

ANTECEDENTS

Both ancestry and alleles can alter nutrient needs for health and longevity

- examples:
- * MTHFR mutations require increased dietary folate (leafy greens, egg yolks, chicken liver, individually dosed methylated folate, as tolerated)
 - * lactose-intolerance
 - * AMY1 copy number variation and carb metabolism

TRIGGERING EVENTS

Insults throughout a lifetime can alter the body's needs for specific nutrients

- examples:
- * foods and medications can act as "drug muggers" depleting the body of key nutrients for health (for instance Metformin/B12; sugar/magnesium)
 - * repeat antibiotics shift microbial terrain
 - * pregnancy depletes fatty acid stores

MEDIATORS

Nutrient deficiencies can contribute to signs and symptoms as well as serve as upstream factors to downstream dis-ease states

- examples:
- * low zinc levels can contribute to anxiety, picky eating, thyroid issues
 - * low omega-3 fatty acids can contribute to mental health and inflammatory concerns

