DOES THIS FEEL FAMILIAR?

Many people with this pattern say they're often the "let's just decide and move on" person in group settings — and that they sometimes have to remind themselves to slow down for others who process differently.

⚠ CRITICAL FINDING

HOW YOU TEND TO RESPOND WHEN PRESSURE IS ON

⚠️ CRITICAL FINDING: SLOWER STRESS RECOVERY

FKBP5 GENE (RS1360780): TT – "SLOWER CORTISOL RECOVERY"

What this gene influences: FKBP5 regulates how sensitive your cortisol receptors are, affecting how quickly your body returns to baseline after stress.

This is one of your most important findings. Research suggests this pattern is associated with cortisol that stays elevated longer after stressful events. This isn't about being "stressed out" – it's about your biology's recovery timeline.

YOUR RECOVERY TIMELINE

1. **STRESS EVENT** → Cortisol rises (same as everyone)
2. **2-3 HOURS** → Others recovering; yours still elevated
3. **4-6 HOURS** → You're approaching baseline
4. **READY** → Next challenge (but only after full recovery)

YOU CANNOT STACK HIGH-STRESS EVENTS

Back-to-back intense meetings, negotiations, or conflicts will accumulate damage. Your cortisol doesn't clear fast enough.

BUFFER BLOCKS ARE NON-NEGOTIABLE

You need deliberate recovery time between intense sessions. This isn't weakness – it's honoring your biology.

DECISIONS MADE WHILE STILL ELEVATED MAY BE COMPROMISED

If you've just had a high-stress event, your next decision may be biased toward caution or reactivity.

FAAH (RS324420): AC – "MODERATE CALM BUFFER"

What this gene influences: FAAH breaks down anandamide, an endocannabinoid that affects mood, calmness, and stress buffering.

Helpful finding: Research suggests you have a moderate built-in calm buffer. Your anandamide clears at an intermediate rate, providing some natural stress dampening. This partially offsets your slower cortisol recovery.

COMBINED PROFILE

Balanced cognition + slow cortisol recovery + moderate calm buffer + analytical independence = **You can handle pressure well in the moment, but your recovery is slower than average.**

The key insight: protect the recovery, not the performance. Your performance is fine – it's the aftermath that needs management.

DOES THIS FEEL FAMILIAR?

You may notice that a stressful morning affects your mood and clarity well into the afternoon. After conflict or high-stakes conversations, you may feel "off" for hours – even if you handled it well in the moment. Weekend recovery may feel more necessary for you than it does for others.

1

DO NOT

- Schedule high-stakes meetings back-to-back
- Make major decisions within 2 hours of a stressful event
- Underestimate how much recovery time you need

2

DO

- Build 30-60 minute buffer blocks after intense sessions
- Schedule difficult conversations early so you have time to recover
- Use physical movement to actively clear cortisol
- Protect your sleep – it's when cortisol fully resets

VITAMIN D PATHWAY

CRITICAL FINDING — VITAMIN D PATHWAY

HOW YOUR BODY USES VITAMIN D

⚠️ SIGNIFICANT FINDING — DOUBLE PATHWAY ISSUE

You have genetic variants affecting **BOTH steps** of the vitamin D pathway. This is one of your most actionable findings.

GC (RS2282679): TT — "REDUCED VITAMIN D TRANSPORT"

What this gene influences: GC encodes vitamin D binding protein, which transports vitamin D through your bloodstream to tissues.

Research suggests this pattern is associated with **reduced vitamin D transport efficiency** — meaning less vitamin D may reach your tissues even when blood levels appear adequate.

CYP2R1 (RS12794714): GG — "REDUCED VITAMIN D ACTIVATION"

What this gene influences: CYP2R1 helps convert vitamin D into its measurable form (25-hydroxyvitamin D) in the liver.

Research suggests this pattern is associated with **reduced conversion efficiency**. This COMPOUNDS the transport problem.

THE COMBINED PATTERN

- **Step 1 (Transport):** Impaired — GC TT
- **Step 2 (Activation):** Impaired — CYP2R1 GG
- **Result:** Standard supplementation is likely insufficient for you

WHAT THIS MAY MEAN

- Standard doses (1,000-2,000 IU) likely won't move your levels
- You may test low even while supplementing
- Affects: immune function, mood, energy, bone health, cognitive performance
- This is likely affecting you RIGHT NOW without obvious symptoms

DOES THIS FEEL FAMILIAR?

Some people with this pattern report that standard vitamin D supplements didn't seem to help — until they increased their dose significantly and started testing blood levels.

01

CONSIDER HIGHER-DOSE VITAMIN D3

5,000-10,000 IU daily as a starting point (consult your healthcare provider)

02

ALWAYS PAIR WITH K2 (MK-7)

Helps direct calcium appropriately

03

TAKE WITH YOUR FATTIEST MEAL

Vitamin D is fat-soluble

04

TEST BLOOD LEVELS EVERY 3-6 MONTHS INITIALLY

Target 50-70 ng/mL (optimal, not just "normal")

05

MORNING SUN EXPOSURE WHEN POSSIBLE

10-15 minutes daily

CRITICAL FINDING — CHOLINE PRODUCTION

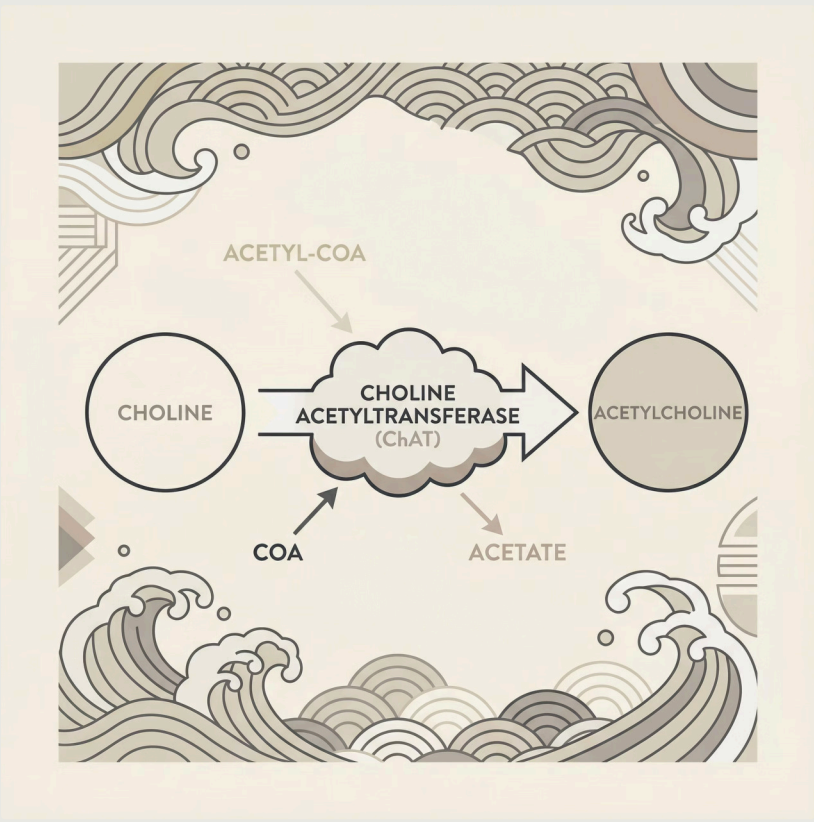
HOW YOUR BODY PRODUCES CHOLINE

⚠️ CRITICAL FINDING

PEMT GENE (RS7946): TT — "SEVERELY REDUCED CHOLINE PRODUCTION"

What this gene influences: PEMT enables your body to produce choline internally. Choline is the precursor to acetylcholine, a neurotransmitter involved in memory, focus, and verbal fluency.

This is your most actionable cognitive finding. You have BOTH copies of the reduced-function variant — your internal choline synthesis is significantly impaired.



Choline is the precursor to acetylcholine — the neurotransmitter of memory, focus, and verbal fluency	Your body produces far less choline internally than CT or CC types
You are highly dependent on dietary choline	Most people don't get enough choline from diet — and you need MORE than most

PATTERNS SOME PEOPLE WITH THIS VARIANT NOTICE

"TIP OF THE TONGUE" MOMENTS

Knowing a word but unable to retrieve it — especially when tired or stressed

MENTAL FATIGUE THAT HITS MID-AFTERNOON

Brain fog that descends, especially during demanding cognitive tasks

DIFFICULTY SUSTAINING VERBAL FLUENCY

During long presentations or extended conversations, words become harder to find

MEMORY RETRIEVAL UNDER PRESSURE

When stakes are high, recall feels slower than it should

DOES THIS FEEL FAMILIAR?

Many people with this pattern say they notice sharper thinking on days they eat eggs for breakfast — and afternoon fog on days they don't.

THE COMPOUNDING EFFECT

Your **FKBP5 TT** (slow stress recovery) + **PEMT TT** (low choline) is a challenging combination. When stressed, you burn through neurotransmitters faster — but you're producing less raw material. Addressing choline may significantly improve your cognitive resilience under pressure.

1 #### EAT 3-4 WHOLE EGGS DAILY

This is the single highest-leverage dietary change for your genetics. Egg yolks are the most bioavailable choline source.

2 #### IF YOU DON'T EAT EGGS CONSISTENTLY: ALPHA-GPC 600MG DAILY

This is **NON-NEGOTIABLE** if you're not getting dietary choline. Also consider phosphatidylcholine or CDP-choline as alternatives.

3 #### FRONT-LOAD CHOLINE ON DEMANDING DAYS

Eggs or supplements in the morning before important meetings, presentations, or cognitively demanding work.

CAFFEINE METABOLISM

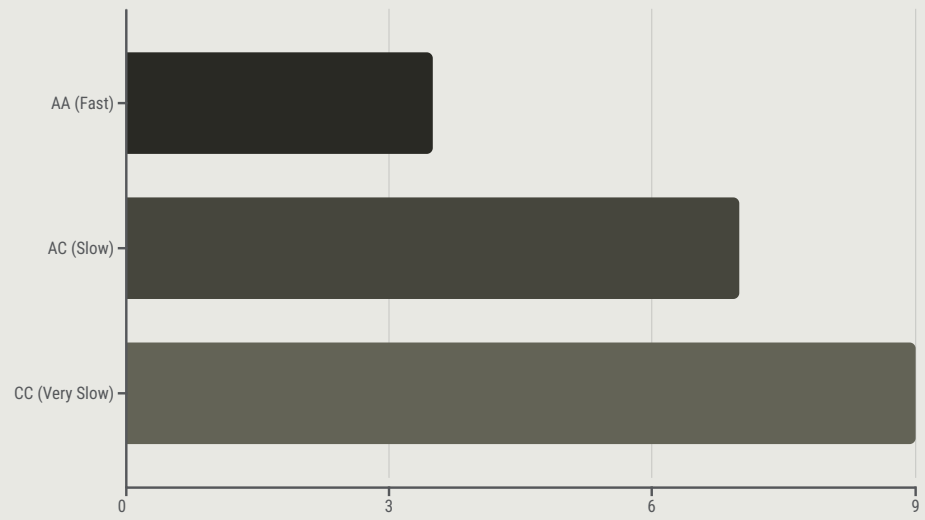
HOW YOUR BODY PROCESSES CAFFEINE

CYP1A2 (RS762551): AC — "SLOW CAFFEINE METABOLIZER"

What this gene influences: CYP1A2 produces the liver enzyme responsible for metabolizing caffeine. Variants affect how quickly caffeine is cleared from your system.

Research suggests you're a **slow caffeine metabolizer**. You clear caffeine more slowly than fast metabolizers (AA), with a half-life closer to 6-8 hours rather than 3-4 hours.

- Caffeine stays in your system longer
- Afternoon caffeine WILL affect your sleep architecture, even if you fall asleep fine
- You may not "feel" wired, but your sleep quality suffers



THE SLOW CAFFEINE + SLOW STRESS RECOVERY COMBINATION

This is an important interaction:

- Your **FKBP5 TT** means cortisol stays elevated longer
- Your **CYP1A2 AC** means caffeine stays in your system longer
- Caffeine elevates cortisol
- **Result:** Afternoon coffee extends both caffeine AND cortisol elevation into your sleep window

YOUR CAFFEINE PROTOCOL

- **HARD CUTOFF: 12:00 PM (noon)** — Non-negotiable for your genetics
- 1-2 cups maximum in the morning window
- Front-load caffeine early (6-10 AM window)
- Your balanced COMT means you don't NEED caffeine for baseline function

ADORA2A (RS5751876): CT — "INCREASED CAFFEINE SENSITIVITY"

What this gene influences: ADORA2A affects adenosine receptor sensitivity. Caffeine blocks these receptors.

Research suggests increased sensitivity to caffeine's effects. You may experience more pronounced effects from the same dose others tolerate easily. This reinforces the need for moderation.

CLOCK (RS1801260): AG — "SLIGHT EVENING TENDENCY"

What this gene influences: CLOCK regulates your circadian rhythm — your internal 24-hour clock.

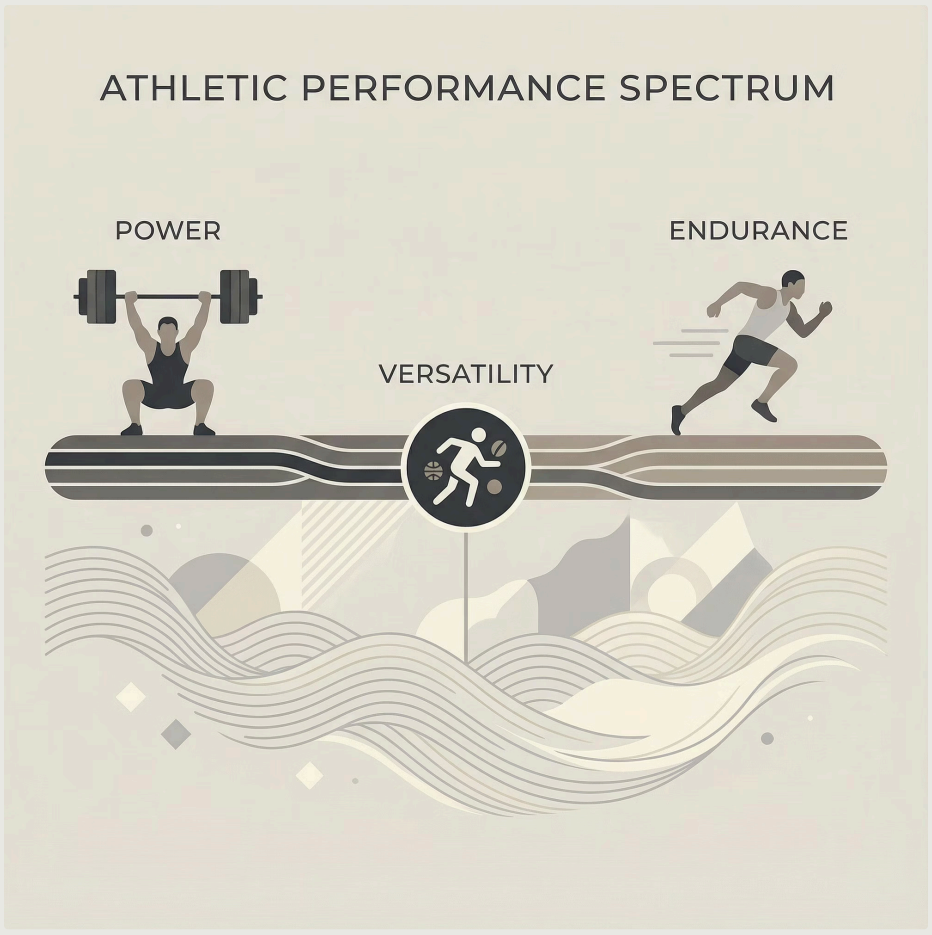
Research suggests a slight tendency toward evening preference. Combined with slow caffeine metabolism, this pattern may make morning alertness slightly harder and evening wind-down slightly harder. Protecting sleep is especially important.

DOES THIS FEEL FAMILIAR?

You may feel fine after afternoon coffee, but notice you don't wake up as refreshed. Sleep may feel "light" or unrestorative without obvious cause. The noon cutoff may feel unnecessary — until you test it for two weeks.

ATHLETIC PERFORMANCE

HOW YOUR BODY RESPONDS TO EXERCISE



ACTN3 (RS1815739): CT – "MIXED ATHLETE TYPE"

What this gene influences: ACTN3 affects the composition of fast-twitch muscle fibers, which relates to power output, sprint capacity, and muscle adaptation to different training types.

Research suggests **genuine versatility** – you have genetic capacity for both power and endurance performance. You're not locked into one training style.

WHAT RESEARCH SUGGESTS

- Capable of both power AND endurance performance
- Not genetically confined to one training style
- Can build strength AND cardiovascular capacity effectively
- More training flexibility than pure power (CC) or endurance (TT) types

BUT CONSIDER YOUR RECOVERY GENETICS

Your **FKBP5 TT** (slow stress recovery) means intense training is still stress. Factor recovery into your training schedule.

ACTN3 CT

Mixed athlete genetics

FKBP5 TT

Slower recovery – may need more rest days

FAAH AC

Moderate calm buffer – exercise helps with stress

BDNF CC

Optimal neuroplasticity – exercise boosts cognition

COMT AG

Balanced – can handle varied intensities

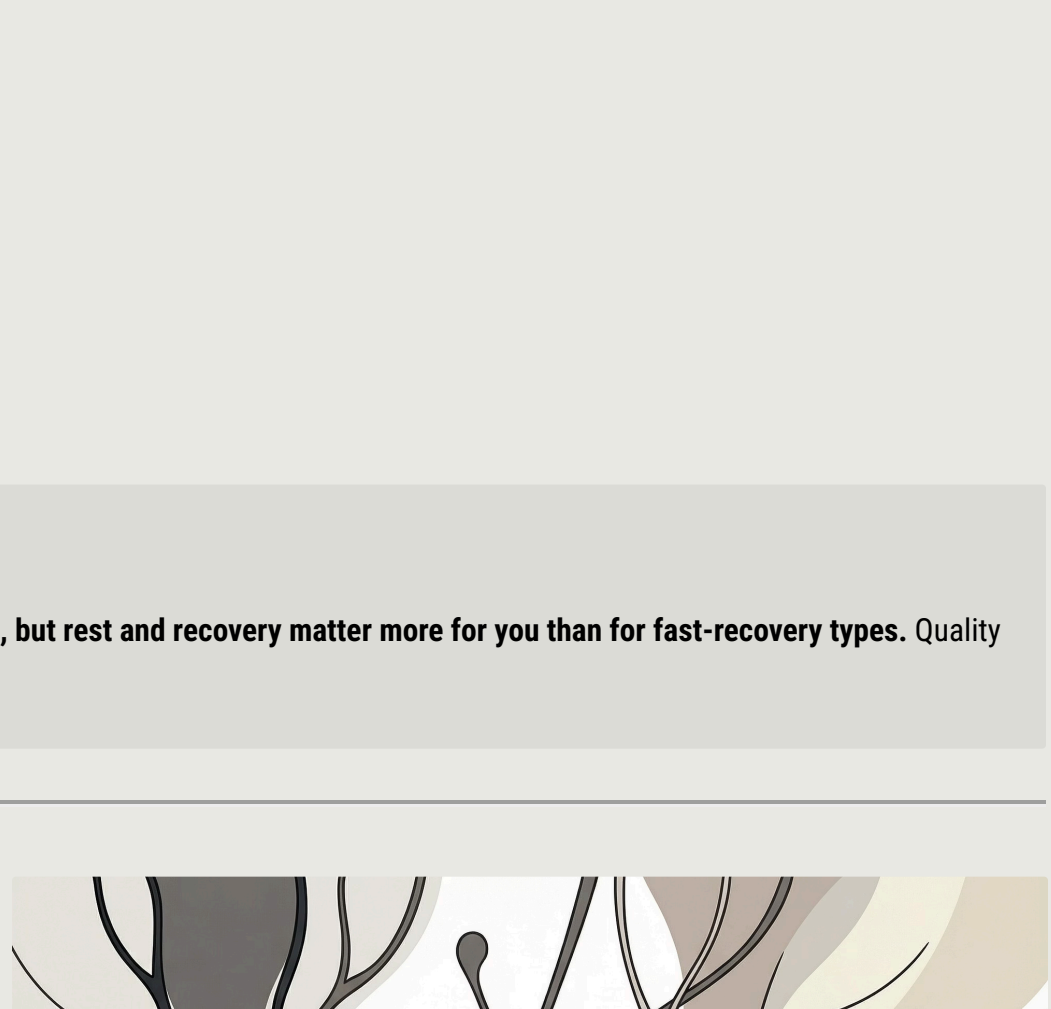
YOUR TRAINING CONTEXT

Mixed athlete genetics + slow stress recovery = **You can do any style of training, but rest and recovery matter more for you than for fast-recovery types.** Quality over quantity.

BDNF (RS6265): CC – "OPTIMAL NEUROPLASTICITY"

What this gene influences: BDNF supports neuroplasticity, learning, and memory by influencing how neurons grow and adapt.

Excellent finding. Research suggests optimal BDNF secretion – your brain has strong capacity for learning, adaptation, and forming new neural connections. Exercise will give you especially strong cognitive benefits.



DIGESTIVE HEALTH

HOW YOUR BODY HANDLES FATS, GUT HEALTH & DAIRY

FADS1 GENE (RS174546): CC – "OPTIMAL OMEGA-3 CONVERSION"

What this gene influences: FADS1 converts plant-based omega-3s (ALA from flax, chia, walnuts) into the active forms your body uses (EPA and DHA).

Excellent news. Research suggests efficient omega-3 conversion. You can benefit from both plant AND marine sources. No special intervention needed.

FUT2 (RS602662): AG – "PARTIAL SECRETOR"

What this gene influences: FUT2 determines "secretor status" – whether you secrete certain sugars into your gut that feed beneficial bacteria and affect B12 absorption.

Research suggests partial secretor status – intermediate between optimal and non-secretor. Probiotic support may be helpful for gut diversity.

MCM6 (RS4988235): AG – "PARTIAL LACTASE PERSISTENCE"

What this gene influences: MCM6 regulates lactase production into adulthood, determining whether you continue to digest lactose (milk sugar) efficiently.

Research suggests partial lactase persistence. You may tolerate some dairy but could experience issues with larger amounts. Hard cheeses and fermented dairy (yogurt, kefir) are typically better tolerated than milk.

COMBINED DIGESTIVE PROFILE

Optimal omega-3 conversion + partial gut support needs + partial dairy tolerance = Generally favorable digestive genetics with some considerations around gut support and dairy quantity.

METHYLATION & DETOX

METHYLATION, DETOX & METABOLISM

HOW YOUR BODY PROCESSES B-VITAMINS AND CLEARS TOXINS

MTHFR ASSESSMENT

What this gene influences: MTHFR converts folate into its active form (methylfolate), which is essential for methylation — a process that affects energy, mood, detoxification, and DNA repair.

- **C677T (rs1801133): AG** — ~35% reduced function
- **A1298C (rs1801131): TT** — Normal

Research suggests **mildly reduced methylation capacity** at the C677T position. This is a moderate finding — not critical, but worth supporting.

WHAT THIS PATTERN SUGGESTS

- Methylated B vitamins (methylfolate, methyl-B12) may be beneficial
- Avoid supplements with plain "folic acid" — use methylfolate instead
- This supports your choline pathway as well (methylation and choline interact)

- **GSTP1 (RS1695): AG**

  Influences: Glutathione conjugation for detoxification

  ⚠️ Moderately reduced — may benefit from antioxidant support

- **TNF (RS1800629): GG**

  Influences: Inflammatory signaling

  ✓ Normal — no elevated inflammatory tendency

- **HFE (RS1799945): CG**

  Influences: Iron absorption and storage

  ⚠️ Carrier — monitor iron levels annually (ferritin)

- **FTO (RS9939609): TT**

  Influences: Appetite regulation

  ✓ Normal satiety — trust your hunger signals

- **APOE: E3/E4**

  Influences: Lipid metabolism and cholesterol transport

  ⚠️ One E4 allele — prioritize anti-inflammatory lifestyle, cardiovascular health, and omega-3 intake

GENETIC STRENGTHS

WHAT'S WORKING WELL — YOUR GENETIC STRENGTHS

Your genetics show favorable patterns in several key areas. These are areas where general healthy practices serve you well — no special intervention needed.

COMT AG

Balanced Cognitive Processing

Cognitive flexibility and adaptability

DRD2 GG

Stable Reward System

Can sustain focus without needing constant novelty

BDNF CC

Optimal Neuroplasticity

Strong capacity for learning and forming new connections

FAAH AC

Moderate Calm Buffer

Some built-in stress dampening

FADS1 CC

Optimal Omega-3 Conversion

Efficient conversion from plant sources

TNF GG

Normal Inflammatory Response

No elevated inflammatory tendency

FTO TT

Normal Satiety

Trust your hunger signals

MTHFR A1298C TT

Normal at This Position

Normal function

YOUR NOTABLE ADVANTAGES

Balanced cognition + stable reward system + optimal neuroplasticity + optimal omega-3 conversion = **strong cognitive foundation when properly supported**.

WHERE TARGETED SUPPORT MAY HELP

01

STRESS RECOVERY (FKBP5 TT)

Build buffer blocks into your schedule. Protect recovery, not just performance.

02

CHOLINE PRODUCTION (PEMT TT)

Daily eggs or Alpha-GPC 600mg. Non-negotiable for your genetics.

03

VITAMIN D PATHWAY (GC TT + CYP2R1 GG)

Higher supplementation + blood testing. Double pathway issue.

04

CAFFEINE TIMING (CYP1A2 AC + ADORA2A CT)

Hard noon cutoff. Slow metabolism + increased sensitivity.

05

METHYLATION SUPPORT (MTHFR AG)

Methylated B vitamins helpful for energy and neurotransmitter support.

06

CARDIOVASCULAR AWARENESS (APOE E3/E4)

Prioritize omega-3s, anti-inflammatory diet, regular cardiovascular checkups.

SUPPLEMENT GUIDANCE

YOUR SUPPLEMENT CONSIDERATIONS

IF YOU CHOOSE TO SUPPLEMENT

Based on YOUR specific genetics, here are three evidence-based tiers. Supplements are optional — a food-first approach works for most people.

FOUNDATION

ADDRESS CRITICAL GENETIC GAPS

These align with your most significant findings:

- **D3 + MK7** — CRITICAL for your double vitamin D pathway issue (GC TT + CYP2R1 GG). Take 5,000+ IU daily with fat.
- **Methyl B12 & Folate** — Supports your MTHFR AG and works synergistically with choline for your PEMT TT.
- **PerfectAmino** — Foundational amino acid support for your balanced metabolism.

Get Foundation Stack

PERFORMANCE

FOUNDATION + STRESS & RECOVERY SUPPORT

Everything in Foundation, PLUS:

- **Body Calm (Magnesium)** — CRITICAL for your FKBP5 TT (slow stress recovery). Supports cortisol clearing and evening wind-down.
- **Sleep Formula** — Protects sleep quality from your slow caffeine metabolism (CYP1A2 AC) and supports overnight cortisol reset.
- **Probiotic** — For your partial secretor status (FUT2 AG). Supports gut diversity.

Get Performance Stack

COMPLETE

COMPREHENSIVE OPTIMIZATION

Everything in Performance, PLUS:

- **Omega 3** — Supports your APOE E3/E4 pattern. Prioritize cardiovascular and brain health.
- **Greens** — For your GSTP1 AG (moderately reduced detox). Antioxidant and micronutrient support.
- **Electrolytes** — For your mixed athlete genetics (ACTN3 CT) and overall recovery support.

Get Complete Stack

⚠️ CRITICAL CHOLINE NOTE

Your **PEMT TT** is your most actionable finding. BodyHealth doesn't carry Alpha-GPC, so:

- **OPTION A (BEST):** Eat 3-4 whole eggs DAILY — highest bioavailable choline source
- **OPTION B:** Add Alpha-GPC 600mg from Nootropics Depot or Pure Encapsulations

This is NON-NEGOTIABLE for your genetics. Don't skip this.

IMPORTANT

- Test vitamin D blood levels (target 50-70 ng/mL)
- Monitor iron/ferritin annually (HFE CG carrier status)
- Food sources address most needs — supplements fill gaps
- Start with one change at a time

We partner with BodyHealth because they're obsessed with quality. Purchasing from these links supports us, but feel free to source your own supplements.

DAILY FRAMEWORK

YOUR DAILY FRAMEWORK

DESIGNED FOR SLOW STRESS RECOVERY + SLOW CAFFEINE METABOLISM

1

MORNING (6-9 AM)

FUELING FOR YOUR GENETICS

- **3-4 WHOLE EGGS** with breakfast (PEMT TT requires aggressive dietary choline)
- Vitamin D3 5,000+ IU + K2 with breakfast (GC TT + CYP2R1 GG double pathway)
- Methyl B12 & Folate (MTHFR AG support)
- Coffee in the 6-10 AM window ONLY (CYP1A2 AC slow metabolism)
- Probiotic with breakfast

Why this works for you: Your PEMT TT + slow stress recovery (FKBP5 TT) means starting the day with proper fuel is critical. Cognitive clarity depends heavily on what you eat in the morning.

2

FOCUSED WORK WINDOW (9 AM - 12 PM)

YOUR PROTECTED DEEP WORK TIME

- Your COMT AG supports flexible focus — use this window for demanding cognitive work
- Your BDNF CC (optimal neuroplasticity) means complex problem-solving flows well here
- Your DRD2 GG (stable reward) means you can sustain focus without needing breaks for stimulation
- **LAST CAFFEINE BY NOON** — Non-negotiable (CYP1A2 AC + ADORA2A CT)

Why this works for you: This is when your choline from breakfast is fueling acetylcholine production and your cortisol is naturally at its peak performance level.

3

MIDDAY (12-2 PM)

- **HARD CAFFEINE CUTOFF: 12:00 PM**
- Lunch with protein — supports sustained afternoon energy
- Brief movement if possible — helps with mid-day cortisol management

4

AFTERNOON (2-6 PM)

- Lower intensity work — your FKBP5 TT means stress accumulates
- **BUILD IN BUFFER BLOCKS** — 30-60 minutes of protected recovery time
- If energy dips: it's likely CHOLINE, not caffeine. Have eggs or take Alpha-GPC.
- Brief movement breaks — helps clear cortisol (critical for your FKBP5 TT)
- NO CAFFEINE — switch to water or herbal tea

Why this works for you: Your slow stress recovery (FKBP5 TT) means the afternoon is when accumulated stress shows up. Protect this time — don't stack difficult conversations here.

5

TRAINING (FLEXIBLE)

- Your ACTN3 CT = versatile. Train whatever you enjoy.
- Your FKBP5 TT = slower recovery. You may need more rest days than others.
- Your FAAH AC = moderate calm buffer. Exercise helps with stress management.
- Your BDNF CC = optimal neuroplasticity. Exercise gives you strong cognitive benefits.

Consider: Quality over quantity. Intense training is still stress for your biology.

6

EVENING (7-10 PM)

- Body Calm (magnesium) — supports cortisol clearing for your FKBP5 TT
- Sleep Formula if needed — protects sleep from lingering caffeine (CYP1A2 AC)
- Wind-down routine matters — your CLOCK AG (slight evening tendency) may resist sleep
- **Protect sleep:** This is when your cortisol fully resets (critical for FKBP5 TT)

WEEKLY CONSIDERATIONS

- EGGS DAILY (3-4 minimum) for PEMT TT choline needs
- Buffer blocks after ALL high-stress events (FKBP5 TT)
- Vitamin D blood test in 3-6 months (target 50-70 ng/mL) — critical for GC TT + CYP2R1 GG
- Iron/ferritin blood test annually (HFE CG carrier status)
- If not eating eggs consistently: Alpha-GPC supplementation is MANDATORY

DOES THIS FEEL FAMILIAR?

Many people with slow stress recovery (FKBP5 TT) say that once they started building buffer blocks into their schedule and stopped stacking stressful events, they felt like a different person — more patient, clearer thinking, better sleep.

ACTION STEPS

YOUR NEXT STEPS: FROM INSIGHT TO ACTION

Your genetic patterns are clear: **balanced cognitive processing with critical recovery and fuel requirements**. Address the FKBP5 TT (stress recovery), PEMT TT (choline), and vitamin D pathway — and you'll unlock your full potential.

THIS WEEK — START SIMPLE

FIX THE CHOLINE GAP

Your PEMT TT is limiting your cognitive output. Start eating 3-4 eggs daily OR add Alpha-GPC 600mg. This is non-negotiable.

START HIGH-DOSE VITAMIN D3 + K2

Your GC TT + CYP2R1 GG double pathway issue requires aggressive intervention. Start with 5,000 IU daily with your fattiest meal.

ENFORCE THE CAFFEINE CUTOFF

12:00 PM. Your CYP1A2 AC + ADORA2A CT combination means afternoon caffeine has outsized negative effects.

BUILD ONE BUFFER BLOCK

Your FKBP5 TT requires recovery time. After your most stressful regular event, build in 30-60 minutes of protected time.

WITHIN 30 DAYS — BUILD ON WHAT'S WORKING

- Get vitamin D blood levels tested (target 50-70 ng/mL)
- Get iron/ferritin tested (HFE CG carrier — monitor annually)
- Establish egg-based or Alpha-GPC choline routine
- Notice cognitive improvements from choline intervention
- Expand buffer blocks — protect recovery after ALL high-stress events
- Add magnesium (Body Calm) for evening cortisol support

SIGNALS TO TRACK

- → Verbal fluency and word retrieval (choline working)
- → Afternoon mental clarity (choline + caffeine cutoff)
- → Sleep quality and morning refreshment (caffeine cutoff + cortisol management)
- → Recovery speed after stressful events (buffer blocks working)
- → Energy stability throughout the day (vitamin D correcting)
- → Overall stress resilience (magnesium + recovery practices)

YOUR STRENGTHS TO BUILD ON

- **Cognitive Flexibility (COMT AG)** — Adaptable, can handle varied demands
- **Stable Focus (DRD2 GG)** — Long-term execution without needing novelty
- **Optimal Neuroplasticity (BDNF CC)** — Strong learning and adaptation capacity
- **Moderate Calm Buffer (FAAH AC)** — Some built-in stress dampening
- **Analytical Independence (OXTR GG)** — Logic-driven decision making
- **Optimal Omega-3 Conversion (FADS1 CC)** — Efficient fatty acid metabolism

THE BOTTOM LINE

You have a **balanced, analytically-oriented cognitive profile** with **excellent neuroplasticity** — but your stress recovery is slower than average and you need significantly more choline than most people.

Fix the fuel (choline), fix the recovery (buffer blocks + sleep), address the vitamin D — and there's no ceiling on your performance.

Feed the brain. Protect the recovery. Trust the process.