

Questionnaire #2: ("*Laundry List 2*")

After 1st 2 weeks on "Soak and Scrub" — **Identify which genes need more "cleaning":**

Determine which additional lifestyle, dietary, and environmental changes you need to implement, with supportive supplementation. Check each box below if the condition has occurred frequently within the last 60 days or is generally true (*to evaluate which genes are still "dirty"*):

MTHFR:

- I get shortness of breath or become red in the face after exercising.
- At times, I get exercise-induced asthma.
- My moods often fluctuate between irritability and depression.
- I can't easily tolerate alcohol of any type.
- I feel generally tired and "toxic."
- I don't eat leafy green vegetables every day.
- I tend to be able to focus and concentrate quite well — when I'm not mad or sad.
- I have difficulty falling asleep at times.
- I've had laughing gas (nitrous oxide) at the dentist's or the doctor's office and it made me feel horrible.
- When I get irritated, it takes me quite some time to calm down.
- There are some days I push it and take risks, but that's usually not my style.

DAO:

- I'm often irritable, hot, or itchy after eating.
- I can't tolerate yogurt, kefir, chocolate, alcohol, citrus, fish, wine (especially red), or cheese.
- I get random joint pains that move around and come and go.
- I have skin issues such as eczema, urticarial (hives), or psoriasis.
- If I scratch my skin, I get red streaks.
- I can't tolerate many probiotics.
- I have SIBO. I have a lot of food allergies or food intolerances.
- I have ringing in my ears at times, especially after eating.
- I've been told I have leaky gut syndrome, Crohn's disease, or ulcerative colitis.
- I get migraines or other headaches often.
- I have a runny nose often, as well as nosebleeds.
- I can't fall asleep for several hours after eating or drinking.
- I have asthma or exercise-induced asthma.

COMT (slow):

- I feel more irritable after eating a high-protein diet (such as GAPS, Paleo).
- I'm easily irritated, and it takes me a long time to calm down.
- I routinely have (or used to have) PMS.
- I'm a very happy, enthusiastic person — but I'm easily irritated.
- I'm not very patient.
- I've always been able to focus and study for long hours.
- I've struggled with falling asleep since I was a child.
- I know the ceiling patterns well.
- My doctor put me on birth-control pills to control acne or heavy bleeding.
- I have (or have had) uterine fibroids.
- Caffeine does wake me up, but if I drink too much of it, I get irritable.
- I don't like taking risks.
- I'm pretty cautious.

COMT (fast):

- I have difficulty paying attention.
- I get depressed quite often.
- When I get stressed out, I can calm down quickly.
- I tend to be calm most the time, but I don't always like to be.
- I'm a risk taker.
- I enjoy pulling stunts, because I feel awesome afterward.
- I'm the class clown.
- I love it when I make people laugh.
- I find myself fidgeting and moving constantly.
- I sometimes pinch myself so hard that it hurts.
- I have a hard time getting going in the morning.
- I find that I can easily get addicted to things or activities: video games, social media, smoking, drinking, shopping, drugs, gambling.
- I'm not very interested in sex.
- When it's bedtime, my head hits the pillow and I'm out like a light.
- Caffeine helps me focus and pay attention.
- I crave high-fat, high-sugar foods, and they do make me feel better — for a bit.

MAOA (slow):

- I tend to be rather aggressive.
- It takes me a while to slow down.
- I can focus for a long time.
- When I drink alcohol, I become an angry drunk.
- I'm not drawn to carbs, and I feel less irritable when I don't eat many of them.
- I'm more irritable and angry when I eat cheese and/or chocolate or drink wine.
- It takes me a while to fall asleep.
- When I do fall asleep, I tend to stay asleep through the night.
- My doctor put me on an SSRI for depression, and I got very irritable from it.
- Melatonin doesn't work well for me.
- Melatonin makes me feel more awake and irritable.
- Caffeine tends to make me irritable.
- Lithium helps my mood.
- 5-HTP makes me feel anxious and irritable.
- Inositol overstimulates me.
- I'm self-confident.
- I'm a man.

MAOA (fast):

- Since I was a kid, I've had a very hard time focusing and paying attention.
- I crave cheese, wine, and chocolate, and I feel better after I consume them.
- I crave carbohydrates, and they make me feel less depressed.
- I fall asleep quite well, but I tend not to be able to sleep through the night.
- I need a snack to fall back asleep.
- I have an autoimmune disease, such as Graves' disease, Hashimoto's thyroiditis, multiple sclerosis, or active celiac.
- I'm chronically inflamed.
- Winters and prolonged darkness affect my mood.
- I've been told I have seasonal affective disorder.
- I love exercising.

- Exercising helps my mood.
- I'm a woman.
- I'm a worrier.
- I tend to be depressed and anxious.
- I get a bit obsessive about things.
- I have fibromyalgia, constipation, or irritable bowel syndrome.
- Melatonin works quite well to help me sleep.
- Inositol improves my mood.
- 5-HTP improves my mood.
- Lithium makes me feel more depressed.
- My doctor put me on an SSRI, and it did help.

GST/GPX:

- I'm sensitive to chemicals and smells.
- I feel way better after taking a sauna or sweating heavily.
- It's easy for me to gain weight even though I eat right.
- Cancer runs in my family.
- I notice gray or white hairs coming in when I get stressed.
- I have early graying of my hair.
- I have high blood pressure.
- I just got done fighting an infection.
- I tend to be chronically stressed out.
- I have an autoimmune disease.
- I have chronic inflammation.
- I have asthma or difficulty breathing.
- I often feel like I can't get enough air.
- I generally feel tired and "toxic."
- I have high blood pressure.

NOS3:

- I have high blood pressure.
- I've had a heart attack.
- I have diabetes, type 1 or 2.
- I have cold hands and feet.
- I struggle with asthma.
- I snore, breathe through my mouth, or have sleep apnea.
- I'm noticing that my memory is getting worse.
- I had preeclampsia during pregnancy.
- I have atherosclerosis.
- I'm postmenopausal.
- My moods are all over the place.
- I don't exercise or move much.
- I have an autoimmune disease.
- I'm chronically inflamed.

PEMT:

- I'm postmenopausal.
- My estrogen levels are low.
- I have gallstones.
- I don't eat leafy green vegetables often.
- I don't eat eggs or meat much.

- I've been told I have fatty liver.
- I have SIBO, or I'm a vegetarian or vegan.
- I had my gallbladder removed.
- I've had general pain everywhere — inside and out — for years.
- I don't tolerate fatty foods well.
- My symptoms started partway through pregnancy and have gotten worse since.
- My child has a congenital birth defect.
- Breastfeeding wore me out physically and mentally.

Scoring #2:

Create a separate score for each gene, awarding one point per question:

- 0 points: Excellent! This gene is amazingly clean!
- 1–4 points: This gene needs a bit of attention, but the problems are probably related to several genes rather than this particular one.
- 5–7 points: This gene seems to be a bit "dirty". Paying direct attention to this gene will likely produce results. Looking at how other genes influence this gene is important.
- 8 points and above: This particular gene is definitely "dirty". Spend some time identifying all the factors that are affecting its function. Identify other genes that scored high, because they are "dirtying" this gene as well.

My Scores ("Laundry List 2"):

- _____ MTHFR
- _____ DAO
- _____ COMT (slow)
- _____ COMT (fast)
- _____ MAOA (slow)
- _____ MAOA (fast)
- _____ GST/GPX
- _____ NOS3
- _____ PEMT

Watch for "**dirty genes**" combinations ("*haplotypes*", discussed in Dr Lynch's book):

- SNPs in **MTHFR** and **NOS3**
- SNPs in **MTHFR**, **NOS3**, and **COMT**
- SNPs in **MTHFR**, **NOS3**, **COMT**, and **GPX/GST**
- SNPs in **MTHFR** and **DAO**
- SNPs in **MTHFR**, **DAO**, **COMT (slow)**, and **MAOA (slow)**
- SNPs in **MTHFR** and **COMT (slow)**
- SNPs in **MTHFR**, **COMT (slow)**, and **GST/GPX**
- SNPs in **MTHFR**, **COMT (slow)**, **MAOA (slow)**, and **GST/GPX**
- SNPs in **MTHFR** and **PEMT**
- SNPs in **MTHFR**, **PEMT**, and **GST/GPX**
- SNPs in **MTHFR**, **PEMT**, and **NOS3**
- SNPs in **MTHFR**, **PEMT**, **NOS3**, and **GST/GPX**
- SNPs in **COMT (fast)** and **MAOA (fast)** (risk for ADD/ADHD, lack of drive, and depression. Easygoing personality.)