

PATTERNS THAT MAY POINT TOWARDS THE EIGHT KEY GENES

Please tick as many boxes as apply.

Clusters of ticks under a heading indicate the gene system worth exploring when reading the corresponding section.

MTHFR | Methylation / Folate Use

- ☐ Low mood, anxiety, or stress sensitivity
- ☐ Feeling worse on folic acid but better on leafy greens
- ☐ History of hormonal symptoms (PMS, heavy periods, oestrogen-dominant patterns)
- ☐ Migraines or “pressure” headaches
- ☐ Difficulty coping with stress despite good lifestyle habits
- ☐ Family history of cardiovascular issues
- ☐ Feeling worse on fortified flours or highly processed breads
- ☐ Neurodivergent traits (common in ADHD profiles)

COMT | Stress, Dopamine, Adrenaline Clearance

- ☐ Feeling constantly “on edge” or overstimulated
- ☐ Anxiety triggered by caffeine, sugar, or stress
- ☐ Emotional reactivity or difficulty calming after stress
- ☐ PMS with mood swings or heightened irritability
- ☐ Difficulty winding down or switching off
- ☐ Sensitivity to noise, chaos, or unexpected events
- ☐ Feeling unwell after rapid blood-sugar rises
- ☐ Relief from rhythmic, sensory activities (kneading, walking, music)

GSTM1 | Detoxification / Chemical Sensitivity

- ☐ Feeling unwell after processed foods
- ☐ Increased sensitivity to chemicals, perfumes, or smoke
- ☐ Aching or “heavy” feeling after certain meals
- ☐ Sluggishness after alcohol
- ☐ Slow recovery after illness
- ☐ Skin congestion or rashes after chemical exposure
- ☐ Feeling better on antioxidant-rich foods
- ☐ Noticing a clear benefit from botanical blends or seeds

FTO | Appetite and Satiety Regulation

- ☐ Feeling hungry soon after meals
- ☐ Struggling to feel full
- ☐ Eating quickly or feeling “driven” around food
- ☐ Strong preference for carbohydrate-rich foods
- ☐ Weight gain despite moderate eating
- ☐ Eating to manage energy or mood
- ☐ Cravings late afternoon or evening
- ☐ Clear satiety benefit from fibre-rich sourdough

FUT2 | Gut-Microbiome / Non-Secretor Patterns

- ☐ Lifelong bloating or IBS-type symptoms
- ☐ Recurrent gut infections or “weak gut immunity”
- ☐ Low B12 despite supplementation or good diet
- ☐ Reactivity to foods that shifts day-to-day
- ☐ Difficulty maintaining microbiome diversity despite effort
- ☐ History of antibiotics worsening symptoms
- ☐ Frequent colds, sinus issues, or lingering infections
- ☐ Bread tolerance improves when fermented or high-fibre

TCF7L2 | Blood-Sugar Regulation

- ☐ Afternoon energy crashes
- ☐ Feeling tired or foggy after eating carbohydrates
- ☐ Needing snacks to maintain focus
- ☐ Family history of type 2 diabetes
- ☐ Feeling shaky or irritable if meals are delayed
- ☐ Weight gathering around the waist
- ☐ Strong cravings for carbohydrates
- ☐ Clear improvement with fermented whole grains

SOD2 / GPX1 / NQO1 | Antioxidant Resilience / Mitochondrial Stress

- ☐ Fatigue out of proportion to activity
- ☐ Feeling inflamed or easily depleted
- ☐ Breathlessness during stress, not exercise
- ☐ Sensitivity to pollution or poor air quality
- ☐ Slow recovery after exercise
- ☐ Family history of chronic fatigue or inflammatory conditions
- ☐ Reactivity to oxidised oils or reheated fats
- ☐ Feeling noticeably better on polyphenol-rich foods

DAO | Histamine Breakdown

- ☐ Headaches after certain foods
- ☐ Feeling “allergic” without obvious allergies
- ☐ Flushing, palpitations, or dizziness after wine
- ☐ Reactivity to leftovers, cured meats, or fermented foods
- ☐ Random digestive pain or bloating
- ☐ Symptoms that seem inconsistent day-to-day
- ☐ Seasonal or environmental sensitivities
- ☐ Better tolerance of long-fermented sourdough