
AJ CONSULTING COMPANY



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SCOTT

Dear Scott,

Thank you for choosing my Personalized Supplement Plan & Detox Gene Profile and Analysis. As you know, my goal is to give you specific and actionable ways to improve your health based on your own unique DNA code. That's what this is all about.

Below, you will find recommendations for (1) nutrients or supplements you should be sure to get and (2) chemicals you should be sure to carefully avoid. This information is based on your detox genes. By all means, take additional supplements and avoid additional chemicals but be extra vigilant about the ones listed in your report below.

One overarching word of caution I pass along to everyone: avoid hypochondria regarding your health and your genetic variants. Our bodies stockpile important vitamins and minerals and we also build up resistance and resilience as we grow stronger. This can be a slow process but neurotic stress causes setbacks. Systemic (whole-body) stress promotes bad gut bacteria leading to a host of problems. Enjoy life!

Finally, to learn more about your specific DNA variants, look up your +/+ genes (and find the definition of +/+) on this webpage www.ajconsultingcompany.com/detox

To access the webpage, use this passcode: 97723

Ever Upward,

A handwritten signature in black ink, appearing to read "Anthony G. Jay".

Dr. Anthony G. Jay



KEY SUPPLEMENTS AND CHEMICALS YOU SHOULD ESPECIALLY AVOID BASED ON YOUR DNA

Here is what I found based on my analysis of your +/- DNA gene variants.

Based on your specific +/- COMT gene variant (catechol-O-methyltransferase), you likely need to **eat more salt and drink more water** than normal. I use and recommend Redmond Real Salt since it has no radioactivity, no microplastics, and a complete mineral profile. Also, because of this COMT gene, **adrenaline will stay** in your body longer than normal. This can inhibit your digestion and sleep after an intense event so be sure to explore techniques to “wind down” in evenings and around meal times. I recommend magnesium supplementing in the evenings and workouts/exercise earlier in the day rather than later. In addition, having high levels of vitamin D and/or estrogen can lower the function of this enzyme so you don’t want high levels of vitamin D and estrogen.

Based on your specific +/- VDR gene variant (vitamin D [1,25- dihydroxyvitamin D3] receptor), you need to get **higher-than-normal levels of vitamin D**; preferably from plenty of sunshine. In winter, supplement at least 5,000 IU every day and probably closer to 10,000 IU each day. Never supplement vitamin D in the evening as it causes poor sleep in a surprisingly number of people (it inhibits melatonin production). Ideally, take a week or two in the dead of winter and visit southern Florida or a similar tropic region each year.

Based on your specific +/- BHMT gene variant (betaine-homocysteine methyltransferase), you are likely have **higher-than-normal levels of "homocysteine"** in your body. You should experiment with supplementing with **vitamin B6** at 100mg per day (5,000%) to help lower your homocysteine (inflammation), along with other B vitamins (use a "B Complex") so you don't get a B vitamin imbalance. You should also eat less processed sugar and research additional ways you might lower general inflammation throughout your body (for example, exercising consistently, supplementing DHA/fish oil, and supplementing curcumin regularly). Alternatively, rather than B vitamin supplementing, eat foods rich in vitamin B6 at least twice per day. These foods include seafood, meats, and eggs. Pistachios are also good. Finally, be sure to get **100% daily value of zinc** each day.

Based on your specific +/- SOD2 gene variant (superoxide dismutase 2), you need to get **100% daily value of manganese** every day. Preferably, simply eat a handful of pecans every day, since these have high levels of manganese and low phytic acid (Brazil nuts have high levels of phytic acid so these are not an ideal manganese source). Next, eat more antioxidant-rich foods than normal, such as colorful fruits and vegetables. If you can afford it, try supplementing “**liposomal glutathione**” because it will probably work for you; try cycling this supplement into your diet on and off – especially when you are under high stress loads.

In general, +/- gene variants have less negative health impacts. If you have several +/- issues that effect one gene, though, they are more likely to cause problems. Based on my analysis of your +/- DNA gene variants, I found one additional and notable specific issue.

Based on your specific +/- NAT2 gene variants (N-acetyltransferase 2), you need to be especially careful to **avoid any and all carcinogens** as much as possible. Google and research “top carcinogens” and see if you are regularly exposed to any of these. Because of this issue, **vitamin C is more important for you** than people without this DNA variant (vitamin C is both an antioxidant *and* it generates hydrogen peroxide when it is broken down – which also can kill cancer cells rather than put them on life support like other antioxidants can do!). I prefer you get high doses of vitamin C from foods like guava, bell peppers, kiwi, strawberries, oranges, and papaya but you can also supplement **vitamin C at the upper limits of recommended values in cycles** (like one week off and one week on). This will help diminish cancer-causing problems from carcinogenic items. Avoid vitamin C supplements that have carbs, sugars, or artificial dyes. Garlic is also likely to diminish the function of this enzyme even further in your body – something that may not be optimal for you.





EXTRA INFORMATION

The suggestions listed above are key.

Below are your +/+ and +/- genes in case you want to look them up on google or AJ Consulting Company: www.ajconsultingcompany.com/detox. For access, use this passcode: 97723

To utilize this information to the fullest extent, focus on the +/+ genes highlighted below in grey. Those are your own gene variants that will have the most impact on your health.

Note: you do not need to investigate the information listed below. Some people want to take a deeper dive into their unique gene issues *especially* because new information comes out about these genes all the time. If you have no experience in this type of research, the website www.snpedia.com is a great place to start.

+/+ COMT V158M (causes a 40% reduction in COMT activity)
+/+ COMT H62H
+/+ VDR Taq
+/- MTHFR A1298C
+/- MTRR A66G
+/+ BHMT-02
+/- CBS C699T
+/- SHMT1 C1420T
-/- CYP1A2 164A>C (-/- *fast* metabolizer of caffeine [4hr half-life])
+/- CYP1B1 L432V
+/- CYP2C9*2 C430T
+/+ SOD2 A16V
+/- NAT2 1114T
+/- NAT2 K268R

Additional Notes: You have *few* +/+ detox gene issues. These genes are COMT, VDR, BHMT, and SOD2. You also have *two* +/- gene variants in NAT2. This means your NAT2 enzyme likely functions below optimal levels.

Again: keep in mind that a lot is written about these genes on the AJ Consulting Company website. Use the link provided above to take advantage of this information.

Thanks for your support!