

"Dirty Genes": Dr Ben Lynch's Program to Treat Root Causes of Illness and Optimize Your Health

(www.drbenlynch.com & www.SeekingHealth.com & www.mthfr.net)

(Dr Lynch's book on genetic factors in chronic illness is available on www.Amazon.com.)

Questionnaire #1: ("Laundry List 1")

Check each box if the condition has occurred frequently within the last 60 days, to quickly evaluate which genes are "dirty" (impaired function from genetic variation &/or lifestyle factors):

MTHFR:

- I suffer from headaches.
- I sweat easily and profusely when exercising.
- I take supplements with folic acid and/or eat foods enriched with folic acid (*not folate*).
- I struggle with depression.
- I have cold hands and feet.

DAO:

- I tend to suffer from one or more of the following symptoms after eating leftovers, citrus, or fish: irritability, sweatiness, nosebleeds, runny nose, and/or headache.
- I'm sensitive to red wine or alcohol.
- I'm sensitive to many foods or suffer from leaky gut syndrome.
- I generally feel better two or three hours after a meal as compared to twenty minutes after eating.
- I felt better during pregnancy and could eat more varied foods.

COMT (slow):

- I get headaches.
- I find falling asleep a challenge.
- I easily become anxious or irritable.
- I suffer from PMS.
- I'm sensitive to pain.

COMT (fast):

- I struggle with attention and focus.
- I'm easily addicted to substances or activities: shopping, gaming, smoking, alcohol, social media.
- I'm prone to feelings of depression.
- I often lack motivation.
- I feel an initial happy rush after eating lots of carbs or starchy foods, but feelings of depression return quite quickly.

MAOA (slow):

- I'm easily stressed, panicked, or made anxious.
- I find it hard to calm down after becoming stressed or irritated.
- I enjoy cheese, wine, and/or chocolate but tend to feel irritable or "off" after I eat them.
- I'm plagued by migraines or headaches.
- I have difficulty falling asleep; but when I do, I tend to stay asleep.

MAOA (fast):

- I fall asleep quickly but wake up earlier than I'd prefer.
- I'm prone to depression and a lack of desire.
- I find that chocolate gives me a great mood lift.

- I tend toward smoking or alcohol addiction (or excessive use).
- I achieve a better mood after eating carbohydrates, but that improved mood doesn't help my focus or attention.

GST/GPX:

- I breathe air and drink water. (*This gene is at least "a little bit dirty" in everyone.*)
- I'm sensitive to chemicals.
- I developed gray hair early.
- I have a chronic condition such as asthma, inflammatory bowel disease, autoimmune disease, diabetes, eczema, psoriasis.
- I have a neurological disorder that results in symptoms such as tics, tremors, seizures, or problems with gait.

NOS3:

- I have above-normal blood pressure (higher than 120/80).
- I have cold hands and feet.
- I tend to heal slowly after an injury or surgery.
- I'm a type 2 diabetic.
- I'm postmenopausal.

PEMT:

- I tend to have generalized muscle pain.
- I've been diagnosed with fatty liver.
- I'm a vegetarian/vegan, or I don't eat much beef, organ meat, caviar, or eggs.
- I have gallstones or have had my gallbladder removed.
- I've been diagnosed with small intestine bacterial overgrowth (SIBO).

Scoring #1:

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

- 0 points: Excellent! This gene is likely quite clean and functioning well!
- 1 point: Quite impressive! This gene needs a bit of attention, but most likely because of problems in other genes rather than this particular one.
- 2 points: This gene seems to be a bit "dirty". Fortunately, the Clean Genes Protocol will be a good first step in cleaning out the gunk. Cleaning the rest of your Super Seven will also help this gene function better.
- 3-5 points: This gene is definitely "dirty". Two weeks on the Clean Genes Protocol will give you a great start. (*When you run through Laundry List 2 below, you can see whether this gene needs some additional attention; See Dr Lynch's book for details*)

My Scores ("Laundry List 1"):

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