

**Check each box if the condition has occurred frequently within the last sixty days or is generally true:**

**MTHER**

- 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.
- 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. (Yes, you read that right! This gene is at least a little bit dirty in all of us these days.)
- 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.

**NO3S**

- 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

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! Your 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, you can see whether this gene needs some extra attention.

### My Score

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

## Getting to Know Your Genes

In the next seven chapters, you're going to learn about each of the Super Seven key genes.

Whatever your score on Laundry List 1, I urge you to read every chapter. Don't skip a chapter just because, in your case, a gene turned up clean.