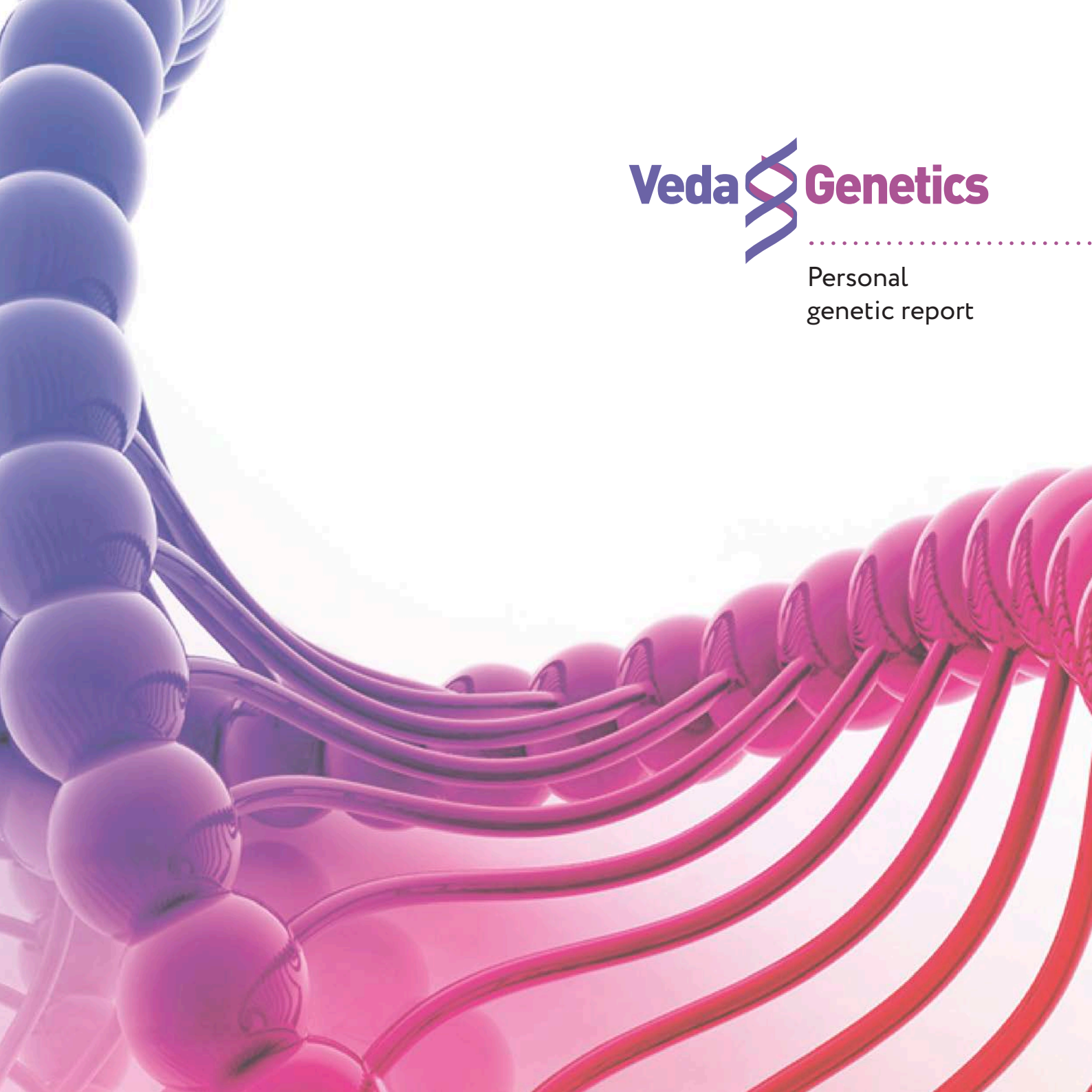


Veda Genetics

Personal
genetic report

Approaches, used by traditional medicine, were formed over a long period of time. The achievements of modern genetics allow for better understanding of how the external signs are formed, both normal and pathological. It seems to be the most rational to combine the experience accumulated by traditional medicine with the achievements of modern genetics.

Most human diseases are considered to be multifactorial or multifaceted. At present, science cannot accurately predict the consequences of many external factors and therefore operates with the concept of predisposition to the onset of the disease. In other words, the development of the disease in each person is the result of the interaction between his/her heredity and environmental factors. The risk of developing the disease is assessed by summing up protective and predisposing factors (environmental and hereditary), the larger is the amount, the greater is the risk. We cannot change the hereditary features, but we can remove the harmful factors of the environment and add favorable ones (lifestyle, nature of diet, etc.) – therefore lowering the risk of developing the disease. Thus, finding a genotype of an increased risk of developing a disease cannot be a cause for concern.

This is just a discovery of one of the root causes of your constitutional type and a motivation to make efforts to eliminate harmful lifestyle factors and add the favorable ones. Thus, molecular genetic analysis will allow to determine your individual characteristics (recorded in DNA), including predisposition to the development of diseases typical for your constitutional type.

VedaGenetics has prepared for you an individual preventative program, taking into account personal and family history of diseases, based on the results of genetic testing and knowledge of traditional medicine.

Genetic test results

Client ID:
RUSK1-GT0417

№	Gene	Genotype
1	CTLA4 (49 A/G)	AG
2	CD14 (-260 C/T)	TT
3	MCP1 (-2518 A/G)	AA
4	TNF (-308 A/G)	GA
5	HLA-B27	Allele 27 of locus B not found
6	GSTM1 (I/D)	Deletion not found
7	GSTT1 (I/D)	Deletion not found

Gene: CTLA4

Genotype: AG

Description of the functional value of the gene

Cytotoxic T-lymphocyte-associate dprotein 4 is a receptor which expresses on T-cells membranes. Its stimulation is a restrictive (protective) mechanism to excessive activation and subsequent hyperfunction of the T-lymphocyte. Also, the role of this receptor in maintaining functional neutrality (lack of aggressiveness) of lymphocytes in relation to the body's own antigens from other tissues, is important.

Predisposition to diseases

Gene CTLA4 is associated with higher risk of developing insulin-dependent diabetes mellitus, Graves disease (toxic goiter or autoimmune hyperthyroid), Hashimoto thyroiditis, celiac disease (gluten enteropathy), inflammatory colitis, systemic lupus erythematosus, rheumatoid arthritis, multiple sclerosis, endocrinous ophthalmopathy, allergic bronchial asthma and other more rare autoimmune diseases.

Results

The immunosuppressive control of activation and proliferation of T-lymphocytes has been slightly reduced (restraining control over excessive activation and division of T-lymphocytes was reduced).

Personal conclusion

Immune system (T-lymphocytes) of your body is more sensitive to activating factors (cold-related viral and bacterial diseases, vaccinations, taking xenobiotic drugs, taking preservatives with food). In case of adverse situations, T-lymphocytes may be aggressive towards antigens of other tissues of their own body (for example, thyroid gland, intestine, nervous tissue, cartilaginous tissue of joint surfaces). You have a moderate risk of developing autoimmune diseases, especially, if your family has blood relatives who suffer from immunopathological diseases.

Personal recommendations

It is necessary to exclude, if possible, the effects of factors provoking excessive activation of the immune system: smoking, alcohol, adverse environmental factors, radiation, ultraviolet radiation, harmful working conditions. Avoid self-treatment and unreasonable intake of toxic chemical drugs that affect the immune system (see instructions for use of drugs).

It is very important to perform preventative measures for viral diseases (colds) and chronic bacterial infections, as well as treat them on time. However, you need to be careful with high doses of antiviral and non-steroidal anti-inflammatory drugs.

The provoking factor in the development of predisposition may be vaccinations. Their use is not contraindicated, but they have to be done only for medical reasons and during a period of complete health. Once a year it is necessary to go on vacation (hot and humid climate, sea water, but limit the direct ultraviolet). Do not overuse cosmetics that have a complex chemical composition (soap, shampoo, cream, lipstick, etc.). The use of herbal preparations with a strong immune stimulating effect (Chinese magnolia vine, Echinacea etc.) should be rational (not abused) and according to indications.

The use of strong CNS tonifying medicinal plants (ginseng, aralia, etc.) should be rational (not abused) and in short courses in case of severe asthenia.

Periodic courses (2–3 times a year) with the use of sedative medicinal plants are very favorable in accordance with your constitution – valerian, jatamamsi, as well as polyvitamins.

Reduce the amount of food with preservatives and other artificial additives, if possible. It is necessary to exclude the use of products containing “E” preservatives, stabilizers and other chemical substances that modify food.

Given the high likelihood of bowel dysfunction, development of allergic asthma and other diseases due to problems with immunity, we note the most dangerous food additives in this situation:

Contribute to the development of allergic asthma	E 102, E 107, E 110, E 124, E 210, E 212, E 213, E 214, E 215, E 218, E 219, E 220, E 222, E 235
Cause intestinal disorders	E 154, E 343, E 622, E 626, E 6 27, E 628, E 629, E 630, E 631, E 632, E 633, E 634, E 635
Strong allergens	E 230, E 231, E 232, E 239, E 311–313
Cause hyperactivity of thyroid gland	E-127

The increase in intestinal permeability, under the influence of preservatives, is also a risk factor for the development of autoimmune diseases, reducing immunological control over the products of bacterial flora in the intestine. Therefore, high-quality food and a well-planned diet are an important factor in their prevention.

According to the test results, you are advised to decrease the amount of products containing large amount of iodine, first of all, seafood.

Use of iodine-containing medicines only for medical reasons.

Your daily need for iodine should not exceed 100 mg, so as not to provoke excessive stimulation of thyroid hormones, which can strengthen the state of Vata imbalance and energy deficiency.

Iodine content in different products	
Products	Iodine content, mcg in 100 g
Fish oil	700
Cod liver	240
Flounder, salmon	200
Laminaria	200
Shrimp	190
Grouper	145

It is important that your diet includes plants that balance the constitutional predisposition to immunopathological conditions, namely – onion (raw), garlic, cardamom, coriander, sesame seeds, which have hot energy and moisturizing qualities, which effectively reduces the imbalance of Vata dosha, while retaining the Qi energy in the body.

Gene: CD14

Genotype: TT

Description of the functional value of the gene

CD14 is a receptor protein located predominantly on the membrane of immune system cells (macrophages and monocytes) involved in the development and maintenance of the immune response to bacterial infection. Its stimulation with bacterial components engages these cells into a full immune response, aimed at removing the infection from the body.

Predisposition to diseases

Polymorphism of the CD14 gene is associated with an increased risk of developing various inflammatory diseases, especially those associated with bacteria that are capable of parasitizing intracellularly; infectious-dependent forms of bronchial asthma, chronic bronchitis and pneumonia, pulmonary tuberculosis; inflammatory and ulcerative diseases of the intestine, helicobacter infection and gastric cancer, chronic periodontitis; brucellosis; ischemic heart disease and coronary artery diseases.

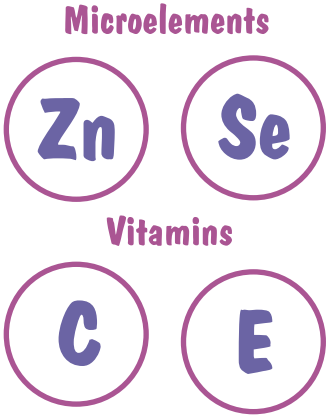
Results

The mechanism of activation of monocytes and macrophages via the CD14 pathway of intracellular signaling is in the functionally reduced state.

Personal conclusion

Some cells of your body's immune system (monocytes and macrophages) may have a decreased ability to effectively fight various infections. Therefore, infectious diseases may have a more protracted nature and follow with complications. You have an increased risk of developing various chronic inflammatory diseases, especially, if your family has blood relatives who suffer from immunopathological diseases.

Personal recommendations



It is necessary to thoroughly sanitize all chronic sites of infection in the body (caries, ENT pathology, gynecology, etc.). During the colds seasons, additional prevention and special measures are needed to prevent the development of infectious diseases, including the rational intake of herbal medicines with mild immune stimulating and immune modulating activity (for example, medicines based on garlic, astragals and eleuterococcus).

Rational multivitamin therapy with increased intake of Zinc and Selenium microelements will also be effective, as well as vitamins C and E, which improve the functional state of the immune system, allowing a more effective treatment of bacterial and viral infections.

2–3 courses a year with therapeutic concentration of the mentioned microelements and Vitamins C and E are recommended.

Recommended daily intake of microelements				
	Zinc	Selenium	Vitamin C	Vitamin E
Preventative dosage	15 mg	50 mcg	60-100 mg	15 mg
Therapeutic dosage	150-300 mg	100-200 mg	500-1500 mg	100-300 mg

It is very important to prevent the development of intestinal dysbacteriosis. Prevention should include a balanced diet, especially in protein, with periodic intake of fermented milk products, prebiotics, probiotics and medicines containing acidophilic bacteria (3–4 courses a year).

Probiotics are microorganisms, most often they are bacteria, but they can be other organisms, such as yeast. Most probiotic bacteria belong to one of the following two genus: lactobacilli (Latin Lactobacillus) and bifidus bacteria (Latin Bifidobacterium).

Natural probiotics

Yogurt

helps in diarrhea, bloating, indigestion

Sour cabbage

it is important to choose non-pasteurized product

Kefir

contains unique probiotics

Miso soup

lowers cholesterol level, regulates body temperature

Acidophilus milk

when heated, good bacteria die in milk

Pickles

it is important to choose those without vinegar

Sourdough bread

rye bread supports prevention of diabetes and cancer

Soft cheese

stimulates immune system

Probiotic diet is useful in the following cases: diagnosed dysbacteriosis; weak immune system; intestine dysfunctions (diarrhea, constipation); during antibiotic and antibacterial therapy; chronic liver diseases; increased physical and mental activities; chronic fatigue syndrome; Vata imbalance and Qi deficiency syndrome.

Prebiotics are substances that are not digested by the enzymes of the human gastrointestinal tract, are not absorbed in it, but can selectively stimulate the growth of beneficial microorganisms. We can say that prebiotics are the «food» for probiotics.

In modern foods, this category includes fructo-oligosaccharides and galacto-oligosaccharides - entities from the class of carbohydrates. They are found in tomatoes, asparagus, onion, garlic, artichokes, chicory and bananas. Also, unrefined wheat (bran) and barley can be considered natural sources of prebiotics.

Preventive courses of taking a complex herbal preparation – «Triphala» are recommended, 1–2 tablets at night, periodic courses during decrescent moon. «Triphala» contains three plants - amalaki, haritaki, bibhitaki.

	Amalaki – Emblica officinalis	Haritaki – Terminalia chebula	Bibhitaki – Terminalia bellirica
Rasa (taste)	Amla (sour), Katu (pungent), Tikta (bitter), Kasāya (astringent), Madhura (sweet)	Kasāya (astringent), Madhura (sweet), Katu (pungent), Tikta (bitter), Amla (sour)	Kasāya (astringent)
Guna (qualities)	Laghu (light), Snigdha (oily)	Laghu (light), Rūksa (dry)	Laghu (light), Rūksa (dry)
Vīrya (energy)	Śita (cold)	Usna (hot)	Usna (hot)
Vipāka (taste after digestion)	Madhura (sweet)	Madhura (sweet)	Madhura (sweet)
Prabhāva (special action)	Increases Ojas, aphrodisiac	Harmonizing effect on all body tissues, rejuvenative	Rejuvenative, does not increase Pitta
Dosa	tridosha	VKP-	tridosha

Gene: MCP1

Genotype: AA

Results

Cells of the immune system (monocytes) have a slightly increased potential for migration and accumulation in some tissues, triggering immune-inflammatory diseases in them.

Description of the functional value of the gene

MCP1 or CCL2 (C-C motifligand 2) or MCP-1 (Monocyte Chemoattractant Protein 1) – receptor of the cytokines family located on the membrane of cells of the immune system - monocytes, involved in the processes of directed transportation of these and some other cells to the centers of inflammation in the body. It plays an important role in controlling the migration of monocytes between the bone marrow and lymphoid organs.

Predisposition to diseases

Polymorphism of the MCP1 gene is associated with an increased risk of developing certain diseases, frequency of which is associated with the genotype variant.

Your genotype creates predisposition to inflammatory diseases of viral etiology, coronary heart disease, ischemic stroke, inflammatory bowel disease (Crohn's disease), bronchial asthma and type 2 diabetes mellitus, as well as its complications (nephropathy and retinopathy).

Personal conclusion

Some cells of the immune system (monocytes) of your body can accumulate in tissues where a chronic site of the infection can exist and cause immune-inflammatory diseases in them. You have an increased risk of developing autoimmune diseases, especially, if your family has blood relatives who suffer from immunopathological diseases.

Personal recommendations

If any of your relatives had a type 2 diabetes mellitus, you should pay attention to reducing the impact of other risk factors for this disease, especially after 40 years (normalization of body mass index, diet, regular physical activity).

In order to prevent diabetes mellitus, it is advisable to add some turmeric to your food 2–3 times a week. In the afternoon before lunch, you can take infusion of fresh ginger (half a glass of boiling water per 1 slice of fresh ginger root).

Turmeric

Taste: xin (pungent), ku (bitter)

Energy: warm

Affinity to meridians: Spleen, Liver, Lungs

Action: activates and moves the Blood, restores free circulation of Qi, restores permeability in channel system, removes Damp and Wind.

Fresh ginger

Taste: xin (pungent)

Energy: warm

Affinity to meridians: Lungs, Stomach, Spleen

Action: supports sweat secretion and releasing pathogenic Qi from the body surface, warms Zhong Zhao (the Middle Heater), dissolves Phlegm.

Courses of Eleuterococcus are recommended 3–4 times a year.

Gene: TNF

Genotype: GA

Results

You have a modified gene expression of tumor necrosis factor.

Description of the functional value of the gene

The product of the TNF gene is an extracellular protein with hormonal activity (cytokine), which is predominantly produced by monocytes and macrophages – tumor necrosis factor (TNF). This cytokine controls the life cycle of cells (their reproduction, growth and development, as well as programmed death), which emphasizes its important role in the issues of antitumor immunity. In addition, having pro-inflammatory activity (stimulates the production of other important cytokines) and immune modulating effect (activates leukocytes), TNF participates in antiviral and antibacterial immunity, protecting the body cells from intracellular parasites and viruses. Its systemic effects are associated with the influence on lipid metabolism, blood coagulation processes, formation of resistance to insulin action, the permeability of the vascular wall and the functioning of the vascular endothelium, as well as the processes of systemic hemodynamics, reducing myocardial contractility and minute blood volume.

Predisposition to diseases

Polymorphism of the TNF gene is associated with an increased risk of developing rheumatoid arthritis, type 2 diabetes mellitus, fat metabolism disorders, bronchial asthma and chronic obstructive pulmonary diseases, pulmonary tuberculosis, inflammatory bowel diseases (Crohn's disease, ulcerative colitis), Alzheimer's disease, clinical depression, psoriasis, autoimmune diseases (systemic lupus erythematosus), tumors of various localizations (breast cancer, thyroid cancer), multiple sclerosis, endometriosis.

Personal conclusion

The cells of your immune system (monocytes and macrophages) produce a functionally altered variant of tumor necrosis factor (TNF), which can predispose to the development of immunopathological diseases, especially if they were observed in blood relatives.

Personal recommendations

Given the wide range of diseases with which this gene is associated, it is more appropriate to plan a prevention program taking into account personal and family history of the diseases. In addition, it is necessary to take into account the results of the analysis of other polymorphisms.

It is very important to pay attention to your social realization in society – as the basis of emotional balance and prevention of psychosomatic disorders. It is important to find your place in this world and enjoy the activities that you are engaged in.

It is advisable to completely exclude genetically modified foods, saturated fats, avoid overeating protein, as well as exclude products with food colorants and preservatives.

Detoxification therapy (Panchakarma) is recommended at least once a year.

It is strongly recommended to take courses of medicinal plants with antitumor activity (burdock, dandelion), and also plants adaptogenes (ashwagandha, shatavari) 1–2 times a year as a preventative measure.

It is very important to monitor the asthenic conditions and prevent energy deficiency states. Breathing exercises to increase vitality are recommended.

A constitutionally balanced diet (according to Vata type) with periodic courses (3–4 times a year for 2–4 weeks) of vegetarianism (ideally in the form of Orthodox fasts) and maintaining Agni (the fire of digestion) is recommended.

Gene: HLA-B27

Genotype: Allele of 27 locus not found

Results

The mechanisms of foreign antigens recognition associated with HLA complexes are not disturbed.

Description of the functional value of the gene

The product of the HLA-B27 gene refers to the molecules of the main histocompatibility complex of the first class, or to MHC-I (major histocompatibility complex). These molecules are a kind of «citizen passport» by which the recognition of friend or foe is happening. Due to this, T lymphocytes are able to recognize foreign or mutated cells, which leads to effective removal of the latter and prevention of their uncontrolled development in the body. Disturbance of the recognition mechanism from the side of immune system leads to aggression towards the body's own cells and further to autoimmune diseases.

Predisposition to diseases

Normally, in healthy people, the antigen HLA-B27 is not seen. Its appearance is often associated with some autoimmune diseases. The autoimmune response of HLA-B27 can be triggered by an infectious process caused by pathogens such as Klebsiellapneumoniae, Salmonella, Yersinia, Shigella, Chlamidiatrachomatis. HLA-B27 antigen is the main immunogenetic marker of predisposition to seronegative spondyloarthropathy, including ankylosing spondylitis (Bechterew's disease), psoriatic arthritis, reactive arthritis, Reiter's syndrome, arthritis in inflammatory bowel diseases, juvenile rheumatoid arthritis. Also, the carriage of this allele is associated with an increased risk of developing autoimmune vasculitis, recurrent uveitis, type 1 diabetes mellitus with an autoimmune component, multiple sclerosis, psoriasis, leukemia, uterine cancer, papillomavirus infection, pulmonary tuberculosis. In addition, carriers of this antigen have an increased sensitivity to drugs, which can trigger anaphylactic reactions.

Personal conclusion

You are the carrier of the «favorable» genotype of this polymorphism. You do not have the risks that the carriers of other genotypes of this gene have.

Gene: GSTT1

Genotype: Deletion not found

Results

The functional activity of the glutathione S-transferase enzyme is not disturbed.

Description of the functional value of the gene

The GST1 gene encodes the amino acid sequence of theta-1 glutathione S-transferase enzyme, which is involved in clearing the body of many harmful substances. In case of deletion, there is no such enzyme, so that the body's ability to neutralize harmful compounds is significantly reduced. This leads to an increased risk of developing various forms of cancer and IHD.

Predisposition to diseases

The presence of a deletion of this gene is associated with a significantly increased risk of lung, large intestine, bladder, stomach, pancreas, brain, liver, esophagus, ovarian cancer, as well as the development of endometriosis, type 2 diabetes, ischemic heart disease.

Personal conclusion

You are the carrier of the «favorable» genotype of this polymorphism. You do not have the risks that the carriers of other genotypes of this gene have.

Gene: GSTM1

Genotype: Deletion not found

Results

The functional activity of the mu-1 glutathione S-transferase enzyme is not disturbed.

Description of the functional value of the gene

The GSTM1 gene encodes the amino acid sequence of mu-1 glutathione S-transferase enzyme, which is involved in clearing the body of many harmful substances. In case of deletion, there is no such enzyme, so that the body's ability to neutralize harmful compounds is significantly reduced. This leads to an increased risk of developing various forms of cancer and IHD.

Predisposition to diseases

The presence of a deletion of this gene is associated with a significantly increased risk of lung, large intestine, bladder, stomach, pancreas, brain, liver, esophagus, ovarian cancer, as well as the development of endometriosis, type 2 diabetes, ischemic heart disease.

Personal conclusion

You are the carrier of the «favorable» genotype of this polymorphism. You do not have the risks that the carriers of other genotypes of this gene have.

Point of power

Your personal constitutional point

Zu San Li or the Point of Longevity (E36).

Action

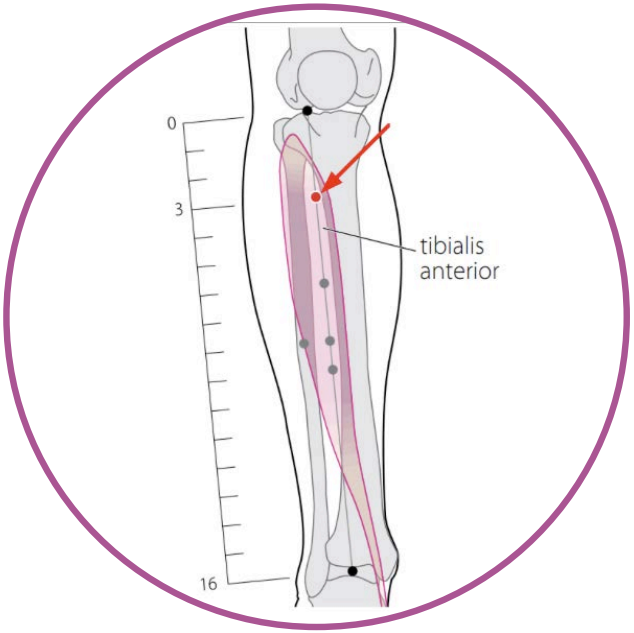
Restores vital energy Qi, restores the level of energy circulation, harmonizes Spleen and Stomach, strengthens Qi, restores permeability of channels and collaterals.

Location

Located 3 cun lower than upper end of lateral condylus of shin bone, 1 cun to the outside of anterior border of tibia.

Methods of stimulation

Stimulation by tourmaline biocorrectors and warming up by physiotherapy devices – VedaLaser, VedaEHF.



General conclusion

General conclusion on all genes

Immune system (T-lymphocytes) of your body is more sensitive to activating factors (cold-related viral and bacterial diseases, vaccinations, taking xenobiotic drugs, taking preservatives with food). In case of adverse situations, T-lymphocytes may be aggressive towards antigens of other tissues of their own body (for example, thyroid gland, intestine, nervous tissue, cartilaginous tissue of joint surfaces).

Some cells (monocytes) of your body's immune system may accumulate in tissues where there is a chronic site of an infection, and cause immune inflammatory diseases in them. At the same time, monocytes and macrophages may have a decreased ability to effectively fight various infections. Therefore, infectious diseases may have a more protracted nature and follow with complications.

You have a modified gene expression of TNF (tumor necrosis factor), as a result of which the cells of your immune system (monocytes and macrophages) produce more of tumor necrosis factor (TNF). You have a moderate risk of developing autoimmune disorders, chronic inflammatory diseases, especially if you have blood relatives who suffer from such diseases.

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