

BACKGROUND SCIENCE



Ever wonder why your skin becomes sensitive in the winter? Or why your skin breaks out in the heat? How about developing skin rash or rosacea after applying perfumes or skincare? Many of these redness and sensitivity issues are instigated by your bodies first primal defence - inflammation.

For your skin, inflammation is your body's short-term immune response for healing and countering infection and foreign substances like germs, bacteria, allergens, and toxins. Without inflammation your skin would not have the ability to protect itself or heal.

Sometimes the body can over compensate and release too many inflammatory proteins to take care of an issue that only required fewer - as a result to body begins to over-react to anything and everything! Soon the body begins to think that that perfume is a virus and that skincare product is going to cause damage - this type of sensitivity is not good as the trauma caused by a constant over supply of inflammation dramatically ages the skin.

Genetic variations in this category can be used to identify whether you are at great risk of too much inflammation production causing unnecessary trauma to skin cells. The results of excessive inflammation include prolonged irritation, increased redness, and enhanced sensitivity to environmental pollutants and everyday chemicals.

YOUR RESULTS

Gene	Your results	Effects
TNF-alpha -308 A/G	GG	Normal TNF-alpha production - TNF-alpha is an inflammatory protein that inhibits collagen synthesis and enhances collagen degradation.
IL6	CC	High IL6 production (an inflammatory protein) especially if high physical activity.
EPHX1 Tyr113His	TT	Normal EPHX enzyme activity. EPHX regulates the detoxification of Epoxides found in pollutions and chemicals into more water soluble so that they can be safely broken down.
EPHX1 His139Arg	AG	Increased EPHX enzyme activity by 20%. EPHX regulates the detoxification of Epoxides found in pollutions and chemicals into more water soluble so that they can be safely broken down.
GSTP1	AA	Normal GSTP1 enzyme activity - GSTP1 is involved in efficiently detoxifying toxic compounds so that they can be safely metabolised and converted to water.
GSTM1	AG	Mid-level GSTM1 enzyme activity - GSTM1 is involved in efficiently detoxifying toxic compounds so that they can be safely metabolised and converted to water.
GSTA1	AG	Mid-level GSTA1 enzyme activity - GSTA1 is involved in efficiently detoxifying toxic compounds so that they can be safely metabolised and converted to water.

OVERALL CONCLUSION : Your genetic test results indicate an increase in inflammation and skin sensitivity. Therefore you should increase your ingredients and skincare products against skin sensitivity and inflammation.

RECOMMENDATIONS

- Whether you have an increased or a decreased inflammatory response, GSTP1, GSTM1 & GSTA1 genes can detoxify your body only if you have an optimal Glutathione level. Glutathione is considered the master antioxidant for the body. While scientists clamor away, trying to find a marketable form of artificial glutathione, there are many effective ways to enhance glutathione levels naturally. By supporting the body with the proper nutrients and movement that it needs to reside in a state of harmonious balance, one can optimize glutathione production over the long-term.
 - Including an array of fresh, organic produce in the diet is helpful in providing the body with the nutrients it needs to create glutathione. Sulfur-rich vegetables such as garlic, onions, parsley and cruciferous vegetables are particularly helpful in addition to avocados, squash and tomatoes. Be aware that cooking reduces the glutathione content of vegetables by 30-60%, and canning eliminates it completely.
 - Nondenatured, native whey protein contains the highest levels of the full range of naturally-occurring glutathione precursors: covalent bonded cysteine, lactoferrin, immunoglobulins, and active peptides. Not all whey proteins are created equal: be sure that whey is from grass-fed cows, cold-processed and without sweeteners or other additives as these factors have a deleterious effect on the delicate glutathione-boosting proteins.
 - Glutathione production is dependent on adenosine triphosphate or ATP, the molecule which supplies cellular energy. Kick start your energy system by including a healthy amount of physical activity into your routine. Ironically, exceedingly strenuous exercise can lead to extensive cellular damage and free radical production however. So discover the balance that currently works for you, including adequate rest and recovery (find your Recovery genetic results in your training section).
 - Fresh, raw milk and raw eggs promote glutathione production, however these benefits are completely lost during pasteurization.
- Add a cream for skin sensitivity & anti-inflammation into your daily cosmetic routine
- You can compensate your genetics by adding extra portions of cruciferous vegetables and consume on average at least 3-4 portions per week. Cruciferous vegetables include broccoli, kale, etc... They highly stimulate detoxification enzymes. Moreover, broccoli is rich in Sulforaphane which activates detoxification enzymes in the liver. It is also recommended that you add frequent consumption of allium vegetables (garlic, onions, etc) to your diet.

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