

## Getting Methylation and Detox genomics tested

23andMe is currently the most affordable approach to getting your genome mapped (around \$100). It is a consumer service (no doctor's orders required). The FDA has prohibited them from producing health reports (you will see a warning message on their website), so your "raw data" has to be run through one of several third party programs. There are many choices, my favorites are:

<http://geneticgenie.org/>

<http://www.mthfrsupport.com/reports-consults/order-reports/>

<https://livewello.com/genetics>

These third party reports are affordable (\$20 or less per panel). The Genetic Genie report is shorter and more straightforward. The MTHFRsupport & Livewello reports are much longer and more detailed – most of which we won't use. At the moment I am recommending GeneticGenie because it is more user friendly and gives us the essential information we need. You will have your raw data from 23andMe so if you ever want to run it through a more comprehensive reader, you can always do that in the future.

### Getting Started:

Go to [www.23andme.com](http://www.23andme.com)

Set up an account\*, order your test and pay online.

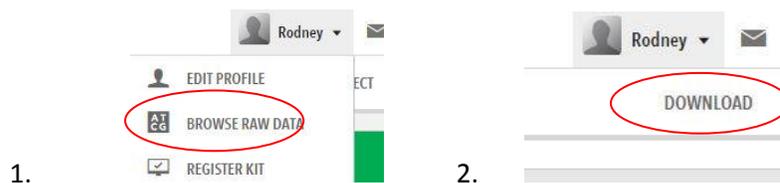
*\*note: for those concerned with privacy, you should know that 23andMe does NOT fall under normal HIPAA lab guidelines and DOES keep your genetic sample. Your cells and report are saved under a numeric code associated with the login you create. You do not need to use your real name if you feel more secure with a "fake" identity. Just make sure you keep track of whatever login information you use to set up your account so you can access your information later.*

23andMe will send you a kit in the mail. When it arrives, complete the saliva test. I recommend using a popsicle stick, toothbrush, or toothpick to **gently** scrape the inside of your cheek to assure there are skin cells in your sample. Send the kit back to 23andMe, following their shipping directions.

In 2-8 weeks 23andMe will send you an email letting you know your results are in.

### Login to 23andMe.

In upper right corner, you should see your name in a grey box. There is a dropdown menu. Select "Browse Raw Data". That will take you to a similar page, but you will see "Download" instead of the dropdown menu. Click "Download". It will ask you for a few pieces of information.



For your security, please enter your password.

Password:

Secret question: What was the name of your first pet?

Secret answer:

Whose data would you like to download?

Profile:

Choose between downloading data for mitochondrial DNA, only the Y chromosome, or all DNA (chromosomes 1-22, X, Y, and mitochondrial).

Data set:

3.

[Download Data](#)

This will download your raw data file (your encoded genome).

Now go to Genetic Genie or MTHFr Support (or other service of your choice) select the profiles you want to purchase (I will be most interested in the Methylation profiles). Follow the directions to get a printout of your report.

You can fax this to me at (206) 512-1692  
or you can upload the color PDF straight to the patient portal.