

Your Roadmap to Health

THE YASKO PROTOCOL



DNA TEST BY DR. AMY

Order the DNA Nutrigenomic Test with Methylation Pathway Analysis designed by Dr. Amy from www.HolisticHeal.com

ALTERNATIVE DNA TEST?

Run other DNA Test results through www.KnowYourGenetics.com and receive Dr. Amy's suggestions for FREE

NO GENETICS? THAT'S OK, START HERE!

FULL METHYLATION SUPPORT

Once lithium is in balance, layer in Full Methylation Support as outlined on www.FeelGoodSupps.com

RECHECK LITHIUM

Run an additional Hair Metal Test (HMT) every 4 to 6 months once Full Methylation Support is in place to keep track of lithium

RUN A CSA

Run a Comprehensive Stool Analysis Test (CSA) from www.HolisticHeal.com. Layer in CSA Support and re-run a CSA every 4 to 6 months until balance is reached

ADDITIONAL GUT TESTS

Run additional gut tests if Dr. Amy suggests and continue to re-run every 4 to 6 months until gut is in balance

MAINTENANCE OF HEALTHY SNPS

Maintain healthy balance of your methylation cycle by focusing on a supplement regimen specific to your SNPs as outlined on www.FeelGoodSupps.com



READ ABOUT THE PROTOCOL

Read www.FeelGoodNutrigenomics.com, the Companion Guide, and forums on the www.CH3Nutrigenomics.com chat group

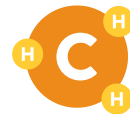


DR. AMY'S NOTES

Follow Dr. Amy's handwritten notes on your tests about when to retest for lithium or other test markers

FEEL GOOD BIOCHEMISTRY

Read www.FeelGoodBiochem.com for more detailed explanations of your test results



RECEIVE HAIR METAL TEST (STEP TWO SUPPORT)

Begin Basic Methylation Support (outlined on www.FeelGoodSupps.com) based on your test results and Dr. Amy's handwritten suggestions

ADDITIONAL BIOCHEMICAL TESTING

Run additional tests suggested by Dr. Amy and re-run previous tests every 6 months

BIOCHEMICAL TESTING

Re-run a full set of biochemical tests yearly to make sure everything is in balance. At the very least, re-run HMT & CSA



JOIN THE CHATGROUP

Led by Dr. Amy, our team of moderators answer your protocol and supplement questions daily to help guide you in the right direction. Join over 26,000 members for free at www.CH3Nutrigenomics.com

BIOCHEMICAL TESTING

If possible, run a full set of baseline tests (hair, urine, and fecal) to assess your current level of toxic elements. Biochemical tests are available to order from www.HolisticHeal.com

ORDER HAIR METAL TEST

At the very least, run a Hair Metal Test (HMT) to check lithium levels. Learn more about this test in Chapter One of www.FeelGoodBiochem.com

STEP ONE SUPPORT

Begin supplementing with Starting Dozen Support as outlined on www.FeelGoodSupps.com

READ ABOUT SUPPLEMENTATION

While waiting for your test results, learn about the importance of supplementation and nucleotides in Dr. Amy's free online books: www.FeelGoodSupps.com and www.FeelGoodNucleotides.com

STEP THREE SUPPORT

Once methylation and biochemical tests are balanced, support healthy nerve growth and remyelination with Step Three Support as outlined on www.FeelGoodSupps.com



FEEL GOOD about your health!

READ DR. AMY'S BOOKS ONLINE FOR FREE:

www.FeelGoodNUTRIGENOMICS.com

www.FeelGoodSUPPS.com

www.FeelGoodBIOCHEM.com

www.FeelGoodNUCLEOTIDES.com

✉ INFO@HOLISTICHEALTH.COM

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