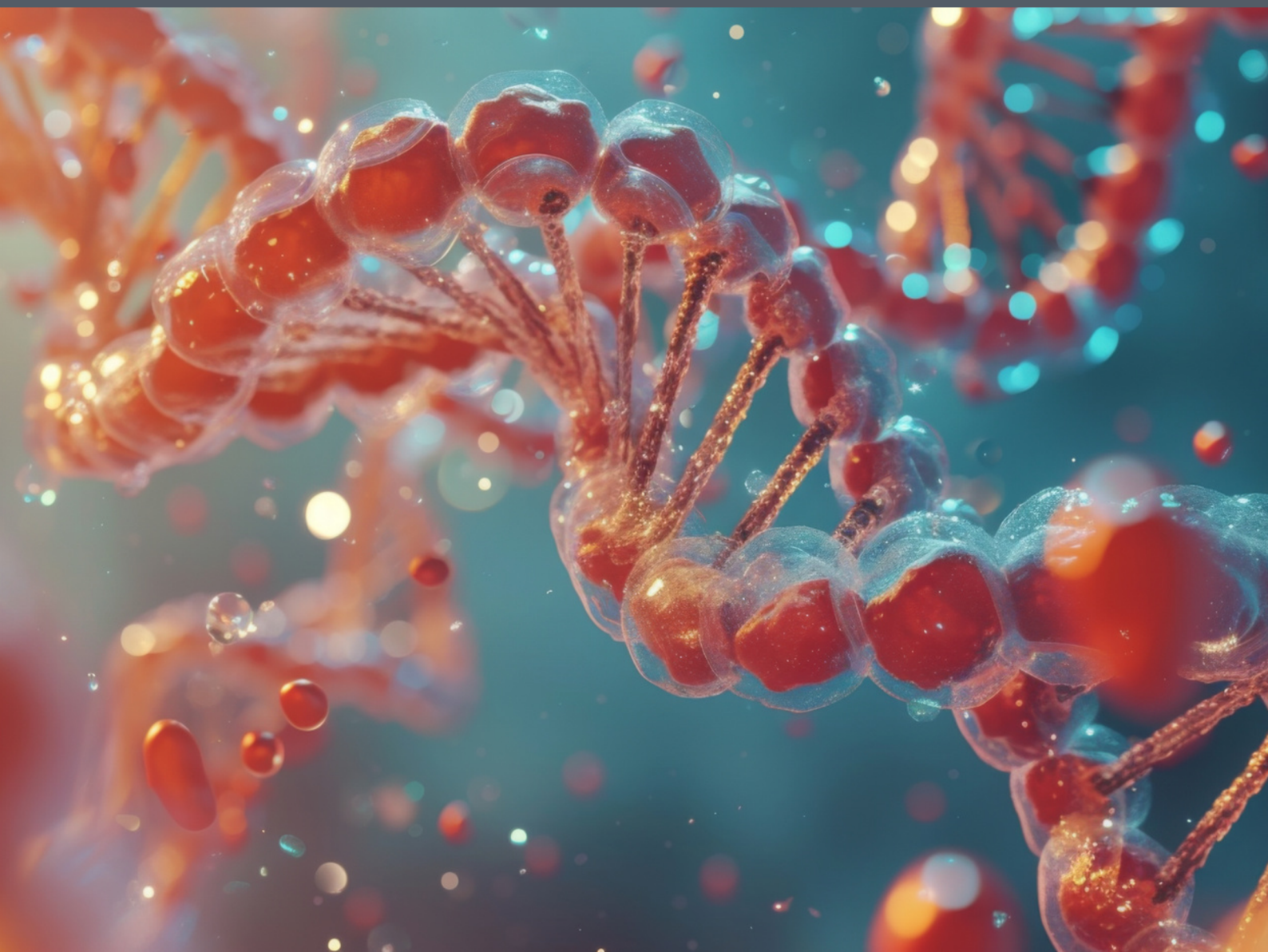
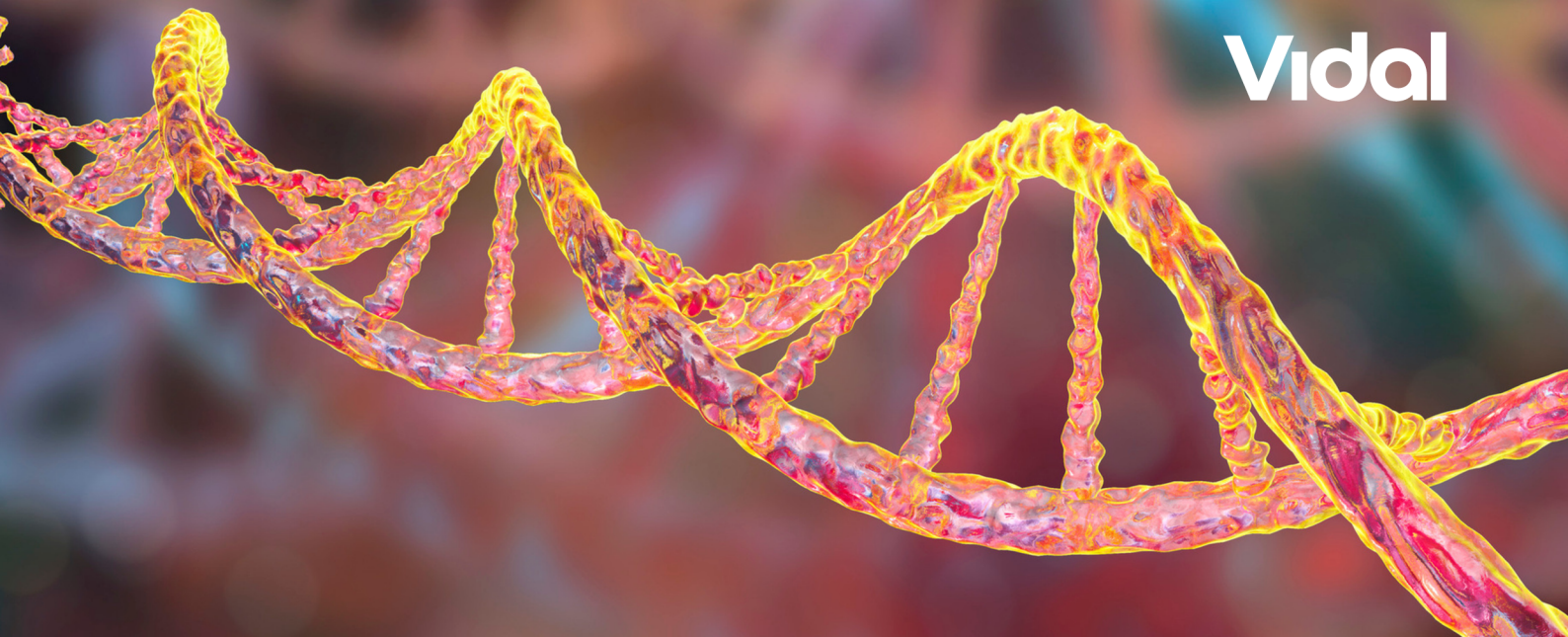


UNLOCK YOUR GENETIC POTENTIAL

A PERSONALIZED APPROACH TO WEIGHT
LOSS AND HORMONE BALANCE

Vidal





Introduction

In the ever-evolving landscape of health and wellness, a one-size-fits-all approach is rapidly becoming obsolete. As we delve deeper into the intricacies of human biology, the power of genetics in shaping our individual health trajectories is becoming increasingly apparent. By understanding our unique genetic makeup, we can unlock the key to personalized weight loss and hormone balance.

The Power of Personalized Medicine

The advent of genetic testing has revolutionized the way we approach healthcare. By analyzing our DNA, we can gain valuable insights into our genetic predispositions, allowing us to proactively address potential health risks and optimize our well-being. This personalized approach to healthcare, known as precision medicine, is transforming the way we manage chronic conditions, including obesity and hormonal imbalances.



Introducing our Cellular Restore Test

Vidal

Your Personalized Pathway to Optimal Health

Single nucleotide polymorphisms (SNPs) are the most common type of DNA variation in humans. Understanding these variations can help uncover patterns that may influence chronic illness, inflammation, detoxification, metabolism, and overall resilience. By analyzing SNPs, we gain insight into how your body uniquely responds to food, stress, toxins, and even recovery—giving you the ability to move from guessing... to precision.

The DOXA Cellular Restore Test is an innovative, easy-to-read genetic test that evaluates seven key areas of health. This isn't just about "being healthy"—this is about optimization. Whether you're navigating chronic symptoms or pushing for peak performance, this test acts as your genetic roadmap, helping you understand where your body may be underperforming and where it has the potential to excel.

Built on the principles of nutrigenomics, this test allows for true personalization of your protocols. From nutrition and supplementation to recovery strategies and even peptide integration, your plan can now be aligned with your biology—not against it. This is where biohacking meets real science—creating the opportunity to improve energy, body composition, cognitive function, and athletic performance by working with your genetics instead of fighting them.

By understanding your unique genetic profile, you can make informed decisions about your diet, exercise, and lifestyle habits to achieve optimal health and well-being. This unique test will guide you through 1:1 health coaching and take the guesswork out of it, knowing how to individualize your plan for your unique genetic makeup.



10 Ways Genetics Can Personalize Your Health Journey

01

Methylation Pathways: The Foundation of Cellular Health

Methylation is a biochemical process essential for various bodily functions, including DNA repair, neurotransmitter production, and hormone metabolism. Genetic variations in methylation pathways can influence how efficiently your body methylates, affecting your overall health.

KEY SNPS

MTHFR, COMT, BHMT

IMPLICATIONS

MTHFR

Variations in the MTHFR gene can impair the body's ability to convert folate into its active form, affecting DNA repair, neurotransmitter production, and red blood cell formation. Although MTHFR is the one we all hear about, it doesn't work alone. There are a group of SNPs that effect how the body absorbs different forms of folate, converts to the activated folate form, and transports folate throughout the bod

COMT

Variations in the COMT gene can influence the breakdown of catecholamines, neurotransmitters involved in stress response, mood regulation, and pain perception.

BHMT

Variations in the BHMT gene can affect homocysteine metabolism, a risk factor for cardiovascular disease and cognitive decline. High homocysteine can be a sign of poor methylation.

By analyzing these specific SNPs, we can identify potential methylation deficiencies and optimize your diet and supplement regimen to support optimal methylation, which is a foundational process for most everything else in your body. For instance, individuals with MTHFR variations may benefit from supplementing with methylated folate, while those with COMT variations may benefit from stress management techniques and specific nutrient supplementation. Genes should be looked at in combination and not individually. Looking at your genes as a whole will give you a much bigger picture of y

02

Food Sensitivities and Intolerances: Eating for Your Genes

Food sensitivities and intolerances can significantly impact your weight, energy levels, and hormone balance. Genetic testing can help identify specific food sensitivities, such as gluten, dairy, and histamine, allowing you to tailor your diet to your unique needs. By avoiding trigger foods, you can reduce inflammation, improve digestion, and support weight loss.

KEY SNPS

HLA-DQ2, HLA-DQ8, HFE, MTHFR

IMPLICATIONS

HLA-DQ2 and HLA-DQ8

Variations in these genes increase the risk of celiac disease, an autoimmune disorder triggered by gluten consumption. Beyond these genes for celiac, there are other HLA genes that increase risk for gluten intolerance and sensitivity.

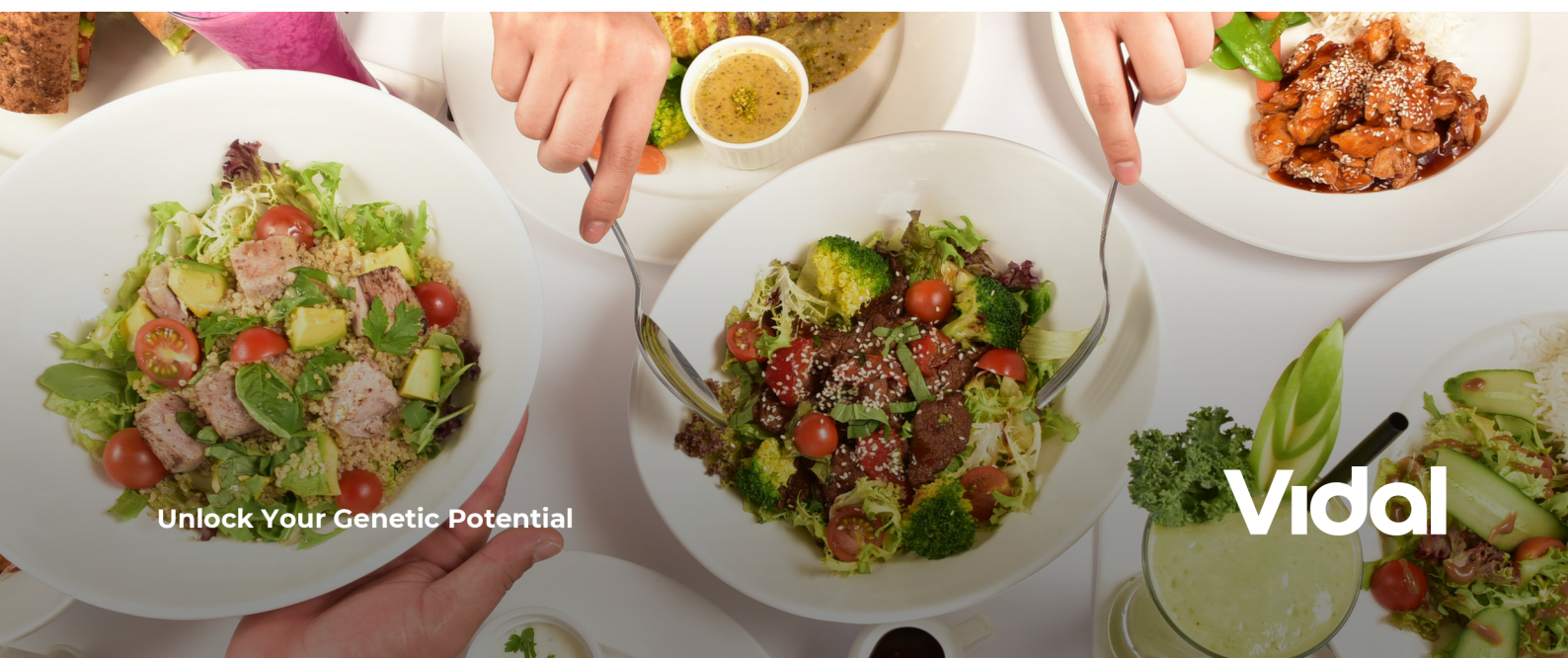
HFE

Variations in the HFE gene can lead to hereditary hemochromatosis, a condition characterized by iron overload. This is a very important finding for infertility but also to reduce inflammatory load of the body.

MTHFR

As mentioned earlier, MTHFR variations can affect folate metabolism, which is essential for proper digestion and nutrient absorption.

By identifying these genetic predispositions, you can make informed dietary choices and avoid foods that may trigger adverse reactions or harm your health. Knowing this ahead of time can cut down time and often eliminates the need to find answers through an elimination diet.



Unlock Your Genetic Potential

Vidal

03

Gut Health and Microbiome: The Foundation of Overall Health

The gut microbiome plays a crucial role in digestion, immune function, and mental health. Genetic variations can influence the composition of your gut microbiome, affecting your susceptibility to digestive issues and inflammatory conditions.

KEY SNPS

HNMT, AOC1, FUT2

IMPLICATIONS

HNMT

Variations in the HNMT gene can affect histamine metabolism, influencing histamine sensitivity and related symptoms like allergies, headaches, and digestive issues.

AOC1

Variations in the AOC1 gene can affect the production of antioxidant enzymes, impacting oxidative stress levels in the gut and overall health.

FUT2

Variations in the FUT2 gene can influence the types of bacteria that colonize the gut, affecting digestion, immune function, and nutrient absorption



By analyzing these specific SNPs, we can identify potential gut health imbalances and recommend targeted interventions, such as probiotic supplementation or dietary modifications.

04

Hormone Balance: A Delicate Equilibrium

Hormone imbalances can lead to a variety of health issues, including weight gain, fatigue, and mood swings. Genetic variations can influence hormone production, metabolism, and receptor sensitivity.

KEY SNPS

CYP19A1, COMT, MTHFR

IMPLICATIONS

CYP19A1

Variations in the CYP19A1 gene can affect estrogen metabolism, influencing the risk of hormone-related cancers and menopausal symptoms.

COMT

As mentioned earlier, COMT variations can influence the breakdown of catecholamines, neurotransmitters involved in stress response and hormone regulation

MTHFR

MTHFR variations can affect folate metabolism, which is essential for proper hormone production and function.



By analyzing these specific SNPs, we can identify potential hormone imbalances and recommend personalized strategies, such as hormone therapy or lifestyle modifications.

05

Inflammation and Oxidative Stress: The Silent Saboteurs

Chronic inflammation and oxidative stress can contribute to a wide range of health problems, including obesity, diabetes, and heart disease. Genetic variations can influence your body's inflammatory response and antioxidant capacity.

KEY SNPS

TNF- α , IL-6, Nrf2, ATG16-L1



IMPLICATIONS

TNF- α and IL-6

Variations in these genes can increase the production of pro-inflammatory cytokines, contributing to chronic inflammation

Nrf2

Variations in the Nrf2 gene can impair the body's antioxidant defense system, increasing susceptibility to oxidative stress.

ATG 16-L1

Variations in the autophagy SNPs lead to decreased cell turnover and often leads to disease and inflammation. This increases the risk of an overactive immune system, responsible for a lot of those "mysterious symptoms."

By analyzing these specific SNPs, we can identify your individual risk factors and recommend targeted interventions, such as antioxidant supplementation or anti-inflammatory diets.

06

Neurotransmitter Balance: The Key to Mental Well-being

Neurotransmitters are chemical messengers that transmit signals between nerve cells. Genetic variations can influence neurotransmitter production, metabolism, and receptor sensitivity.

KEY SNPS

GAD1, DRD2, MAOA

IMPLICATIONS

GAD1

Variations in the GAD1 gene can affect conversion of glutamate, a stimulating neurotransmitter, to GABA, a calming neurotransmitter. A deficiency of GABA is associated with a variety of neuropsychological issues and disorders, including anxiety, depression, and sleep disorders.

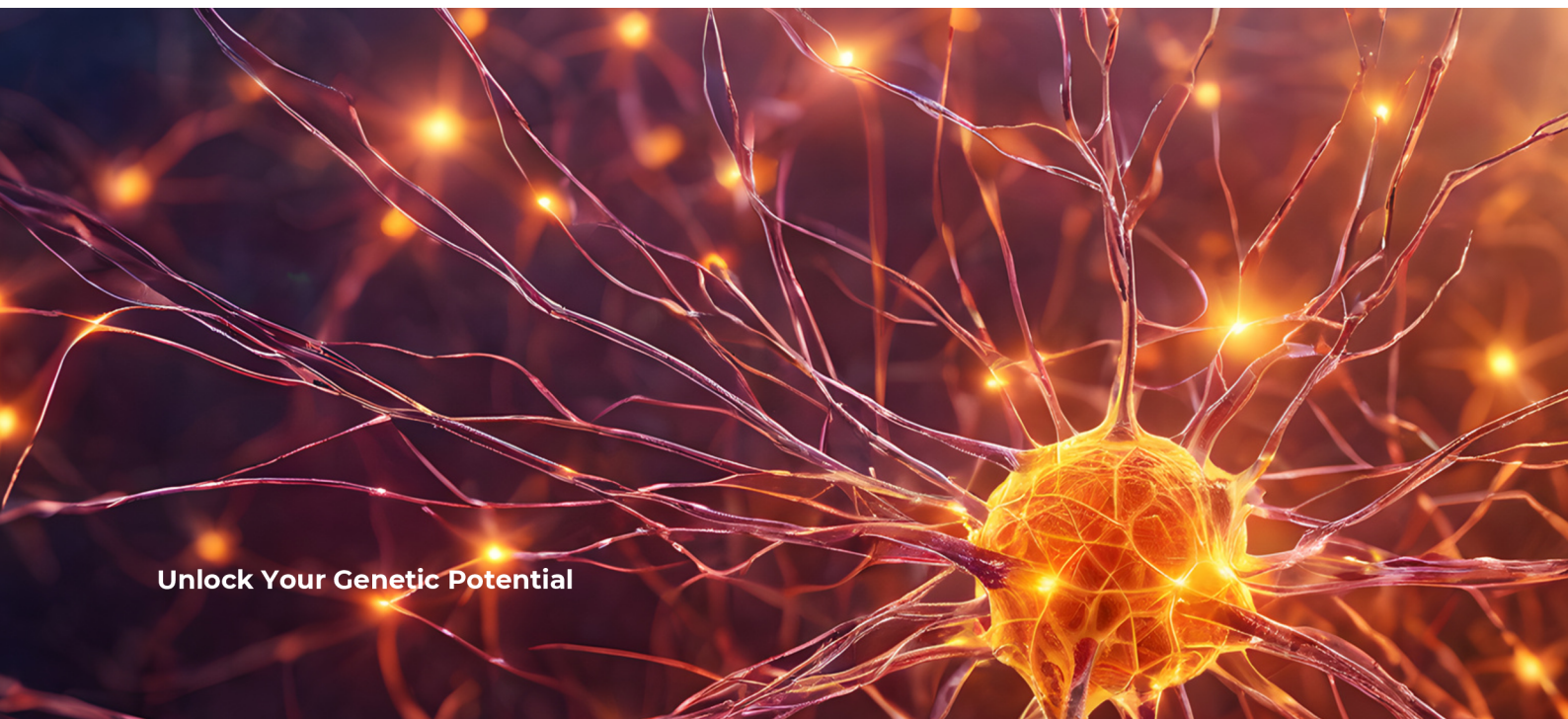
DRD2

Variations in the DRD2 gene can influence dopamine receptor sensitivity, affecting reward-seeking behavior, motivation, and attention.

MAOA

Variations in the MAOA gene can affect the breakdown of dopamine and norepinephrine, neurotransmitters involved in mood regulation, stress response, and cognitive function

By analyzing these specific SNPs, we can identify potential neurotransmitter imbalances and recommend personalized strategies, such as targeted nutrient supplementation or lifestyle modifications



07

Sleep Quality and Circadian Rhythm: The Foundation of Optimal Health

Sleep quality and circadian rhythm are essential for overall health and well-being. Genetic variations can influence sleep patterns, circadian rhythm, and melatonin production.

KEY SNPS

CLOCK

By analyzing these specific SNPs, we can identify potential sleep disturbances and recommend personalized strategies, such as sleep hygiene practices or melatonin supplementation

IMPLICATIONS

CLOCK:

Variations in this gene can affect the body's internal clock, influencing sleep patterns, alertness, and metabolic function.

08

Exercise Physiology and Injury Risk: Tailoring Your Workout Routine

Genetic variations can influence muscle fiber type, exercise performance, and injury risk. By analyzing specific SNPs, we can identify your individual strengths and weaknesses and tailor your workout routine to optimize your results and minimize your risk of injury.

KEY SNPS

ACTN3, ACE, COL1A1

By understanding your genetic predispositions, you can choose the right type of exercise, intensity, and frequency to maximize your results and minimize your risk of injury

IMPLICATIONS

ACTN3

Variations in the ACTN3 gene can influence muscle fiber composition, affecting power and endurance performance.

ACE

Variations in the ACE gene can influence cardiovascular function and exercise performance.

COL5A1

Variations in the COL1A1 gene can affect collagen production, influencing muscle and tendon strength and injury risk.

09

Weight Management and Body Composition A Personalized Approach

Genetic variations can influence weight gain, weight loss, and body composition. By analyzing specific SNPs, we can identify your individual weight management challenges and recommend personalized strategies, such as dietary modifications, exercise programs, or weight loss medications.

KEY SNPS

FTO, MC4R, PPARG

IMPLICATIONS

FTO

Variations in the FTO gene have been linked to increased appetite and a higher risk of obesity.

MC4R

Variations in the MC4R gene can affect appetite regulation and energy expenditure.

PPARG

Variations in the PPARG gene can influence insulin sensitivity and fat metabolism.



By understanding your genetic predispositions, you can make informed decisions about your diet, exercise, and lifestyle habits to support your weight loss goals

10

Behavioral Traits and Habits: Understanding Your Motivations

Genetic variations can influence personality traits, eating habits, and addictive behaviors. By analyzing specific SNPs, we can identify your individual strengths and weaknesses and develop personalized strategies to support your weight loss and health goals

KEY SNPS

DRD2, MAOA, MC4R

By understanding your genetic predispositions, you can identify your most effective motivational strategies and develop personalized behavioral change plans to support your long-term health goals.

IMPLICATIONS

DRD2

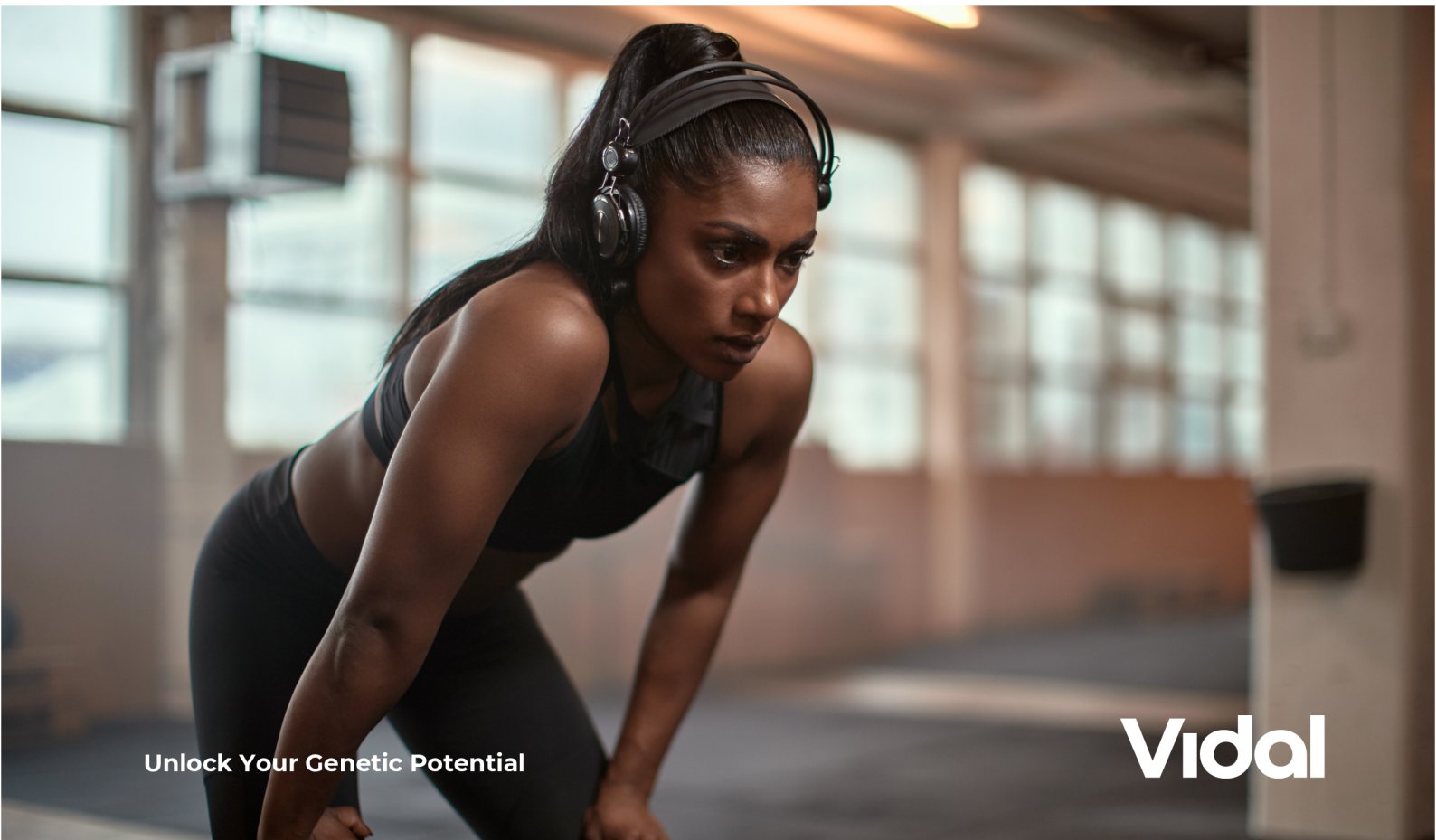
Variations in the DRD2 gene can influence dopamine receptor sensitivity, affecting reward-seeking behavior, motivation, and attention.

MAOA

Variations in the MAOA gene can affect the breakdown of dopamine and norepinephrine, neurotransmitters involved in mood regulation, stress response, and cognitive function.

MC4R

Variations in the MC4R gene can increase appetite and snacking behaviors.



TAKE THE NEXT STEP

Unlock a personalized view of your metabolic health with the Cellular Restore Metabolic Disease DNA Test. Your test includes:

- Comprehensive 29-page review of your results
- In-depth analysis of seven key areas of health and genetic markers (SNPs)
- Personalized recommendations on lifestyle, nutrition, supplements and additional lab testing based on your results
- A 30-Minute 1:1 session with a Vidal Coaching Practitioner to review your results and answer your questions*

PROMOTIONAL OFFER:

For a limited time, get \$50 off. Choose “with review” and use code: Gene50 at checkout.

BUY NOW

Ready to fully unlock your genetic potential? Book a complementary consultation to discuss your personalized health goals and learn more about our Doxa Metabolic Disease DNA Test.

MEET WITH THE GENETIC COACHING TEAM

Remember, your genetic blueprint is unique. By harnessing the power of genetics, you can optimize your health and achieve your goals faster and more targeted

*included if “with review” is chosen at checkout