

Everything You Ever Needed to Know About What To Do with Your 23andMe Raw Data Results

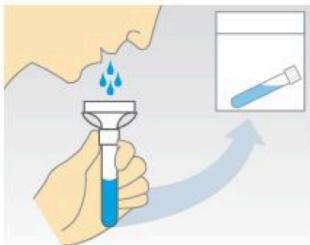
23andMe.com Personal Genome Service™

Get to know your DNA. All it takes is a little bit of spit.

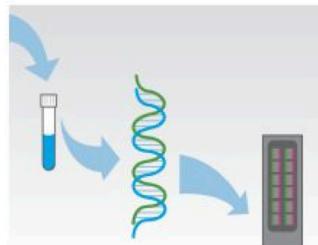
Here's what you do:



1. Order a kit from our online store.



2. Register your kit, spit into the tube, and send it to the lab.



3. Our CLIA-certified lab analyzes your DNA in 6-8 weeks.



4. Log in and start exploring your genome.

5. Generate your Variance Report at livewello.com/23andMe



You will need to generate a Report from your 23andMe Raw Data result. To do so go to:
<https://livewello.com/23andMe>

Why is Livewello's 23andMe Gene App your best option?

https://docs.google.com/a/livewello.com/document/d/1nUpt9mYHTFLyc_ZTgGm2Sap-zI_9ArsCOEf-G5IXzKI/

Video about how to generate your 23andMe Raw Data report securely:

<https://vimeo.com/83797705>

A Sample Standard Livewello 23andMe Gene Report: <https://livewello.com/connect/gene-app/demo>

Remember this is just the Standard report. Livewello's Gene App also allows you to get your report with up to 297,000 SNPs (This is the actual number of SNPs in your 23andMe Raw Data result).

What to do after receiving your 23andMe Gene Results

[This document also contains Learning Video and Reading resources on Page 8]:

<https://docs.google.com/document/d/1PJYJhIdXCtloLzx-NKmlq5AqDVSYVzoGGIXIxGP9IE/edit?usp=sharing>

Frequently Asked Questions about the Livewello 23andMe Gene App:

<https://docs.google.com/document/d/1bUf2Sw2IWOLAHEHpDckm70Y2d-wvz9WxtQHBFrlsAk>

Links to Get Customer Service and Tech Support From 23andMe:

https://docs.google.com/a/livewello.com/document/d/1euoJXwlzurbDwlcpqUf6_FxBHJZOo6_c83nEYrimne8

Support Group to Ask Questions about your 23andMe Raw Data:

<https://m.facebook.com/groups/581889231904301/?user=100001600189727>

How to Preserve the Security and Privacy of your Genetic Information:

<https://docs.google.com/document/d/1YEqOLCi8gsUlpeTM6mKaOqS5vJuGNTr3PF1eCw2wFIY/edit?usp=sharing>

Is it still possible to order and use the 23andMe Gene Test?

https://docs.google.com/a/livewello.com/document/d/1hPID2rsv0iUN2daSXajUe00O5Albm1tnB1KjbltH7_8

About Livewello's SNP Sandbox tool (It is free with your Livewello Gene App):

<https://docs.google.com/document/d/1lrRpSqjVjPyIuZ8bJvndF9u69YpiukfZvSXVUEvrT6E/edit?usp=sharing>

Livewello's SNP Library (Lots of SNP Tables added by other Livewello users & categorized by disease. Free to

Livewello users Click on any link to generate your own results): <https://livewello.com/snps/library>

How to Use the Livewello SNP Template Library: <https://vimeo.com/87970578>

How to Search the Livewello SNP Library for other SNP Collections: <https://vimeo.com/87980392>

How to Create A Custom SNP Table: <https://vimeo.com/82496316>

Livewello's SNP Sandbox Intro Video: <https://vimeo.com/76167840>

Livewello Video Tutorials: <http://vimeo.com/livewello>

Health Practitioner Directory & FAQ: <https://livewello.com/practitioner>

Download the free Health Management Mobile App for your iPad or iPhone:

<http://bit.ly/RocPhA>

Video about how the mobile Health Management App works: <https://vimeo.com/50937301>

(Don't have an iPhone/iPad? You can still use Livewello online at: <https://Livewello.com/>

More Questions? Email us: support@livewello.com

For up-to-date App information, Click "Like" and "Get

Notifications": <https://facebook.com/livewello>

Direct link to this document: Everything You Ever Needed to Know About What To Do with Your 23andMe Results:

<https://docs.google.com/document/d/1gpsKey8mCkYfuvy8Lhd4oIXkru4qum0LJmDB3I3JDno>

Why Do My 23andMe results on different Variant Apps Differ? <http://bit.ly/1jGMprx>

**Trying to decide which App is best for your 23andMe Raw Data? Use this list as a guide:
The following are all the FREE Features that come with your [Livewello Gene App](#):**

1. A Standard 300 SNP Report

A Sample Standard Livewello 23andMe Gene Report: <https://livewello.com/connect/gene-app/demo>
[This is just the Standard report. Livewello's Gene App also allows you to get your report with up to 297,000 SNPs which is the actual number of SNPs in your 23andMe Raw Data result].

2. FREE and Unlimited Access to the NEW Livewello SNP Sandbox tool:

<https://docs.google.com/document/d/1IrRpSqjVjPylUZ8bJvndF9u69YpiukfZvSXVUEvrT6E/edit?usp=sharing>
With this feature, you can now add up to 297,000 SNPs of YOUR CHOICE to your Report. No more waiting for App updates to add SNPs to your Report.

How to Create A SNP Template: <https://vimeo.com/82496316>

3. FREE SNP Sandbox Library <https://livewello.com/SNP-templates>

A convenient library of tables of SNPs created by other Livewello users.

1-Click generates your Variance Report. Here is how:

<https://docs.google.com/document/d/1IrRpSqjVjPylUZ8bJvndF9u69YpiukfZvSXVUEvrT6E/edit?usp=sharing>
This is an example of a Livewello user's shared SNP Template using Livewello SNP Sandbox: Histamine Template (HNMT SNPs): <https://livewello.com/connect/sandbox-template-294/florence>

4. The ability to compare and view 2 Gene Reports side by side. Great for family members:

<https://vimeo.com/86789213>

Convenient "Report Sharing" Features: <https://vimeo.com/86825509>

5. Access to Comprehensive 1-Click Research tools like PubMed, Ensembl, Google Scholar, SNPedia and YOUR 23andMe Gene Browser

6. A "Notes" tab that allows you to add notes to your individual SNPs and save any information you learn about them along the way. Tutorial: <https://vimeo.com/m/73728321>

7. An array of Lab tools to help you manage other aspects of your Chronic health issues, because your journey to good health will likely be complex: <https://Livewello.com/data-apps>

8. A free Livewello Health Management App from the [IOS App Store](#). You can still use Livewello online.

9. A complimentary, user-edited Health Practitioner Directory: <https://livewello.com/practitioner>

10. App updates that are always FREE and Automatic! Keep an eye on these updates by joining us at <https://facebook.com/livewello>

11. Software Security and Privacy:

<https://docs.google.com/document/d/1YEqOLCi8gsUlpeTM6mKaOqS5vJuGNTr3PF1eCw2wFIY/edit?usp=sharing>

Frequently Asked Questions about the Livewello 23andMe Gene App:

<https://docs.google.com/document/d/1bUf2Sw2IWOLAHKEHpDckm70Y2d-wvz9WxtQHBFrlsAk>

More questions? Email support@livewello.com We work towards responding within an hour during business hours. We wish you the very best in your health journey.

What should I do after receiving my 23andMe Gene Results?

[Please Note: This advice also applies to those who have run their reports using Ancestry.com and Family Tree DNA]

1. Generate your Gene Variance Report: <https://livewello.com/genetics>

The Livewello App will still generate your Variance report using your Raw Data:

https://docs.google.com/a/livewello.com/document/d/1hPID2rsvoiUN2daSXajUe00O5Albm1tnB1KjbltH7_8

Download your 23andMe Raw Data from this link: <https://www.23andme.com/you/download/>

Why is the Livewello Gene App your best option?

https://docs.google.com/a/livewello.com/document/d/1nUpt9mYHTFlc_ZTgGm2Sap-zI_9ArsCOEf-G5IXzKI_L

View a Sample Livewello 23andMe Gene Report: <https://livewello.com/connect/gene-app/demo>

(You'd need to get a free Livewello account to view it).

Remember this is just the Standard report. Livewello's Gene App comes with the [SNP Sandbox tool](#) which can be used to generate Gene reports. **As long as a SNP is in your Raw Data, with the Minor Allele and rsID, Livewello will generate a Gene Report with it, for you.**

Links to Get Customer Service and Tech Support From 23andMe:

https://docs.google.com/a/livewello.com/document/d/1euoJXwlzurbDwlcpUf6_FxBHJZOo6_c83nEYrimne8

Frequently Asked Questions about the Livewello 23andMe Gene App:

<https://docs.google.com/document/d/1bUf2Sw2IWOLAHKEHpDckm70Y2d-wvz9WxtQHBFrlsAk>

How To Preserve and Secure the Privacy of your Genetic information

<https://docs.google.com/document/d/1YEqOLCi8gsUlpeTM6mKaOqS5vJuGNTr3PF1eCw2wFIY/edit?usp=sharing>

Everything You Ever Needed to Know About What To Do with Your 23andMe Raw Data Results:

<https://docs.google.com/document/d/1gpsKey8mCkYfuvy8Lhd4oIXkru4qum0LJmDB3I3JDno>

2. After generating your Livewello Gene Report, work with a licensed and experienced Health Practitioner:

- If you do not have one, go to this complimentary, user-edited Directory: <https://livewello.com/practitioner>
Click on the 'Send Email to this Practitioner' link. Then send them questions to see if they match your needs.
- When you find one, encourage your Practitioner to read this [Practitioner Information](#).

3 . Learn how your Livewello Gene Report works:

Your Livewello Gene App comes with the following FREE Features:

a. A Standard 300 SNP Report

A Sample Standard Livewello 23andMe Gene Report: <https://livewello.com/snps/share?for=martin.dawson.606>

[This sample report contains only about 300 SNPs (Genes) out of the thousands that your LiveWello App provides.

With the App, you will be able to generate your report with much more Genes and learn about the diseases and symptoms associated with those Genes]

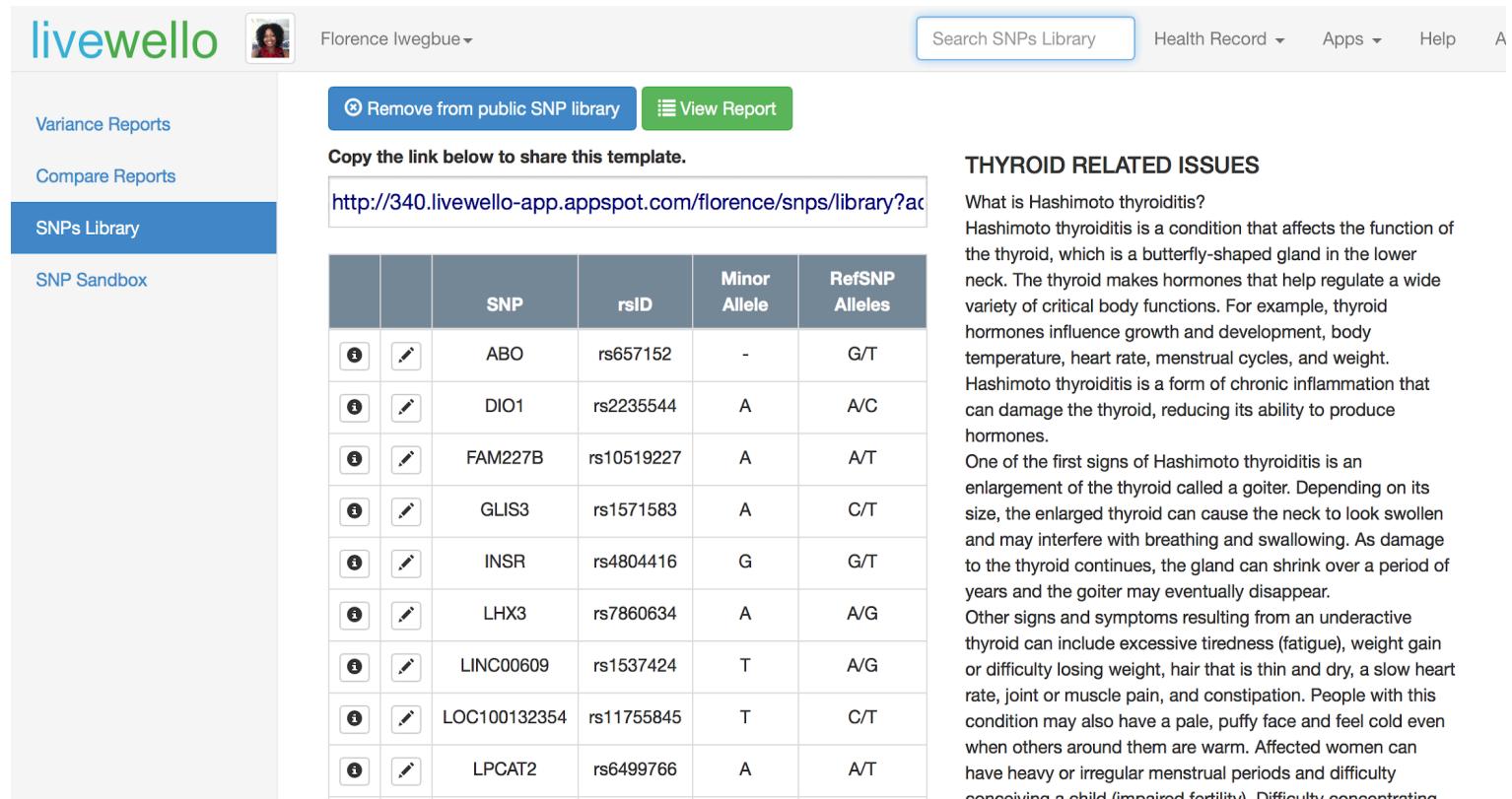
b. FREE and Unlimited Access to the NEW Livewello SNP Sandbox tool. [Click Here For How it works:](#)

With this feature, you can choose which SNPs to add to your Report. A report can be created based on a Health condition or a Gene name. You no longer have to wait for App updates to add SNPs to your Report. You now have the power to find out more about SNPs that are not included in the average Standard Report. **As long as a SNP is in your Raw Data, with the Minor Allele and rsID, Livewello will generate a Gene Report with it, for you.**

Use the Livewello [SNP Sandbox tool](#), to create a custom Gene Report based on a particular health condition or a Gene. Otherwise, use one of the ones in the [SNP Library](#) that have been shared by fellow users.

How to Create A SNP Template: <https://vimeo.com/82496316>

Intro Video About Livewello SNP Sandbox: <http://vimeo.com/m/76167840> (New Features added since this video was made)



The screenshot shows the Livewello web interface. On the left, a sidebar menu includes 'Variance Reports', 'Compare Reports', 'SNPs Library' (which is highlighted in blue), and 'SNP Sandbox'. The main content area shows a table of SNPs with columns: SNP, rsID, Minor Allele, and RefSNP Alleles. The table contains the following data:

		SNP	rsID	Minor Allele	RefSNP Alleles
		ABO	rs657152	-	G/T
		DIO1	rs2235544	A	A/C
		FAM227B	rs10519227	A	A/T
		GLIS3	rs1571583	A	C/T
		INSR	rs4804416	G	G/T
		LHX3	rs7860634	A	A/G
		LINC00609	rs1537424	T	A/G
		LOC100132354	rs11755845	T	C/T
		LPCAT2	rs6499766	A	A/T

Below the table, a section titled 'THYROID RELATED ISSUES' discusses Hashimoto thyroiditis, mentioning symptoms like goiter, fatigue, and difficulty conceiving. A link to a full gene report for FAM227B is provided.

c. FREE SNP Sandbox Library <https://livewello.com/snps/library> Visit the library to view samples.

**NEW Livewello Gene App Feature Added: SNP Templates Library
A Library containing ALL SNP Templates shared by Livewello Users.**

Variance Reports

Compare Reports

SNPs Library

SNP Sandbox

Copy the link below to share this template.

<https://livewello.com/dilibre/snps/library?action>

		SNP	rsID	Minor Allele	RefSNP Alleles
		ACAT1-02	rs3741049	A	C/T
		ACE	rs4343	G	A/G
		AHCY-01	rs819147	C	C/T
		AHCY-02	rs819134	G	A/G
		AHCY-19	rs819171	C	C/T
		BHMT-02	rs567754	T	C/T
		BHMT-04	rs617219	C	A/C
		BHMT-08	rs651852	T	A/G
		CBS A360A	rs1801181	A	C/T
		CBS C699T	rs234706	A	A/G
		CBS N360N	rs2298758	A	A/G

AMY YASKO'S NUTRIGENOMIC SNPS

BASIC METHYLATION CYCLE SUPPORT FOR ALL

Adenosyl B12

MethylMate A Compound

MethylMate B Drops

2-3 Neurological Health Formula

Hydroxy B12 Mega Drops

Hydroxy B12 Spray (GET-B12)

Methylation RNA 1X/day

Kidney RNA at least 1x/wk

Liver RNA at least 1x/wk

Suggested Basic ACE Support for All

ACE MSF RNA

Low Dose Stress Foundation RNA

Low Dose Kidney Support RNA

CBS/NOS/Kidney Compound

1/2 Ora-Adrenal (Ora-Adren-80)

Low dose Progesterone cream (Pro-Gest Body Cream)

BASIC METHYLATION CYCLE SUP

COMT V158M(COMT H62H) - -VDR/Taq

COMT V158M(COMT H62H) - - VDR/Taq -

Comt V158M - MSF RNA

VDR Taq MSF RNA

Methyl Max Compound Sup

Methyl B12 Mega Drops

Hydroxy B12 Spray (GET-B12)



Variance Reports

Compare Reports

SNPs Library

SNP Sandbox

Copy the link below to share this template.

<https://livewello.com/florence/snps/library?action=previe>

		SNP	rsID	Minor Allele	RefSNP Alleles
		DNMT3B	rs6057648	A	A/C
		DNMT3B	rs6119285	T	C/T
		DNMT3B	rs6119286	A	A/G
		DPP6	rs2110267	G	C/G
		FRMD1	rs4708431	G	A/G
		MAPRE1	rs6057651	A	A/G
		MAPRE1	rs6057652	C	A/C
		MAPRE1	rs7270085	A	A/G
		PARD3B	rs10153620	C	C/G

ATTENTION DEFICIT HYPERACTIVITY DISORDER (COMBINED SYMPTOMS)

What is Attention Deficit-Hyperactivity Disorder?

Attention deficit-hyperactivity disorder (ADHD) is a neurobehavioral disorder that affects 3-5 percent of all American children. It interferes with a person's ability to stay on a task and to exercise age-appropriate inhibition (cognitive alone or both cognitive and behavioral). Some of the warning signs of ADHD include failure to listen to instructions, inability to organize oneself and school work, fidgeting with hands and feet, talking too much, leaving projects, chores and homework unfinished, and having trouble paying attention to and responding to details. There are several types of ADHD: a predominantly inattentive subtype, a predominantly hyperactive-impulsive subtype, and a combined subtype. ADHD is usually diagnosed in childhood, although the condition can continue into the adult years.

ABOUT ADHD:<http://www.nlm.nih.gov/medlineplus/attentiondeficithyperactivitydisorder.htm>

ADHD Drugs and Supplements from Medline:

<http://vsearch.nlm.nih.gov/vivisimo/cgi-bin/query-meta?>

d. FREE Compare Report Feature: Your Livewello Gene App allows you to compare and view 2 Reports side by side: <https://vimeo.com/86789213>

Auto-Copy SNP Sandbox template to other profiles in your account

NEW Livewello Gene App Features Added!!!

Compare 2 SNP Sandbox Reports side by side.

Susanna Roberts		Jeff Roberts	
ALLERGY			
Gene	rsID	Genotype	Phenotype
HLA	rs2155219	GG	+/+
HLA	rs7775228	CT	+-
CLOTTING FACTORS			
Gene	rsID	Genotype	Phenotype
CETP	rs1800775	CC	+/+
CYP4V2	rs13146272	AC	+-
F10	rs3211719	AA	--
F11	rs2289252	CT	+-
F11	rs2036914	CT	+-
F12	rs1801020	GG	--
F3	rs1324214	GG	--
F5	rs6025	CC	--
F7	rs6046	AG	--
F9	rs6048	AA	--
GP6	rs1613662	AA	--
HRG	rs9898	CT	+-
ITGB3	rs5918	CT	+-
KNGI598T	rs2731672	CC	--
NR112	rs1523127	AA	--
SERPINC1	rs2227589	CC	--

ALLERGY			
Gene	rsID	Genotype	Phenotype
HLA	rs7775228	CT	+-
HLA	rs2155219	GG	+/+
CLOTTING FACTORS			
Gene	rsID	Genotype	Phenotype
CETP	rs1800775	CC	--
CYP4V2	rs13146272	AC	+-
F10	rs3211719	AA	+/+
F11	rs2036914	CT	--
F11	rs2289252	CC	--
F12	rs1801020	GG	--
F3	rs1324214	GG	--
F5	rs6025	CC	+/+
F7	rs6046	AG	--
F9	rs6048	AA	+-
GP6	rs1613662	AA	+-
HRG	rs9898	CC	--
ITGB3	rs5918	TT	--
KNGI598T	rs2731672	CC	+/+
NR112	rs1523127	AA	+/+
SERPINC1	rs2227589	CC	--

livewello.com/23andMe

Did you know that there is a "What Next" panel on your Livewello Gene App?
It searches the web for answers to your questions about your Gene Report.

livewello.com/genetics

Variance Reports

Compare Reports

SNPs Library

SNP Sandbox

Standard Variance Report

What next?

Anonymous

[Print](#) [Report settings](#)

ALLERGY				
SNP	rsID	Minor Allele	Genotype	Phenotype
HLA	rs2155219	G	GG	+/+
HLA	rs7775228	C	CT	+-

CLOTTING FACTORS				
SNP	rsID	Minor Allele	Genotype	Phenotype
CETP	rs1800775	C	AA	--
CYP4V2	rs13146272	C	AC	+-
F10	rs3211719	G	AA	--
F11	rs2036914	T	CT	+-

Click on the links in the SNP column to learn about each SNP

Read popular online resources recommended by other Livewello users

Learn the basics about methylation pathways

Browse the SNPs library and find out which other significant SNPs you might have.

Find Health practitioners who are experienced in genetics, epigenetics and pharmacogenomics.

What else's does your Livewello gene app do?

e. Access to Comprehensive 1-Click Resource tools like PubMed, Ensembl, Google Scholar, SNPedia Medline, Genetics Home Reference etc Explore the links in your Livewello Gene Report: <https://vimeo.com/73068158>



Variance Reports

Compare Reports

SNPs Library

SNP Sandbox

Where else can I learn more about CBS A13637G [rs2851391]?

• [PubMed](#)

PubMed is a free search engine accessing primarily the [MEDLINE database](#) of references and abstracts on life sciences and biomedical topics. The United States National Library of Medicine (NLM) at the National Institutes of Health maintains the database as part of the Entrez system of information retrieval.

• [Genetics Home Reference](#)

Genetics Home Reference provides consumer-friendly information about the effects of genetic variations on human health.

• [OMIM](#)

An Online Catalog of Human Genes and Genetic Disorders.

• [dbSNP](#)

dbSNP is a free public archive for genetic variation within and across different species developed and hosted by the National Center for Biotechnology Information (NCBI) in collaboration with the National Human Genome Research Institute (NHGRI).

• [23andMe gene explorer](#)

23andMe gene explorer is the main view for [browsing your Raw Data](#) in your 23andMe genome. This view shows each chromosome and tells you how many DNA bases and genes are in each. It also tells you the number of SNPs for which they have data.

• [SNPedia](#)

SNPedia is a wiki-based bioinformatics web site that serves as a database of single nucleotide polymorphisms (SNPs). Each article on a SNP provides a short description, links to scientific articles and personal genomics web sites, as well as microarray information about that SNP.

• [WikiGenes](#)

WikiGenes is a non-profit initiative to provide a global collaborative knowledge base for the life sciences, where authorship matters.

• [Google Scholar](#)

Google Scholar is a freely accessible web search engine that indexes the full text of scholarly literature across an array of publishing formats and disciplines

• [Ensembl](#)

Ensembl is a joint scientific project between the European Bioinformatics Institute and the Wellcome Trust Sanger Institute. It's aim is to provide a centralized resource for geneticists, molecular biologists and other researchers studying the genomes of our own species and other vertebrates and model organisms.

Livewello Gene Report Legend:



Variance Reports

Compare Reports

SNPs Library

SNP Sandbox

Legend

-/-	Neither chromosome carries a genetic variation
+/-	Heterozygous. (A chromosome from one parent, carries a variation)
++/+	Homozygous (A chromosome from each parent carries a variation.)
DD	There are two copies of the deletion (D). This is a homozygous value.
II	There are two copies of the insertion (I). This is a homozygous value.
DI	There is one copy of the deletion and one copy of the insertion variant. This is a heterozygous value.
NG or __	Not Genotyped. Data for this SNP has not yet been unlocked or is not on chip
NC or --	No Call. Data for this SNP could not be processed.

This report uses minor allele values from dbSNP and 1000Genomes. dbSNP is maintained by the [National Center for Bioinformatics \(NCBI\)](#) at the [National Institute of Health \(NIH\)](#).

The minor allele is the allele that occurs with less frequency in the default global population. This allele is usually but not always a variant allele. In cases where the minor allele is not a variant allele, homozygous and heterozygous phenotypes may not be abnormal.

Disclaimer:

- If you have difficulty using any of our tools, please send an email to support@livewello.com

SAMPLE Gene specific SNP Template



Frank Masters ▾

Search SNPs Library

Health Record ▾

Apps ▾

Help

Variance Reports

Compare Reports

SNPs Library

SNP Sandbox

SNP Template Preview

[Share to public SNP library](#)[View Report](#)

To share this template with someone else, send them the link below.

<https://livewello.com/snps/library?action=preview&index=412112&for=d>

		SNP	rsID	Minor Allele	RefSNP Alleles
		SUOX	rs121908008	-	A/C
		SUOX	rs7297662	A	A/G
		SUOX/Gly473Asp	rs121908009	-	A/G
		SUOX/R160Q	rs121908007	-	A/G

[+ Add SNP](#)[+ New Template](#)[Delete Template](#)Find more SNPs with [23andMe's gene explorer](#) or on [SNPedia](#)

SUOX SNPs

Sulfite oxidase is a homodimeric protein localized to the intermembrane space of mitochondria. Each subunit contains a heine domain and a molybdopterin-binding domain. The enzyme catalyzes the oxidation of sulfite to sulfate, the final reaction in the oxidative degradation of the sulfur amino acids cysteine and methionine. Sulfite oxidase deficiency results in neurological abnormalities which are often fatal at an early age. Alternative splicing results in multiple transcript variants encoding identical proteins.



Frank Masters

33 minutes ago

[Edit Title and Description](#)

f. A "Notes" feature that allows you to add notes to your individual SNPs and templates, so you can save any information you learn about them along the way. Just click on that SNP or the "Edit" button in your report to add that information. Practitioners can use it to add SNP-Specific health advice for their patients. [Video](#)

<https://vimeo.com/m/73728321>

Gene	rsID	Minor Allele	Genotype	Phenotype
MTHFR A1298C	rs1801131	G	TT	-/-

Summary

PubMed Articles

Notes

Compose

MTHFR A1298C: 5,10-MethyleneTetraHydroFolate Reductase (BH4)

The MTHFR C677T defect effects the forward reaction, the conversion of THF in to 5-methyl folate. MTHFR A1298C has no adverse affect on 5-methyl folate production, but it does compromise the backward reaction, whereby 5-methyl folate is converted back in to THF, in the process generating one molecule of BH4. Individuals with abnormalities in CBS and BHMT will be low in BH4, as it is being used up detoxifying ammonia that these defects have generated, so their combination with MTHFR A1298C leads to a BH4 deficiency double whammy. DHPR is the enzyme that regenerates BH4 from BH2. It is poisoned by mercury, lead, and especially aluminum. These toxins are wide spread in our environment, and individuals with Methyl Cycle abnormalities have particular trouble dealing with them. The result is a progressive drain on BH4, a progressive impairment in neurotransmitter production, and conversion of arginine not in to nitric oxide but instead in to free radicals such as superoxide and peroxynitrite. We treat MTHFR A1298C with 5-methyl folate supplementation (aiming to push the reaction backwards) and, after your other Methyl Cycle challenges have been addressed, with nutritional doses of BH4. Metal detoxification will help here and with every other biochemical function in your body, and will be part of your overall program. We will also endeavor to decrease your need for BH4. If you are COMT (-/-), we can provide nutritional support to help maintain dopamine levels, such that you will need to use less BH4 to generate more. If you are MAO A (-/-), we can do the same thing with serotonin precursors such as high tryptophan foodstuffs. The basic philosophy is to stimulate the action of still open pathways to take the stress off your impaired pathways.

[less](#)

Sammy Sosa

1:42 PM Feb 5, 14 [Edit](#) Private

We can restore glutamate-GABA balance by:

1. Addressing CBS up regulation/BHMT down regulations to decrease alpha-ketoglutarate production.
2. &nbs...

[more](#)

Sammy Sosa

1:41 PM Feb 5, 14 [Edit](#) Private

g. A free Livewello Health Management App from the IOS App Store: <http://bit.ly/RocPhA>

You can still use Livewello online: <https://Livewello.com>

i. For quick answers, visit the Livewello Gene App's Frequently Asked Questions:

<https://livewello.com/support>

j. An array of Lab tools to help you manage other aspects of your chronic health issues, because your journey to good health will likely be complex: <https://Livewello.com/data-apps>

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Data Apps Library

Library

Forms **Assessments**

Vital Signs

 A basic Vitals signs form. Tracks Systolic and Diastolic Blood pressure, Pulse rate, Respiratory rate, Temperature height and weight. Health practitioners can get a more customized version of this form by contacting support@livewello.com

4 assessments

Start View assessments 25 installs

Data recorder

 A simple form that allows you describe, date and track itemized data

0 assessments

Start View assessments 41 installs

Heavy Metals

 Chart for Heavy metals testing. Includes Urine Toxic Metals, Fecal Toxic Metals, and Hair Toxic Metals. Labs are grouped by section. UTM Levels are measured in mcg/gm of creatinine

5 assessments

Start View assessments 96 installs

j. Lab tools to help you manage other aspects of your chronic health issues: <https://Livewello.com/data-apps>

Data Apps Library

Sleep Diary



Having trouble sleeping? Keep track of modifiable behaviours that might be affecting your sleep. This app helps your monitor, trend and graph your sleep patterns and is based on the National Foundation Sleep Diary

0 assessments

[Start](#)[View assessments](#)

31 installs

Organic Acids - Nutritional and Metabolic Profile



Track data on your Nutritional and Metabolic Profile testing. Organic acids list compiled from Great Plains Lab sample test results. Your test result data can be entered into this data app, and over time you can view a trend or graph of changes to visually review progress or regress.

0 assessments

[Start](#)[View assessments](#)

141 installs

Routine Labs



A simple form that allows users keep track of routine blood draws for tests such as Complete Blood Count (CBC), Serum Chemistry (Chem 7), Hepatic Function Panel and Lipid Panel. All values can be trended, and numerical values can be graphed. Reference range values are approximations, and will vary slightly for different lab testing facilities.

3 assessments

[Start](#)[View assessments](#)

103 installs

Modified ATEC



This Modified ATEC Form is our version of the ARI ATEC Form. It has been simplified by removing many of the biographical data portions found in the original form and we have also added a section for uploading photo and videos, so that parents can get a visual representation of the child for each ATEC assessment.

2 assessments

[Start](#)[View assessments](#)

19 installs

<https://docs.google.com/document/d/1gpsKey8mCkYfuvy8Lhd4oIXkru4qum0LJmDB3I3JDno>

4. Do some reading and research:

These are some popular reading and video resources our users have shared with us:

What are SNPs ? <https://www.23andme.com/gen101/snps/>

What do I need to do now that I have received my 23andMe results ?

<http://resqua.com/100001600189727/what-are-the-lifestyle-factors-key-changes-i-need-to-make-after-getting-my-23andme-results>

What is Homozygous & Heterozygous ? http://www.makgene.com/index.cfm?fa=content.display&content_id=39

What is Epigenetics? <http://www.drfranklipman.com/faqs-on-epigenetics/>

Methylation Overview for Professionals

<http://www.drkendalstewart.com/wp-content/uploads/2011/09/Methylation-Overview-for-Professionals-10.11.pdf>

Methylation Defects in Autism Disorders By Cindy Schneider M.D. <http://www.center4autism.org/therapyMETH.asp>

Neil Rawlins 4-Part Video on MTHFR: <http://www.youtube.com/watch?v=ZA8GUiRqlkE&sns=em>

MTHFR Related Health Problems by Stephen Smith M.D. <http://www.mindmeister.com/12694596/mthfr-related-health-problems>

Heartfixer Online Dr. James Roberts: <http://heartfixer.com/AMRI-Nutrigenomics.htm>

Pathways to Recovery Book By Amy Yasko: http://www.dramyyasko.com/wp-content/files_flutter/1327512160_9_1_1_8_pdf_02_file.pdf

Pathways to Recovery Workbook By Amy Yasko: <http://www.holisticheal.com/media/downloads/autism-pathways-to-recovery-workbook.pdf>

Genetic Bypass by Amy Yasko: <http://www.scribd.com/doc/86457985/Genetic-Bypass-Book>

Amy Yasko's Road Map to Health: <http://www.scribd.com/doc/132017201/Dr-Amy-s-Simplified-Road-Map-to-Health>

Metabolic Healing: <http://www.metabolichealing.com/michael-s-blog/methylation-epigenetics-and-nutrigenomics-identifying-and-correcting-the-core-issues-in-disease/>

Listen to Dr. Rawlins talk about MTHFR on BlogTalkRadio:

<http://www.blogtalkradio.com/in-short-order/2013/11/17/in-short-order--neil-rawlins-md>

MTHFR & Neuropathy Handouts from September 13, 2013 presentation:

http://www.kadlec.org/uploads/MTHFR_and_Neuropathy_pdf.pdf

About Liver Detox Pathways: <http://www.livingnetwork.co.za/chelationnetwork/food/liver-detox-pathways/>

475 genetics acronyms and abbreviations: <http://www.allacronyms.com/tag/genetics>

MTHFR and Methyl Groups By Nancy Mullan M.D. http://nancymullanmd.com/ebook/The_Methyl_Group_What_It_Can_Do_for_You.pdf

About Mitochondrial Disease:

~<http://www.mitoresearch.org/treatmentdisease.html>

~<http://neuromuscular.wustl.edu/mitosyn.html#cardinfmito>

Everything You Ever Needed to Know About What To Do with Your 23andMe Raw Data Results:

<https://docs.google.com/document/d/1gpsKey8mCkYfuvy8Lhd4oIXkru4qum0LJmDB3I3JDno>

5. Track your health progress

Once you have a treatment plan in place, you and your Dr. can begin tracking your health progress with those [Data Tools](#)

6. Stay current & keep an eye on App updates: “Like” <https://facebook.com/livewello>

This is because, whenever Livewello makes updates to the Gene App, the changes are announced and free to all Livewello Gene App users.

7. Stay informed and Join More Support Groups like:

- ~ The 23andMe Raw Data App Group: <https://www.facebook.com/groups/581889231904301/>
- ~ The MTHFR Open Facebook Group: <https://www.facebook.com/groups/230824260340671/>
- ~ The MTHFR Genotype Support Secret Facebook Group: Ask a friend to add you or just send a Friend Request and Message to be added to: <https://www.facebook.com/livewellovillage>

The Following Pages will have pictures of the Livewello Gene App at work.
Your Livewello's Gene App Dashboard

Raw Data Upload now available for users who have Raw Data results from ANY Personal Genomics Company in the world.

Report generated from raw data file: genome_Lilly_Mendel_Mom_Full_20120818003901.zip
Human Reference Genome Build: 37

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Copy the link below to share your report. [Edit share settings](#)

<http://340.livewello-app.appspot.com/snps/share?for=martin.dawson.606>

SNPs in this column links to a summary page with more simplified explanation, resources and health conditions associated with this SNP.

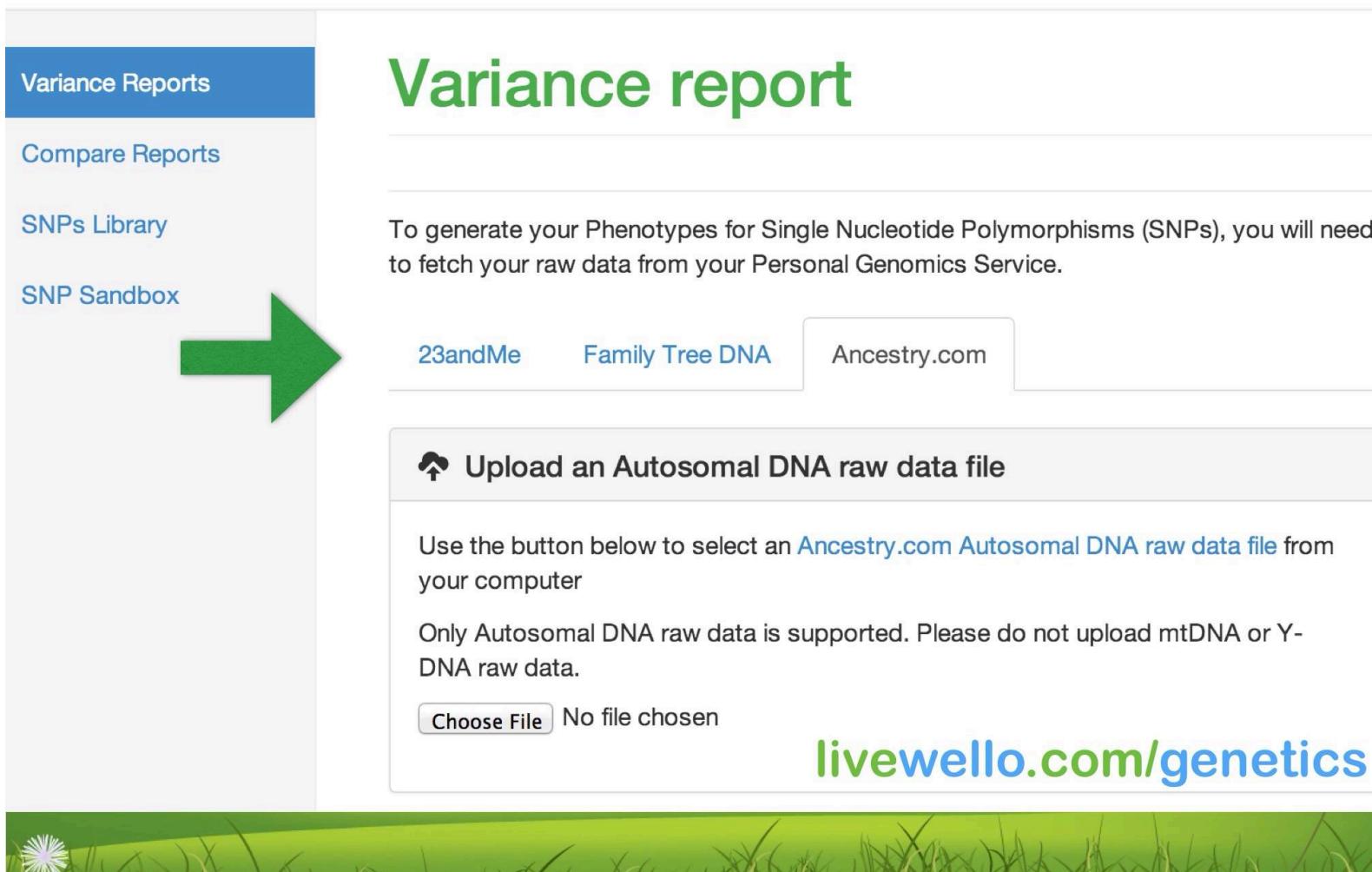
SNP	rsID	Minor Allele	Genotype	Phenotype
HLA	rs2155219	G	GT	+/-
HLA	rs7775228	C	TT	-/-

CLOTTING FACTORS				
SNP	rsID	Minor Allele	Genotype	Phenotype
CETP	rs1800775	C	AC	+/-
CYP4V2	rs13146272	C	AC	+/-
F10	rs3211719	G	AG	+/-

The LiveWello Gene App will generate a Gene Report with Raw Data from almost any

Genetics Testing Company in the world including: 23andMe Ancestry.com and Family Tree:

**Livewello Gene App will generate Gene Reports from:
23andMe.com FTDNA.com & Ancestry.com**



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SNPs Library

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Variance report

To generate your Phenotypes for Single Nucleotide Polymorphisms (SNPs), you will need to fetch your raw data from your Personal Genomics Service.

23andMe Family Tree DNA Ancestry.com

 **Upload an Autosomal DNA raw data file**

Use the button below to select an [Ancestry.com Autosomal DNA raw data file](#) from your computer

Only Autosomal DNA raw data is supported. Please do not upload mtDNA or Y-DNA raw data.

No file chosen

livewello.com/genetics

About [Livewello's SNP Sandbox tool](#) which is free with your Gene App:
With this tool, you can create as many different Custom SNP Reports as you'd like.

As long as a Gene is in your Raw Data with rsID and Minor Allele from dbSNP, your Livewello Gene App will generate a Gene report for it.

livewello  Frank Masters ▾

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To share this template with someone else, send them the link below.

<https://livewello.com/snps/library?action=preview&index=971>

		SNP	rsID	Minor Allele	RefSNP Alleles
		CYP1A2	rs1139497	-	A/G
		CYP1A2	rs11636419	G	A/G
		CYP1A2	rs12720461	T	C/T
		CYP1A2	rs140421378	-	A/T
		CYP1A2	rs17861152	G	C/G
		CYP1A2	rs17861157	A	A/C
		CYP1A2	rs2472304	A	A/G
		CYP1A2	rs28399418	-	A/G
		CYP1A2	rs28399419	T	C/T
		CYP1A2	rs28399424	T	C/T
		CYP1A2	rs28165265	-	A/C

CYP1A2 GENE: ONE OF THE 50 CYP450 ENZYMES THAT METABOLIZE 90% OF DRUGS.

THE REST OF THOSE ENZYMES ARE CYP1A2, CYP2C9, CYP2C19, CYP2D6, CYP3A4, AND CYP3A5.

ABOUT THE CYP1A2 GENE:
This gene encodes a member of the cytochrome P450 superfamily of enzymes. The cytochrome P450 proteins are monooxygenases which catalyze many reactions involved in drug metabolism and synthesis of cholesterol, steroids and other lipids.

Gene Function
More than 20 clinically used drugs are partly or predominantly metabolized by CYP1A2 including caffeine, theophylline, imipramine, clozapine, and propranolol. CYP1A2 accounts for nearly 15% of the cytochrome P450 in the human liver (Shimada et al., 1994).

CYP1A2 displays higher activity in men than in women, and is inhibited by oral contraceptives. Inducers of CYP1A2 include cruciferous vegetables (Vistisen et al., 1992). Cigarette smoking has also been shown to increase CYP1A2 activity (Sesardic et al., 1988).

For feedback from others, you can post an anonymous copy of your Variance report

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ALLERGY				
SNP	rsID	Minor Allele	Genotype	Phenotype
HLA	rs2155219	G	GG	+/+
HLA	rs7775228	C	CT	+/-

CLOTTING FACTORS				
SNP	rsID	Minor Allele	Genotype	Phenotype
CETP	rs1800775	C	AA	-/-
CYP4V2	rs13146272	C	AC	+/-
F10	rs3211719	G	AA	-/-
F11	rs2036914	T	CT	+/-

Other Variance Reports

- HNMT SNP Template
- CBS AND BHMT GENES
- COL5A2 (COLLAGEN, TYPE V, ALPHA 2)
- HLA Mold (add more SNPs)
- Jak2
- The SLCO1B1 Gene and Simvastatin or Zocor
- JAK2

More Livewello Gene App Features:



METHYLATION				
SNP	rsID	Minor Allele	Genotype	Phenotype
MTHFR A1298C	rs1801131	G	GT	+/-

Summary

PubMed

What is MTHFR A1298C?

The protein encoded by this gene catalyzes the conversion of 5,10-methylenetetrahydrofolate to 5-methyltetrahydrofolate, a co-substrate for homocysteine remethylation to methionine. Genetic variation in this gene influences susceptibility to occlusive vascular disease, neural tube defects, colon cancer and acute leukemia, and mutations in this gene are associated with methylenetetrahydrofolate reductase deficiency. [provided by RefSeq, Oct 2009]

Data provided by NCBI

More info about MTHFR A1298C

The MTHFR gene provides instructions for making an enzyme called methylenetetrahydrofolate reductase. This enzyme plays a role in processing amino acids, the building blocks of proteins. Methylenetetrahydrofolate reductase is important for a chemical reaction involving forms of the B-vitamin folate (also called folic acid or vitamin B9). Specifically, this enzyme converts 5,10-methylenetetrahydrofolate to 5-methyltetrahydrofolate. This reaction is required for the multistep process that converts the amino acid homocysteine to another amino acid, methionine. The body uses methionine to make proteins and other important compounds.

At least 40 mutations in the MTHFR gene have been identified in people with homocystinuria. Most of these mutations change single amino acids in methylenetetrahydrofolate reductase. These changes impair the function of the enzyme, and some cause the enzyme to be turned off (inactivated). Other mutations lead to the production of an abnormally small, nonfunctional version of the enzyme. Without functional methylenetetrahydrofolate reductase, homocysteine cannot be converted to methionine. As a result, homocysteine builds up in the bloodstream, and the amount of methionine is reduced. Some of the excess homocysteine is excreted in urine. Researchers have not determined how altered levels of homocysteine and methionine lead to the health problems associated with homocystinuria.

Data provided and maintained by

SNP Sandbox™

Create an unlimited number of SNP groups, which you can save or share as templates with other Livewello users.



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<http://340.livewello-app.appspot.com/florence/snps/library?ac>

		SNP	rsID	Minor Allele	RefSNP Alleles
		CBS	rs234709	T	C/T
		CBS	rs6586282	T	C/T
		CBS A13637G	rs2851391	T	C/T
		CUBN	rs1801222	A	C/T
		FANCA	rs12921383	C	C/T
		FUT1	rs838133	A	C/T
		GTPBP10	rs42648	G	A/G
		LOC102724659	rs12134663	C	A/C
		MTHFR C677T	rs1801133	A	C/T
		MTR	rs2275565	T	A/C
		NOVA1	rs74120094	T	C/T

HOMOCYSTEINE LEVELS AND RELATED SNPs

What is MTHFR C677T?

This gene encodes a tumor suppressor protein containing transcriptional activation, DNA binding, and oligomerization domains. The encoded protein responds to diverse cellular stresses to regulate expression of target genes, thereby inducing cell cycle arrest, apoptosis, senescence, DNA repair, or changes in metabolism. Mutations in this gene are associated with a variety of human cancers, including hereditary cancers such as Li-Fraumeni syndrome. Alternative splicing of this gene and the use of alternate promoters result in multiple transcript variants and isoforms. Additional isoforms have also been shown to result from the use of alternate translation initiation codons (PMIDs: 12032546, 20937277).

The MTHFR gene provides instructions for making an enzyme called methylenetetrahydrofolate reductase. This enzyme plays a role in processing amino acids, the building blocks of proteins. Methylenetetrahydrofolate reductase is important for a chemical reaction involving forms of the B-vitamin folate (also called folic acid or vitamin B9). Specifically, this enzyme converts 5,10-methylenetetrahydrofolate to 5-methyltetrahydrofolate. This reaction is required for the multistep process that converts the amino acid homocysteine to another amino acid, methionine. The body uses methionine

Screenshot of Access to 1-Click Research tools like PubMed with “Share-on-Facebook” conversation starter.



Pubmed articles for rs6323

[Share on Facebook](#)

Significance of Dopaminergic Gene Variants in the Male Biasness of ADHD.

J Atten Disord. 2013 Jul 23.

Objective: ADHD is frequently detected in boys though there is no established cause. One possibility is that genes predisposing to ADHD have sexually dimorphic effects. With an aim to find out the reason for this male biasness, contribution of 14 functional polymorphisms was investigated in ADHD subjects. Method: Genomic DNA of probands, their parents, and ethnically matched controls was subjected to analysis of single-nucleotide polymorphisms and variable number of tandem repeats (VNTRs). Results: Case-control analysis revealed significant higher occurrence of DAT1 intron 8 VNTR "5R" allele ($p = .028$), DBH rs1108580 "A" allele ($p = .027$), and MAOA-u VNTR-rs6323 3R-T haplotype ($p = .007$) in male probands. Family-based analysis showed significant preferential transmission of Dopamine receptor D4 exon 3 VNTR-rs1800955 7R-T haplotype from parents to male probands ($p = .008$). Interaction between DBH gene variants and low enzymatic activity was also noticed, especially in male probands. Conclusion: Data obtained may partly answer the male biasness of ADHD. (J. of Att. Dis. 2013; XX(X) 1-XX).

[More »](#)

MAOA and MAOB polymorphisms and anger-related traits in suicidal participants and controls.

Eur Arch Psychiatry Clin Neurosci. 2013 Aug;263(5):393-403. doi: 10.1007/s00406-012-0378-8. Epub 2012 Oct 31.

MAOA and, to a lesser extent, MAOB polymorphisms have been related to aggression traits and suicidality. We aimed to investigate the role of MAOA and MAOB in suicidal versus non-suicidal participants and interactions between genetic variation and suicidal status on aggression and anger-related traits. The sample was composed of three groups: one group of suicide attempters ($n = 171$, males 35.1 %), one group of suicide completers ($n = 90$, males 57.8 %) and a healthy control group ($n = 317$, males 43.8 %). We examined the following markers: MAOA rs909525, rs6323, and rs2064070, and MAOB rs1799836. Anger traits were measured with the state-trait anger expression inventory (STAXI) and aggression traits with the questionnaire for measuring factors of aggression (FAF). Associations were separately examined for males and females. Variation in the three MAOA variants was associated with higher levels of anger expressed outwards (STAXI "anger-out" subscale) in male suicidal patients compared to controls ($p < 0.001$). In females, the C allele of rs6323 showed higher scores on the same subscale ("anger out") ($p = 0.002$). Allele frequencies of the MAOA rs909525 were associated with suicidality ($p < 0.007$). Our findings show an association between genetic variation in three polymorphisms of the MAOA and anger traits in suicidal males and one replication for the functional variant rs6323 in females. This relationship was stronger than a direct genetic association with suicide status. Future studies incorporating endophenotypic measures of anger and aggression in suicidal participants are warranted.

[More »](#)

Study of a possible role of the monoamine oxidase A (MAOA) gene in paranoid schizophrenia among a Chinese population.

Am J Med Genet B Neuropsychiatr Genet. 2012 Jan;159B(1):104-11. doi: 10.1002/ajmg.b.32009. Epub 2011 Dec 7.

Monoamine oxidase A (MAOA) is the enzyme responsible for degradation of several monoamines, such as dopamine and serotonin that are considered as being two of the most important neurotransmitters involved in the pathophysiology of schizophrenia. To study a possible role of the MAOA gene in conferring susceptibility to schizophrenia, the present study genotyped the variable number of tandem repeat (VNTR) polymorphism and 41 SNPs across this gene among 555 unrelated patients with paranoid schizophrenia and 567 unrelated healthy controls. Quantitative real-time PCR analysis was employed to quantify expression of MAOA mRNA in 73 drug-free patients. While none of these genotyped DNA markers showed allelic association with paranoid schizophrenia, haplotypic association was found for the VNTR-rs6323, VNTR-rs1137070, and VNTR-rs6323-rs1137070 haplotypes in female subjects. Nevertheless, no significant change of the expression of MAOA mRNA was detected in either female or male patients with paranoid schizophrenia. Our study suggests that the interaction between genetic variants within the MAOA gene may contribute to an increased risk of paranoid schizophrenia, but the precise mechanism needs further investigation.

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Association study of monoamine oxidase A/B genes and schizophrenia in Han Chinese.

Behav Brain Funct. 2011 Oct 6;7:42. doi: 10.1186/1744-9081-7-42.

BACKGROUND: Monoamine oxidases (MAOs) catalyze the metabolism of dopaminergic neurotransmitters. Polymorphisms of isoforms MAOA and MAOB have been implicated in the etiology of mental disorders such as schizophrenia. Association studies detected these polymorphisms in several populations, however the data have not been conclusive to date. Here, we investigated the association of MAOA and MAOB polymorphisms with schizophrenia in a Han Chinese population. METHODS: Two functional single nucleotide polymorphisms (SNPs), rs6323 of MAOA and rs1799836 of MAOB, were selected for association analysis in 537 unrelated schizophrenia patients and 536 healthy controls. Single-locus and Haplotype associations were calculated. RESULTS: No differences were found in the allelic distribution of rs6323. The G allele of rs1799836 was identified as a risk factor in the development of schizophrenia ($P = 0.00001$). The risk haplotype rs6323T-rs1799836G was associated with schizophrenia in female patients ($P = 0.0002$), but the frequency difference was not significant among male groups. CONCLUSIONS: Our results suggest that MAOB is a susceptibility gene for schizophrenia. In contrast, no significant associations were observed for the MAOA functional polymorphism with schizophrenia in Han Chinese. These data support further investigation of the role of MAO genes in schizophrenia.

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Influence and interaction of genetic polymorphisms in catecholamine neurotransmitter systems and early life stress on

Standard Variance Report

Martin Dawson

This report was generated on Tuesday, 20. May 2014 from Martin Dawson's 23andMe raw data.

 Print

ALLERGY				
SNP	rsID	Minor Allele	Genotype	Phenotype
HLA	rs2155219	G	GT	+/-
HLA	rs7775228	C	TT	-/-

CLOTTING FACTORS				
SNP	rsID	Minor Allele	Genotype	Phenotype
CETP	rs1800775	C	AC	+/-
CYP4V2	rs13146272	C	AC	+/-
F10	rs3211719	G	AG	+/-
F11	rs2036914	T	CT	+/-
F11	rs2289252	T	CC	-/-
F12	rs1801020	A	AG	+/-
F3	rs1324214	A	AG	+/-
F5	rs6025	T	CC	-/-

What next?

Click on the links in the SNP column to learn about each SNP

Read popular online resources recommended by other Livewello users

Learn the basics about methylation pathways

Browse the SNPs library and find out which other significant SNPs you might have.

Find Health practitioners who are experienced in genetics, epigenetics and pharmacogenomics.

What else's does your Livewello gene app do?

Frequently Asked Questions

When you click on an existing SNP Template in the [Livewello SNP Library](#), this is what it looks like:

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<https://livewello.com/florence/snps/library?action=previe>

		SNP	rsID	Minor Allele	RefSNP Alleles
		CYP1A1	rs1799814	T	A/C
		CYP1A1	rs4986883	C	A/G
		CYP1A2	rs762551	C	A/C
		CYP1B1 N453S	rs1800440	C	A/G
		CYP2C9	rs1057910	C	A/C
		CYP2C9*2 C430T	rs1799853	T	C/T
		CYP2D6	rs1065852	A	C/T
		CYP2D6	rs1135840	C	C/G
		CYP2D6	rs59421388	T	C/T
		CYP2D6	rs78482768	-	C/G

MULTIPLE CHEMICAL SENSITIVITY

About MCS

http://en.wikipedia.org/wiki/Multiple_chemical_sensitivity#cite_note-McKeown_et_al._2004-51

A new study by Schnakenberg et al. (2006) confirmed the genetic variation previously found by McKeown-Eyssen and Haley. A total of 521 unrelated individuals participated in the study. Genetic variants of four genes were analyzed: NAT2, GSTM1, GSTT1, and GSTP1. The researchers concluded the individuals who are NAT2 slow acetylators and those with homozygously deleted GSTM1 and GSTT1 genes are significantly more likely to develop chemical sensitivity.

According to the study, the glutathione S-transferases act to inactivate chemicals, so people without these GSTM1 and GSTT1 genes are less able to metabolize environmental chemicals, because "glutathione S-transferases play an important role in the detoxification of chemicals". The deletion of another gene, the GSTP1 gene, leaves individuals more susceptible to developing these diseases, as lack of these genes means a loss of protection from oxidative stress.

Study of genotypes in multiple chemical sensitivity: CYP2D6, NAT1, NAT2, PON1, PON2 and MTHFR: <http://m.ije.oxfordjournals.org/content/33/5/971.full#ref->

DEMO VIDEOS: <http://vimeo.com/livewello>

Get current News at: <https://facebook.com/livewello>

The [LiveWello](#) Gene App is a software that generates your Variance Report with the results in your 23andMe Raw Data. It is designed to tell you if you carry variant SNP. If you do carry an abnormal SNP(gene), this may or may not lead to the manifestation of disease or the need for treatment. This is where your signs, symptoms and other relevant Lab results come to play. As such, this is for your experienced Physician/Practitioner to determine, as he/she will have first hand knowledge of your complete health history and physical evaluation. Like any other Lab result, would be your next course of contact once the App generates your report.

Warmly,

Your Customer Relations Team, Livewello LLC

 Livewello.com

 facebook.com/livewello

Frequently Asked Questions about the Livewello Gene App:

<https://livewello.com/support>

Everything You Ever Needed to Know About What To Do with Your Raw Data

<https://docs.google.com/document/d/1gpsKey8mCkYfuvy8Lhd4oIXkru4qum0LJmDB3l3JDno>