


# ReThink ReLeaf



*Genetic Mastery: Unlocking  
Your Body's Potential for  
Health and Success*

*By: Wendy Jean*

# ReThink ReLeaf

## My own ReThink ReLeaf Journey

Hello, I am a Mom, Wife, Business Owner, Artist, Chronic Illness Survivor and Precision Health Coach. I am an award-winning Nationally published Professional Photographer, dedicated to making real change in the Pittsburgh and Western Pennsylvania communities through fundraising for non profits and individuals. My Clicks for a Cause team helped raise over \$30,000 for many special 'causes'.

Slowly, I found myself slipping away and became bedridden with no root cause. I lost my mobility due to Lyme Disease and lost my creativity due to Mold, Heavy Metal & Toxic overload. With years of no answers and feeling invisible to my medical team, I, realized, I was the only one going to help to get my life back.

I found healing in support groups, Functional Medicine Doctors and educating myself in Genetics to find the root cause. My journey has given me a renewed sense of purpose that our bodies can Heal, no matter how they are designed! I discovered new ways of Clean Living, Functional Nutrition and Self Care while advocating to find the Root Cause. My story is like so many others, especially, Women and Moms who feel invisible and ignored.



I, was able to get my health back through lowering my toxic overload, adding self-care practices that included Infrared Sauna and journaling to see patterns in my flares.

With less brain fog and more confidence with real data I was able to be SEEN!





## HOW I OPTIMIZED MY HEALTH

### 01 Listen to your body

Learn how to listen to your body, track your symptoms and honor your body.

### 02 Evaluate your toxic burden

Learn about toxins hidden in your environment, food and beauty products that may be effecting your health.

### 03 Commit to Self- Care

Learn self-care tips and how to evaluate and implement a self-care routine to keep you at your best!

### 04 Optimize your Nutrition

Learn how to read tricky food labels, track your nutrition habits, and make optimal choices.

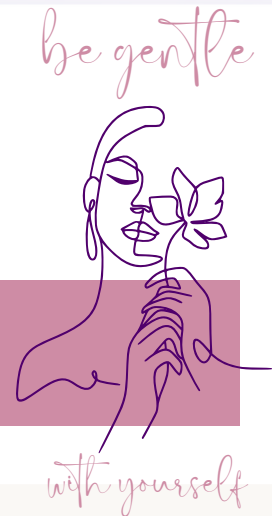
### 05 Discover a condition or symptom that you didn't know you had

Learn how to track Family History and analyze Genetic reports.

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## CAN YOU HEAR IT? YOUR BODY HAS BEEN WHISPERING TO YOU!

*8 main reasons to listen to your body and how genetics can change your life.*



### #1 Find Root Cause of your health problems

Genetics tell you which organs and biochemicals may be problematic.

I had dozens of chronic symptoms that my doctors diagnosed as "normal". I often did not respond to pharmaceuticals and even some supplements and no one had any answers.

Researching my family history and genetics, I was able to see what illnesses I was preconditioned to and how I could heal.

Most importantly, I was able to share this vital information with my family, who are also susceptible to the same conditions.

Within a short period of time of adjusting my nutrition, lifestyle and habits I finally found relief!

For example,

By knowing that I have MTHFR and risk of higher levels of inflammatory homocysteine I was able to figure out a lot of my chronic fatigue.

By knowing I had CYP219 and SLC01B1, I immediately addressed my long term antibiotic treatment for Lyme Disease with my doctor. These genetic variants effect how my liver and kidney break down medication.

By knowing I had bad methylation variants that cause detox issues I was able to learn alternative ways to detox such as Infrared Sauna and Epsom Salt baths.

These practices helped me going from a body overloaded with toxins to the "best toxin report I have ever seen, including newborns. Whatever you are doing to limit your toxins, keep doing it" ~ Dr. Erickson



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#2 Tailor your nutrition, lifestyle and supplements to improve a certain area of your health.

There are genetic reports and blog resources to help you search a symptom and a gene that may be contributing to it. This is truly personalized medicine.

People like me who suffer from brain fog, tremors or mood issues for example, can use these reports to help overcome these symptoms.

You can use this information to research a diagnosis or just optimize your health.

For example,

By knowing that I have MTRR variant which tends to leave people low in lithium, I was able to find a good quality liquid lithium to help regulate my mood.

Through reviewing my genetic reports, I saw I had markers for Dairy & Gluten sensitivities. I was able to make a plan to evaluate my eating patterns and symptoms linked to food sensitivities.

#3 Discover a condition that you may be at risk for.

Often people are interested in genetic testing to see what conditions that may be at risk for and be proactive in their health.

For example,

Through analyzing my genes, I learned I have A NAT2 Slow Haplotype. This genotype implies a slow rate of clearance of various drugs, environmental chemicals and histamine. Healing foods like curcumin, quercetin, garlic would serve me at pulse doses so I don't overload my system.



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#4 Prevention of a condition you are at risk for developing.

You have been told you are at a higher risk for a condition that runs in your family.

By using genetics you can be proactive in prevention, detection and treatment.

#5 Discover a condition or symptom that you didn't know you had.

You may have a risk that isn't showing symptoms to see a doctor or you have mystery symptoms that no one can diagnose.

Rare genetic diseases are diagnosed based on meeting certain criteria and testing. Having your genetics is another tool to look at symptoms, conditions and find the root cause.

For example,

At age 24, I discovered a Factor V Leiden Mutation and was at risk for thrombosis. I was counseled to never pick up the habit of smoking and to stay off birth control "because of the added effect for promoting thrombosis" and "High Risk Ob-Gyn during and post partum, if I would ever become pregnant

For example,

I was having fatigue, hair loss, white spots on my nails, weight loss and other unexplained symptoms that looked like a vitamin and mineral deficiency.

My genetics showed I was at risk for Wilson's Disease and Menkes Disease due to ATP7A and ATP7B which effect copper and zinc.

Based off this I requested testing and discovered I do have vitamin and mineral deficiencies. My Functional Medicine Doctor and I have a plan based off of the data from my genetics, lab and symptoms.

You always want to discuss your findings with your medical team before considering a self diagnosis.

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## #6 Optimize your current health

Many people look to genetics to optimize their health.

This is often in the case when someone is trying to live longer and improve their brain power.

For example,

Knowing your genetics can help you optimize your sleep and productivity. If you know when your body is at its peak performance you can use that to make the most of every day!

Because your genes are always "talking" to your brain and body, you can't only focus on one small part of the conversation. You have to look at the **whole** conversation.

DR. BEN LYNCH | DIRTY GENES



[@seekinghealth](https://www.instagram.com/seekinghealth)



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## #7 Having your genetics can motivate you!

Genetics being available can motivate you to live a healthy life and really implement what you need to be healthy.

For example,

I discovered my highest risk was TMAO (trimethylamine N-oxide), it is an oxidation product of our gut microbiome, generated from the breakdown of foods. It can also be found in some foods, especially fish.

High TMAO levels are associated with heart disease, diabetes, and other health conditions.

Up to 30% of differences in people's TMAO levels may be due to genetics.

Our diet, and thereby, our gut microbiome, play a key role in TMAO production.

Consuming animal products rich in TMAO, choline, betaine, lecthin, and carnitine may increase TMAO levels. Some examples include

Fish and seafood - Eggs - Dairy - Red Meat

In line with this, the following diets may raise TMAO levels:

- Western-like and high-fat diets
- Red meat-rich diets (e.g., Paleo diet, low-carbohydrate diet)

If your TMAO levels are elevated due to high fish and seafood intake, there is likely no need for concern. Many studies link fish and seafood consumption to lower heart disease risk. Fish is also an excellent source of omega-3 fatty acids.



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#8 Discover your roots and how to bloom!

Some reports give you fun characteristic traits and others give you ancestry information.

This information may help you in your relationships, career and other aspects of your life.

My Maternal haplogroup is **K1b2a** and a fascinating discovery.

"As our ancestors ventured out of eastern Africa, they branched off in diverse groups that crossed and recrossed the globe over tens of thousands of years. Some of their migrations can be traced through haplogroups, families of lineages that descend from a common ancestor..." 23andme

K1b2a is 6,000 years ago, that is nearly 240 generations ago.





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## What is the ReThink ReLeaf approach?

ReThink ReLeaf approach is a way to look at your Holistic Health using symptom tracking, lab trends, along with your DNA to make decisions regarding your health. Genetic data is backed by science and allows you to build a regiment that is unique to your genetics.

Western (Allopathic or conventional) medicine has a criteria checklist for disease and if you don't meet their criteria you are considered healthy.

Often that leaves people ill and getting sicker every day. There is a difference between normal and optimal for each of us.

Mainstream medicine is "wartime" medicine if you will and is good at bandaging you up and getting you back out on the field. Often this requires the use of pharmaceuticals that have awful side effects and does not allow for adequate time to sit and discuss your health effectively.

I challenge you to look at yourself as a whole, dig to find the root cause, and consider alternative relief.

You deserve to live a fulfilled & beautiful life!



# HOW WE CAN SUPPORT YOU

[RETHINK RELIEF FOR CHRONIC ILLNESS WARRIORS FACEBOOK](#)

Join our free group for support



[RETHINK RELIEF COMMUNITY MEMBERSHIP](#)

Join our community for monthly support, quests and special events



[HEALTHY LIVING CONSULTATION](#)

Perfect for those who want to discuss their current health & life goals



[GENETIC PRACTICIONER – DNA INSIGHTS](#)

Perfect for those who wants to make sense of their genetic reports



[PRECISION COACHING PROGRAMS](#)

Get to the genetic root cause and take action on their health goals.



[ECO FRIENDLY PRODUCTS](#)

Choose healthy living products to reduce your toxic exposure



## RESOURCE LIST

[CRONOMETER](#)

Discover your eating habits



[MINDBODYGREEN](#)

Enroll in a class



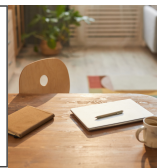
[FOURSIGMATIC](#)

ReThink your morning routine



[SEEKINGHEALTH](#)

Supplement for your genetics



[VIBRANTBLUEOILS](#)

ReThink healing with organic essential oils



[LYME DISEASE RESOURCES](#)

A Guidebook for Lyme Disease Warriors



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