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**CONSENT AND INSTRUCTIONS FOR OBTAINING GENETIC ANALYSIS**

Knowing your genetic makeup can allow individualized approaches to treatment planning. Chronic disease is the result of a complex interaction between your genetic makeup and environment. Your genetic programming modifies and is modified by environmental toxins, nutritional status, stress and infectious agents. We are starting to understand these interactions at a level that can allow individualized intervention in clinically relevant ways. Contrary to popular belief many genetic weaknesses are not deterministic but can be partially bypassed by customized nutritional protocols.

Determining the SNPs present in your genome can reveal weakness that may warrant early medical intervention with medication and/or nutritional and lifestyle changes. Genetic testing has historically been extremely expensive and was rarely reimbursed by insurance. This inhibited incorporation of genetic testing into routine medical planning. The direct-to-customer company *23andme.com* provides personalized testing across a wide variety of genetic SNPs, or single nucleotide polymorphisms. It is clearly impossible to analyze and understand all of the data that comes back with this testing, but many issues can be directly addressed and genetic analysis can take some of the guesswork out of treatment planning. And, as more research becomes available regarding the more obscure genetics in your analysis, it may be possible to further interpret your test results and incorporate new treatments. There are clear limits to my personal understanding of the full array of SNP’s tested as there are over 650,000 SNPs reported and I ask that this limit in my treatment scope be acknowledged on this form.

If you decide to move forward with testing, it is up to you as to whether you decide to use an alias. There are some legal, social and ethical considerations regarding genetic testing that you may want to consider and that are outside of my capacity to advise. In addition, it is also common for genetic testing to reveal information that can be emotionally distressing. If you have concerns in this regard please feel free to bring them up with me. There are few other factors to address that have come up with other patients:

1) Beyond *23andme.com*, we will also obtain reporting from other websites that will curate your raw data into reports.

2) If you decide to use an alias make sure to write down the details so that you can retrieve your data.

3) Because people buy kits for each other it is unlikely that financial information will be linked to your genome.

**HOW TO PROCEED**

1) Set up an account at 23andme.com. Order the $200 kit for testing. This will come in the mail to you.

2) When you receive your kit, register its serial number to your account at 23andme.com.

3) Follow the kit directions. Provide a saliva sample in the morning without brushing your teeth. Send off the sample.

4) You will get emails informing you of your account status. In 4-8 weeks your results should be ready.

5) Then, go to your 23andme.com and download your raw data file. Forward this raw data zip file to me.

→ TOOLS → BROWSE YOUR RAW DATA → DOWNLOAD.

6) Go to the following websites and upload your raw data to each of the following report services:

→ **https://www.promethease.com/ondemandlicense** – This is $5. You will eventually be able to download a ZIP files that extracts into an HTML tool to explore your genetics. Forward me downloaded ZIP file. Make sure it is the original ZIP as opposed to the extracted files.

→**http://geneticgenie.org** – Run the METHYLATION and DETOXIFICATION profiles. Download as a PDFs.

→ **https://livewello.com** – This service is requires a one-time $20 fee, but it is essential for this process. Please start a profile with them and then activate the genetic report machine under APPS → GENE APPS→ VARIANCE REPORTS. Upload your raw files and when you see the report table (this has red, yellow and green boxes in the right column) then → PRINT (on web page itself – not the browser command panel) → SAVE as PDF → Forward this file to me. Also, within the PROFILES page select SHARE within your profile box. Then enter: “**Jeffrey Becker**” and “[**jeffreybeckermd@yahoo.com**](mailto:jeffreybeckermd@yahoo.com)” to allow me run specific reports for you now and in the future.

7) Send me all of these reports and your original raw Genetic Analysis from 23andme to: [**jeffreybeckermd@yahoo.com**](mailto:jeffreybeckermd@yahoo.com) Sending me one email with all of this attached is appreciated, if possible. After you have forwarded me all of the above, and you have shared your Livewello account with me, please call to make an appointment to go over results.

**CONSENT**

Your signature below confirms you have read and understand the foregoing and understand the limitations in scope of your doctor’s capacity to interpret and medically advise regarding your genetic analysis.

Name (Printed): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_