

## SNPs SYMPTOM ASSESSMENT

The single nucleotide polymorphisms or SNPs (“snips”) assessment will give you a better idea of how symptoms may be related to your genes. Researchers have found SNPs that may help predict an individual’s response to certain drugs, susceptibility to environmental factors such as toxins, and risk of developing particular diseases.

SNPs	Present every day or Always a problem	Present 2-3 days/wk or Becoming a problem	Not present or Never a problem
<b>BCOM1: Vitamin A</b>			
Increased feeling of dry eyes			
Often catch colds			
Decreased or suddenly decreased ability to see at night			
<b>MTHFR: Folate</b>			
Anemia (low red blood cell count)			
Feelings of fatigue			
Feelings of depression or sadness			
<b>FUT2: B12</b>			
Difficulty sleeping			
Increased difficulty remembering			
Feelings of anxiety or anxiousness			
<b>GC: Vitamin D3</b>			
Brittle bones			
Weak nails or splitting nails			
Always picking up latest cold			
<b>NBPF3 (ALPL): B6</b>			
Joint aches and pains			
Pain (stinging sensation) in hands and feet			
Low energy			
<b>SLC23A1: Vitamin C</b>			
Wounds taking longer to heal than usual			
Increased bruises on skin, but not taking blood thinning medication			
Increased bleeding of gums while brushing teeth			
<b>BDNF: Motivation</b>			
Decreased feeling of motivation to exercise or move around			
Increased feelings of anxiousness			
Decreased ability to stay focused on tasks			
<b>TCF7L2: Blood sugar</b>			
Increased blood sugar levels			
Easier time losing weight with decreased fat in diet			
Decreased feeling of being full or satiety after eating			
<b>IRS1: Insulin</b>			
Increased blood sugar levels			
Increased insulin levels			
Family history of Type II diabetes			
<b>FTO: Weight</b>			
Feeling like you can gain weight by looking at food			
Family history of being overweight			
Decreased feeling of satiety after a large meal			

<b>APOA2: Weight/Cholesterol</b>			
Increased cholesterol levels, especially when eating diet higher in saturated fat			
Increased weight when eating more than 22g of saturated fat in a day			
Decreased HDL levels			
<b>ADRB2: Endurance</b>			
Enjoy endurance type exercises			
Family history of metabolic syndrome			
Greater success losing weight with exercise			

**ACTION PLAN:**

Review the results of your “SNP’s ASSESSMENT.” Based on your results, answer the following questions.

- Where am I at? \_\_\_\_\_  
(Identify symptoms that are **present daily** or **always a problem** and the related SNP)
- Where should I be? \_\_\_\_\_
- What am I willing to do? \_\_\_\_\_
- Consult my healthcare provider? \_\_\_\_\_