

“Dirty Genes” Self-Assessment

Are your genes healthy and working optimally? Did you know that diet, lifestyle, and environmental exposure have the potential to flip unhealthy genes on and off?

This self-assessment, adapted from Dr. Ben Lynch’s book “Dirty Genes”, is a useful tool for exploring how personality traits and health concerns may be linked to overburdened and poorly functioning genes. Please present these results to your health practitioner and use them to guide lifestyle modifications and supplementation accordingly.

Part I: Check each box if the condition has occurred frequently within the last 60 days or is generally true.

MTHFR gene

<input type="checkbox"/>	I suffer from headaches
<input type="checkbox"/>	I sweat easily and profusely when exercising
<input type="checkbox"/>	I take supplements with folic acid and/or eat foods <i>enriched</i> with folic acid (not folate)
<input type="checkbox"/>	I struggle with depression
<input type="checkbox"/>	I have cold hands and feet
<input type="checkbox"/>	TOTAL

DAO gene

<input type="checkbox"/>	I tend to suffer from 1 or more of the following symptoms after eating leftovers, citrus, or fish: irritability, sweatiness, nosebleeds, runny nose, and/or headache
<input type="checkbox"/>	I’m sensitive to red wine or alcohol
<input type="checkbox"/>	I’m sensitive to many foods or suffer from leaky gut syndrome
<input type="checkbox"/>	I generally feel better 2-3 hours after a meal compared to 20 minutes after eating
<input type="checkbox"/>	I felt better during pregnancy and could eat more varied foods
<input type="checkbox"/>	TOTAL

COMT – *slow* gene

<input type="checkbox"/>	I get headaches
<input type="checkbox"/>	I find falling asleep a challenge
<input type="checkbox"/>	I easily become anxious or irritable
<input type="checkbox"/>	I suffer from PMS
<input type="checkbox"/>	I’m sensitive to pain
<input type="checkbox"/>	TOTAL

COMT – *fast* gene

<input type="checkbox"/>	I struggle with attention and focus
<input type="checkbox"/>	I’m easily addicted to substances or activities: shopping, gaming, smoking, alcohol, social media
<input type="checkbox"/>	I’m prone to feelings of depression
<input type="checkbox"/>	I often lack motivation
<input type="checkbox"/>	I feel an initial happy rush after eating lots of carbs or starchy foods, but feelings of depression return quickly
<input type="checkbox"/>	TOTAL

MAOA – slow gene

- 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
- TOTAL**

MAOA – fast gene

- 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 excessive use of alcohol
- I achieve a better mood after eating carbs, but that improved mood doesn't help my focus or attention
- TOTAL**

GST/GPX genes

- I breathe air and drink water (Yes, you read that right!)
- I'm sensitive to chemicals
- I developed grey hair early
- I have a chronic condition such as asthma, autoimmune disease, diabetes, eczema, psoriasis
- I have a neurological disorder with symptoms such as tics, tremors, seizures, or problems with gait
- TOTAL**

NOS3 gene

- 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
- TOTAL**

PEMT gene

- 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)
- TOTAL**

Score the total points from each category and write this in the "TOTAL" column.

Part II: Complete the more in-depth analysis below, for genes that you scored 3 or more in part I.

MTHFR

<input type="checkbox"/>	I have low thyroid function
<input type="checkbox"/>	My white blood count (WBCs) has been on the low end of normal range most my life
<input type="checkbox"/>	I get strong side effects from laughing gas (nitrous oxide)
<input type="checkbox"/>	I had to have IVF or significant interventions to become pregnant and go to full-term
<input type="checkbox"/>	1 or more of my children are on the autism spectrum or have Down Syndrome
<input type="checkbox"/>	I get menstrual cramping and have clots in my menstrual blood
<input type="checkbox"/>	I don't tolerate medications such as methotrexate, 5-fluorouracil, or phenytoin as well as other patients
<input type="checkbox"/>	My folate, vitamin B12, or homocysteine levels are elevated
<input type="checkbox"/>	I can't tolerate alcohol of any type well
<input type="checkbox"/>	I don't eat leafy green vegetables every day
<input type="checkbox"/>	I feel noticeably better after eating leafy greens
<input type="checkbox"/>	I get shortness of breath or become red in the face after exercising
<input type="checkbox"/>	At times, I get exercise-induced asthma
<input type="checkbox"/>	My moods often fluctuate between irritability and depression
<input type="checkbox"/>	I generally feel tired and "toxic"
<input type="checkbox"/>	I tend to be able to focus and concentrate quite well – when I'm not mad or sad
<input type="checkbox"/>	I have difficulty falling asleep at times
<input type="checkbox"/>	When I get irritated, it takes me quite some time to calm down
<input type="checkbox"/>	TOTAL

COMT – slow

<input type="checkbox"/>	I've always been able to focus and study for long hours
<input type="checkbox"/>	I enjoy traveling and exploring
<input type="checkbox"/>	I don't like taking risks and am fairly cautious
<input type="checkbox"/>	When I get stressed, it takes me a long time to calm down
<input type="checkbox"/>	I tend to work hard for weeks, then crash and need to take a long break to recharge
<input type="checkbox"/>	I get anxious and panic easily
<input type="checkbox"/>	I find that caffeine increases my stress
<input type="checkbox"/>	I'm easily irritated and wake up on the wrong side of the bed often
<input type="checkbox"/>	I have strong bones
<input type="checkbox"/>	It takes me a long time to fall asleep
<input type="checkbox"/>	My skin glows and people compliment me on it
<input type="checkbox"/>	My period started before I turned 13 years old
<input type="checkbox"/>	I usually get PMS
<input type="checkbox"/>	I experience heavy menstrual bleeding (menorrhagia)
<input type="checkbox"/>	I have or have had uterine fibroids
<input type="checkbox"/>	I'm sensitive to pain compared to others
<input type="checkbox"/>	Eating a higher-protein diet (such as GAPS or Paleo) makes me feel more irritable
<input type="checkbox"/>	I do poorly with stimulant medications such as Ritalin, Adderall, Vyvanse, and Focalin
<input type="checkbox"/>	I'm a very happy, enthusiastic person - but it's easy to irritate me
<input type="checkbox"/>	I'm not very patient
<input type="checkbox"/>	My doctor put me on birth-control pills to control acne or heavy bleeding
<input type="checkbox"/>	TOTAL

COMT - fast

<input type="checkbox"/>	I have a difficult time paying attention, or have a diagnosis of ADHD
<input type="checkbox"/>	I tend to go with the flow
<input type="checkbox"/>	I'm not a workaholic
<input type="checkbox"/>	When I get stressed, I recover quite quickly and move on
<input type="checkbox"/>	I fall asleep quickly
<input type="checkbox"/>	Where's my cup of coffee? I need it!
<input type="checkbox"/>	Eating a higher protein diet (such as GAPS or Paleo) makes me feel great
<input type="checkbox"/>	I tend to be more depressed than enthusiastic, and have been for years
<input type="checkbox"/>	I don't get PMS
<input type="checkbox"/>	I have (or had) typically light menses
<input type="checkbox"/>	I have weaker bones
<input type="checkbox"/>	I'm very tolerant of pain compared to others
<input type="checkbox"/>	I do better with CNS stimulant medications such as Ritalin, Adderall, Vyvanse, and Focalin
<input type="checkbox"/>	When I get stressed out, I can calm down quickly
<input type="checkbox"/>	I am a risk taker and I enjoy pulling stunts, because I feel awesome afterward
<input type="checkbox"/>	I am the class clown, I love to make people laugh
<input type="checkbox"/>	I find myself fidgeting and moving constantly
<input type="checkbox"/>	I sometimes pinch myself so hard that it hurts
<input type="checkbox"/>	I can easily get addicted to things or activities such as video games, social media, smoking, or drinking
<input type="checkbox"/>	I'm not very interested in sex
<input type="checkbox"/>	I crave high-fat, high-sugar foods, and they do make me feel better- for a bit
<input type="checkbox"/>	TOTAL

DAO

<input type="checkbox"/>	I'm often irritable, hot, or itchy after eating
<input type="checkbox"/>	I can't tolerate citrus, fish, wine, chocolate, or cheese
<input type="checkbox"/>	If my skin gets scratched, it stays red for several minutes
<input type="checkbox"/>	I can't tolerate yogurt, sauerkraut, or kefir (a type of fermented milk)
<input type="checkbox"/>	I can't tolerate shellfish
<input type="checkbox"/>	I can't tolerate alcohol, especially red wine
<input type="checkbox"/>	I have sweaty feet
<input type="checkbox"/>	I'm frequently itchy
<input type="checkbox"/>	I often get heartburn and frequently need an antacid
<input type="checkbox"/>	My eyes often itch
<input type="checkbox"/>	I have skin issues, such as eczema or urticaria (hives)
<input type="checkbox"/>	I get frequent nosebleeds
<input type="checkbox"/>	I struggle with asthma or breathing difficulty
<input type="checkbox"/>	I get migraines or other headaches often
<input type="checkbox"/>	I get carsick, seasick, or generally feel dizzy
<input type="checkbox"/>	I have ringing in my ears at times, especially after eating
<input type="checkbox"/>	I seem to react to many foods
<input type="checkbox"/>	I get diarrhea at times without any reason I can identify
<input type="checkbox"/>	I struggle with ulcerative colitis
<input type="checkbox"/>	I frequently have to take antihistamines

<input type="checkbox"/>	I frequently have a runny nose or am congested
<input type="checkbox"/>	I have trouble falling or staying asleep
<input type="checkbox"/>	I have blood pressure lower than 100/60
<input type="checkbox"/>	I struggle with asthma, exercise-induced asthma, or wheezing
<input type="checkbox"/>	I frequently have joint pain that comes and goes, and moves around a lot
<input type="checkbox"/>	I have arrhythmia (a heart condition)
<input type="checkbox"/>	When I was pregnant, I could eat more foods than usual without symptoms
<input type="checkbox"/>	I get side effects from morphine, metformin, NSAIDS (aspirin and ibuprofen), antacids, or clonidine
<input type="checkbox"/>	I can't tolerate many probiotics
<input type="checkbox"/>	I have SIBO
<input type="checkbox"/>	I have Crohn's disease
<input type="checkbox"/>	TOTAL

MAOA – fast

<input type="checkbox"/>	Since I was a kid, I've had a hard time focusing and paying attention
<input type="checkbox"/>	I crave cheese, wine, and chocolate, and I feel better after I consume them
<input type="checkbox"/>	I crave carbohydrates, and they make me feel less depressed
<input type="checkbox"/>	I fall asleep quite well, but I tend to wake up in the night - a snack helps me fall back asleep
<input type="checkbox"/>	I have an autoimmune disease (e.g. Grave's disease, Hashimoto's thyroiditis, MS, or active celiac)
<input type="checkbox"/>	I'm chronically inflamed
<input type="checkbox"/>	Winter and prolonged darkness affect my mood
<input type="checkbox"/>	I love exercising, it helps my mood
<input type="checkbox"/>	Lithium makes me feel more depressed
<input type="checkbox"/>	An SSRI (pharmaceutical anti-depressant), inositol, and/or 5-HTP improve my mood
<input type="checkbox"/>	I tend to be anxious and depressed, or am a worrier
<input type="checkbox"/>	I get a bit obsessive about things
<input type="checkbox"/>	I have fibromyalgia, constipation, or IBS
<input type="checkbox"/>	Melatonin works quite well to help me sleep
<input type="checkbox"/>	TOTAL

MAOA – slow

<input type="checkbox"/>	I tend to be rather aggressive
<input type="checkbox"/>	It takes me a while to slow down
<input type="checkbox"/>	When I drink alcohol, I become an angry drunk
<input type="checkbox"/>	I'm not drawn to carbs and I feel less irritable if I restrict my intake of them
<input type="checkbox"/>	I'm more irritable and angry when I eat cheese and/or chocolate or drink wine
<input type="checkbox"/>	It takes me a while to fall asleep
<input type="checkbox"/>	When I do fall asleep, I tend to stay asleep through the night
<input type="checkbox"/>	Anti-depressants called SSRIs, or 5-HTP, make me feel anxious or very irritable
<input type="checkbox"/>	Melatonin doesn't work well for me - it makes me feel more awake and irritable
<input type="checkbox"/>	Caffeine tends to make me irritable
<input type="checkbox"/>	Lithium helps my mood
<input type="checkbox"/>	Inositol overstimulates me
<input type="checkbox"/>	I'm self-confident
<input type="checkbox"/>	TOTAL



GST/GPX

<input type="checkbox"/>	I am (or have been) infertile
<input type="checkbox"/>	I'm sensitive to chemicals and smells
<input type="checkbox"/>	I feel better after a sauna or intensive exercise
<input type="checkbox"/>	It's easy for me to gain weight even though I eat well
<input type="checkbox"/>	Cancer runs in my family
<input type="checkbox"/>	I notice grey or white hairs coming in when I get stressed, or my hair went grey early.
<input type="checkbox"/>	I have high blood pressure
<input type="checkbox"/>	I just finished fighting another infection
<input type="checkbox"/>	I tend to be chronically stressed out
<input type="checkbox"/>	I have an autoimmune disease
<input type="checkbox"/>	I have chronic inflammation
<input type="checkbox"/>	I have asthma or difficulty breathing; I often feel like I can't get enough air
<input type="checkbox"/>	I generally feel tired and "toxic"
<input type="checkbox"/>	TOTAL

NOS3

<input type="checkbox"/>	I have high blood pressure or heart disease
<input type="checkbox"/>	Many people in my family have high blood pressure or heart disease
<input type="checkbox"/>	Heart attacks and/or strokes are common in my family
<input type="checkbox"/>	I've had a heart attack
<input type="checkbox"/>	I have a lot of circulation issues due to my diabetes
<input type="checkbox"/>	I frequently have cold hands and feet
<input type="checkbox"/>	I was diagnosed with preeclampsia when I was pregnant
<input type="checkbox"/>	I struggle with asthma
<input type="checkbox"/>	I snore, breathe through my mouth, or have sleep apnea
<input type="checkbox"/>	I'm noticing that my memory is getting worse
<input type="checkbox"/>	I'm postmenopausal
<input type="checkbox"/>	My moods are all over the place
<input type="checkbox"/>	I don't exercise or move much
<input type="checkbox"/>	I have an autoimmune disease
<input type="checkbox"/>	I'm chronically inflamed
<input type="checkbox"/>	TOTAL

PENT

<input type="checkbox"/>	I have general pain everywhere – muscles, joints, all over
<input type="checkbox"/>	I'm Vegetarian, Vegan, or find that I don't feel well eating too much meat or eggs
<input type="checkbox"/>	Breastfeeding wears me out physically and mentally
<input type="checkbox"/>	I've been told I have fatty liver and/or someone in my family has fatty liver
<input type="checkbox"/>	I rarely eat leafy green vegetables
<input type="checkbox"/>	During pregnancy, my gallbladder acted up
<input type="checkbox"/>	I have SIBO (Small Intestinal Bacterial Overgrowth)
<input type="checkbox"/>	I've had genetic testing and know that I have the MTHFR C677T genetic polymorphism
<input type="checkbox"/>	I'm vitamin B12 deficient
<input type="checkbox"/>	I'm intolerant of fatty foods
<input type="checkbox"/>	My estrogen levels are low
<input type="checkbox"/>	I take antacids
<input type="checkbox"/>	I have pain or discomfort in the upper right quadrant of my abdomen
<input type="checkbox"/>	My right shoulder is tight, by my scapula
<input type="checkbox"/>	I tend to have constipation
<input type="checkbox"/>	I tend to be itchy
<input type="checkbox"/>	I have gallstones or had to have my gallbladder removed
<input type="checkbox"/>	My symptoms started part way through pregnancy and have gotten worse since
<input type="checkbox"/>	My child has a congenital birth defect
<input type="checkbox"/>	TOTAL

Score the total number in each affected category.

Scoring:

1-4 points: This gene needs a little bit of attention.

5-7 points: This gene is a little bit dirty, some attention can be spent on this gene.

8 or more points: This gene is dirty. Time should be spent with your health practitioner to identify the factors that are affecting its function.

Source:

Lynch, B. (2018). *Dirty Genes: A Breakthrough Program to Treat the Root Cause of Illness and Optimize Your Health*. HarperCollins.