

# EN.LIGHT LIFE

## TAILOR MADE GENETIC WELLNESS PROTOCOL

### **SAMPLE REPORT**

*"live according to your design"*

#### **Please Note:**

In addition to this written, personalized report, you will also receive a ~45-60 min video recording of our session together, where I will talk you through your results in detail and where we discuss your unique case.

All suggestions are personalized and customized for each client after an in-depth health assessment.

Depending on which test and package you have chosen, the health recommendations will either, only cover your Genetic needs, or include your epigenetic results and requirements.

Genetic suggestions are valid for life, vs epigenetic suggestions will change as improvements are made.

Depending on the complexity of each case, reports and suggestions will greatly differ in length and can include extensive detox protocol and peptide therapy

\*We can re-test epigenetics every 6-12 months to measure progress made.

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Name of client: XYZ

**Goals:** To address the immune, gut and metabolic issues

#### **GENOMIC OVERVIEW: :**

Genetically your main areas of weakness and concern are those of Metabolic Health and Hormonal Health

My sense is that everything you have been dealing with is as a result of not eating correctly for your genomic type, along with thyroid weakness and the many rounds of antibiotics and more than likely dental implants have contributed the rest.

All the above mentioned will create an absolute immune storm. The same goes for the various meds you are on for constipation, which we absolutely need to get you off.

You are in need of a good detox and we'll want to deeply address the colon as that is also linked to lungs and your bronchitis as well as immune issues. You can absolutely heal and regenerate, but you'll need to address everything that is causing the immune storm.

This is also key for weight loss.

### **Nutrition & Gut Health**

- ☐ You'll want to **avoid Gluten and limit Grains** as we see a high level of sensitivity to Gluten and grains which can affect you neurologically.
  - I suggest eliminating grains until your health issues are resolved
  - Millet, quinoa and buckwheat are fine
- ☐ Dairy is not highly beneficial, especially due to histamine issues. If you have dairy stick to fresh goat and sheep cheese and keep to a minimum
- ☐ **Histamine** is an issue but mostly related to gut and immune issues which need to be addressed by addressing the gut lining
  - Tessamet is great to address histamine whilst your gut is healing, this can be used as needed <https://www.life-enthusiast.com/shop/tessamet/?=ref296>  
Take as suggested, can also be used as needed
  - Seeking Health, Probiota Histaminx (Amazon) is a great probiotic to address Histamine issues, take as suggested for 4-6 weeks
  - You'll want to be careful with fermented foods, I suggest BiOptimizer enzymes
    - BiOptimizers MASSZYMES are great enzymes, I suggest 3 per meal, these will also improve protein absorption <https://biooptimizers.com/shop/products/masszymes> (code ENLIGHTLIFE gives you 10% off)
- ☐ You'll want to **favor complex carbs** because of some blood sugar issues and potential insulin sensitivity  
Fruit, root veggies, vegetables, legumes and beans are all great for you  
Balance your meals with ½ a plate of greens and complex carbs (ie sweet potato + legumes)  
Tempeh and Tofu can serve you to fulfill your protein requirements but you do not want to overdo them due to some issues with estrogen detoxification
- ☐ Fats: You do better on a **low fat diet**, focus primarily on Monounsaturated fats + some Omega-3s  
Flaxseed, chia, walnuts, wild salmon/fatty fish, poultry, olive oil and olives, avocado  
Fats should not be more than 20% of your diet
  - Minimize intake of Saturated Fats to avoid buildup over a lifetime and because of immune issues

- This means having occasional red meat is fine, but you want to make sure you are having more PUFAS and MUFAS overall
- ☐ Medium fiber intake - taking in enough greens and some starchy vegetables in the evening should be enough along with some flax, walnuts and chia, plenty of legumes
- ☐ Protein intake should be a medium intake, **proteins** feed inflammation, especially when inflammation is already present. Focus on fish, **legumes and beans** and a bit of soy products can be helpful in providing phytoestrogens which allow the body to detox excess “bad” estrogen. Aim for .8-1 gr of protein per ideal weight in pounds, which is still a fair amount just not “high”
- ☐ **Gut Health** Support I suggest for you
  - We want to improve gut lining which is affected by genetic weakness and improve microbiome
  - MICROBIOME BREAKTHROUGH (great for leaky gut) <https://biooptimizers.com/shop/products/microbiome-breakthrough> (code ENLIGHTLIFE for 10% off) , use as suggested
  - BIOFILM RESOLVE to address biofilms and pathogens, use for 1 month <https://nuethix.com/collections/supplements/products/biofilm-resolve?variant=37274128482466>
  - GUT DEFENDER for microbiome support , use as suggested for 2 months [https://nuethix.com/products/gut-defender-new?pr\\_prod\\_strat=jac&pr\\_rec\\_id=cc9fc8450&pr\\_rec\\_pid=5955804102818&pr\\_ref\\_pid=7645987799273&pr\\_seq=uniform&variant=37158070845602](https://nuethix.com/products/gut-defender-new?pr_prod_strat=jac&pr_rec_id=cc9fc8450&pr_rec_pid=5955804102818&pr_ref_pid=7645987799273&pr_seq=uniform&variant=37158070845602)
  - UTYLIZE will help you make enough stomach acid to digest the increased protein intake and the shift in nutrition, 1-2 months should be enough, use 1 packet per meal, only with your larger meals <https://nuethix.com/collections/supplements/products/utylize?variant=32244918157357>
  - Tributyrin to support healthy gut lining <https://vluphealth.com/products/tributyrin-plus> (ENLIGHTLIFE discount code) use as suggested
  - In month 2-3 months I suggest 1 month of The Ultimate GI repair with BPC-157 <https://vluphealth.com/products/ultimate-gi-repair?variant=43337224650975> (ENLIGHTLIFE discount code), use as suggested
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- ☐ **Adaptogens** will be of great support to you, I suggest these whole herbs
  - Adaptogenic Blend <https://www.vitalityherbsandclay.com/products/adaptogen-mushroom-blend>  
Start on high dose and then reduce after 2 months  
\*This is something you can also take as needed in the future when feeling run down to support your immune system
    - Adrenal Support herbs -use highest dose for three months
      - <https://www.vitalityherbsandclay.com/products/adrenal-revive>
      - <https://www.vitalityherbsandclay.com/products/stamina>
- ☐ Intermittent fasting will also be very helpful for you. Fasting is something that needs to be practiced and slowly incremented. It is not meant to be stressful.  
Ideally we want to fast 3-4 days a week for 16-20 hours a day but you can start with less. This will become very easy as your metabolic health improves.
- ☐ I suggest starting your fasting window around 2-3 pm and then going until the next day for up to 16-20 hours. Practice makes better but do not force it as that will be counter productive.

## **Micronutrients & Supplementation**

Getting all your micronutrients in should be a priority since giving your body what it needs to function optimally will make all the difference - until the gut is healed you will need to supplement even micronutrients that you are genetically not impaired by

- ☐ Some need for b12 - should be getting enough from your food though once nutrition is on point and once the gut is healed.
- ☐ No genetic need for B6
- ☐ No genetic need for B1
- ☐ higher need for Folate, Choline, Vitamin D/K and
- ☐ Very high need for Selenium (eat 2-3 brazil nuts x day)
- ☐ High need for Vitamin C - I suggest daily Amla 1-3 gram mixed in water sipped throughout the day
- ☐ High need for vitamin A - some supplementation will be helpful to get your levels up and then you want to consume enough squashes, carrots, some fatty fish
- ☐ Make sure you are getting enough nutrients from your food, prioritizing foods high in the nutrients you require - see the list of suggested foods
- ☐ \*Overall you need a lot of greens, legumes, root veggies, omega 3's and some berries/antioxidants and citrus
- ☐ We can custom make a blend of micronutrient supplements for you. The first three months you'll be getting high dosages and then you can either stop them and focus on getting what you need from your food or lower the dosage for another three months and then move to getting what you need from food.
  - ☐ The custom blends will have everything you need in 1 bottle and will typically require you to take 3-4 caps per day. A three month supply runs around \$300-400 (you can let me know via email if you'd like to order that)
- ☐ The need for **Zinc** comes up repeatedly as well and is key for immune function
  - You want to aim for 80-100 nd/dl
  - This is a great formula  
<https://vluphealth.com/products/zinc-carnosine?variant=44524263801055> (ENLIGHTLIFE discount code)
  - I suggest 2-3 months of zinc supplements (we can include this too in the custom made formula)
- ☐ Some need for Choline (PC for lipid/liver support and/or Alpha GPC for focus)
  - Sunflower Lecithin is great for this, 2 tbsps per day. You may want to start with 1 and work your way up
    - <https://www.life-enthusiast.com/shop/exsula-xtrapure-lecithin/?=ref296>
    - Or you could supplement with **Phosphatidylserine** which is in Sunflower Lecithin and helpful in cortisol regulation, any brands are good for this, use as suggested
  - Getting enough brassica vegetables, nuts/seeds, whole grains, legumes, fruit and mushrooms will cover you after an initial supplementation

## **Longevity**

- ☐ Support **Methylation** with Methylfolate/make sure you are getting enough greens
- ☐ Methylation is also supported by having enough stomach acid so **Betaine/TMG** supplementation for we addressed this under GUT/MICROBIOME
- ☐ Caution with chemical toxin/ pollution exposure; consider minimizing toxic load by choosing organic foods, non-toxic products, etc.
  - you'll want to address toxins with some regular detoxing, Glutathione and Augmented NAC is very helpful here too as well as Zeolites and Clays

- For slow and gentle detox I suggest this combo daily, as suggested <https://7016762.thegoodinside.com/shop/product/zeolite-fulvic-pack-mx>
- Glutathione - I like the LIFEWAVE patches [www.lifewave.com/enlight](http://www.lifewave.com/enlight) → Glutathione patches, place as suggested and optional X39 patches. They work incredibly well but we first want to open your detox pathways and bring inflammation down. \*You can take X39 right away as it's very supportive  
Otherwise I suggest a liposomal Glutathione daily for 3-4 months, starting with low dose of 100mg a day and then slowly increasing the dose over a few week to 500mg a day  
This is a good one. Start with 1 pump and work your way up to 5 pumps a day over the course of 5 weeks  
<https://www.life-enthusiast.com/shop/glutathione-quicksilver-scientific/?v=7516fd43adaa?ref=296>
- Augmented NAC - please not that AUGMENTED NAC is different and more potent than regular NAC: you want to be on it for 3 months, use as suggested [www.store.augmentednac.com/?via=ENLIGHTLIFE](http://www.store.augmentednac.com/?via=ENLIGHTLIFE) (HYKHP(FX for 10% discount)
- Curcumin, 20 drops under the tongue 2 x a day  
<https://www.life-enthusiast.com/shop/north-american-turmeric-power-plus/?ref=296>
- To support your bodies detox pathways I suggest daily starting your day with Vital Cleanse either in water or with some berries and water. Use as suggested, you can take in the am on an empty stomach and then again in the afternoon as a "snack"  
<https://www.vitalityherbsandclay.com/products/vital-cleanse-nutrify>
- No particular need for antioxidants genetically as long as your diet is as outlined - once we go deeper into detox I would suggest some antioxidant support. For now I would make sure you are getting enough fresh veggies and berries into your diet. I suggest daily large vegetable juices (celery, cucumber, kale, ginger, lemon with ¼ beetroot)
- Immune functions needs some support - this is where an anti-inflammatory diet is key, making sure you are getting all the nutrients that are crucial for you (omega 3's are key here) along with
  - Adaptogens -mentioned above
  - Pre-Pro biotics -mentioned above
  - See suggestion for Thyroid support
  - Peptide Therapy - could be helpful down the line but at this point I think getting your nutrition on point and supporting gut and hormones is all you need

## **Sleep & Stress**

- Support Sleep with Magnesium Glycinate if needed, generally make sure you are getting enough magnesium
- CORT-EAZE is a great product to support cortisol metabolism and calm the system down, especially in the evening , 2 caps before bed as needed  
<https://nuethix.com/collections/supplements/products/cort-eaze?variant=32244757364781>
- For Neuro regeneration this product is a fantastic blend, use as suggested  
<https://vluphealth.com/products/neuro-regenerate> (ENLIGHTLIFE is the discount code)
- Magnesium is key for many functions but especially metabolic and neurological, this is a great formula <https://biooptimizers.com/shop/products/magnesium-breakthrough-drink> (ENLIGHTLIFE discount code), use as suggested, you can double the dose, 1 in am and 1 in pm if you like
- You do have a strong genetic need for cortisol regulation - adaptogens as suggested and support for the adrenals, along with paying attention to getting all the nutrients you need. In stressful times you'll want to support adrenals and hypothalamus with adaptogens. **Adaptogens** like **Ashwagandha**, **Rhodiola Rosea**, and **Holy Basil** help regulate cortisol levels and balance stress, supporting overall hypothalamic function. The hypothalamus is sensitive to environmental toxins, including heavy metals, pesticides, and endocrine-disrupting chemicals.

Minimize exposure to toxins by choosing organic foods, filtering drinking water, and using natural, non-toxic household products. Support detoxification with foods rich in antioxidants like berries, leafy greens, and cruciferous vegetables (broccoli, cauliflower)

\*This is taken care of by my prior suggestions. It's just for you to know how to support your nervous system.

## **Metabolic**

- ☐ Borderline risk for **Insulin Resistance**; prevention is key: prioritizing protein/fat/fiber and low glycemic carbs, maintaining adequate muscle mass which you'll want to work at as preventative measure
- ☐ Autoimmune issues will cause blood sugar dysregulation so until gut health and immune health is addressed, blood sugar won't stabilize - I do suggest reaching out to us to get some support with Peptide Therapy
- ☐ Make sure your meals are well balanced and meet your requirements. Magnesium is key along with all the B vitamins and not overdoing the fats
  - **Berberine** can also be supportive as needed - I suggest daily for 12 weeks, 500mg 1 to 3 times a day, you can experiment and see if taking more balances your blood sugars better. Sometimes it can cause a bit of detox reaction initially so go up slow.  
<https://biooptimizers.com/shop/products/berberine-breakthrough> (ENLIGHTLIFE code for discount) - I do not think this is something you need right now but could be useful down the line
  - By addressing immune function, you will also be able to vastly improve your insulin resistance
- ☐ With EXERCISE you want to be careful with doing too much at too high intensity, however you have a great response to exercise and you are very strong in endurance - you just want to keep your workouts shorter and also focus on weight training which will go a long way with improving your health. I suggest some resistance training/weight training 3 times a week and on days where you do not train, walking for 30 min swiftly or rebounding would be great
- ☐ **Connective Tissue needs some support** - this is where micronutrients are key along with addressing gut and immune issues

## **Hormones**

- ☐ Thyroid health needs some support.
  - First in line of importance is getting the nutrients you require along with adaptogenic herbs
  - I suggest 2-3 months of **THYRO BOOST ESSENTIALS**, this will support you hormonally too  
<https://nuethix.com/collections/supplements/products/thyro-boost-essentials> (if sold out you can take Thyro Boost +, start with 1 cap in the am and you can slowly go up to 4 caps. Monitor how you feel. If you feel jittery you want to lower the dose.
  - And 2-3 months of **JUMPSTART** to support your endocrine system and hormones  
<https://nuethix.com/collections/supplements/products/jumpstart-ec-new?variant=44067119268073> , 4 caps 3 times a day
- ☐ Estrogen metabolism is challenged, leading to higher levels of “bad” estrogen so we want to support the detox thereof

- Focus on nutrition, all the things we have pointed out above
- Can be supported by taking **CALCIUM D-GLUCARATE 500 mg twice a day and DIM 400 mg** once a day , for two months and then taking a break and seeing if more is needed because as you bring in more greens and balanced nutrients you may be fine without it. \*This is taken care of by the JUMPSTART supplement but it's something to keep in mind for the future when hormones need support
- Higher estrogen can also lead to histamine issues and since there is a sensitivity there already it's good to make sure estrogen does not build up.
- Green Tea can be beneficial for you, just monitor how you feel as it could also be too

## **CURRENT FOCUS & GOALS:**

The low hanging fruits are

- ☐ Getting Nutrition Right and micronutrients - this may not seem significant but can make ALL the difference
- ☐ Gut healing - see the suggested supplements
- ☐ Supporting your body to detox and address impacted bowels as that will affect everything that is going on
- ☐ The items marked in light **bright yellow** are to be given preference to, then next in line you can work on the **light lilac items**, and then the pale yellow