

Here's the prompt

Once you upload the Genetic life hacks cheat sheet report

Toggle deep research mode. <<< IMPORTANT

Used this below:

Analyse this Genetic report

List out the major red flags and minor red flags.

Provide some explanation to how they would likely show up in life

When it comes to getting more cognitive and emotional well-being.

Cognitive Functions Memory (short-term and long-term)

Attention span

Processing speed

Problem-solving ability

Executive function (planning, organizing, decision-making)

Mental energy / stamina

Creativity

Learning ability / cognitive flexibility

Emotional and Psychological Health Stress resilience

Anxiety levels

Motivation

Self-awareness

Self-esteem

Impulse control

Social cognition (understanding others' emotions/intentions)

Physical-Brain Links Sleep quality

Nutrient absorption / gut-brain axis

Hormonal balance (e.g., cortisol, serotonin, dopamine)

Neuroinflammation levels