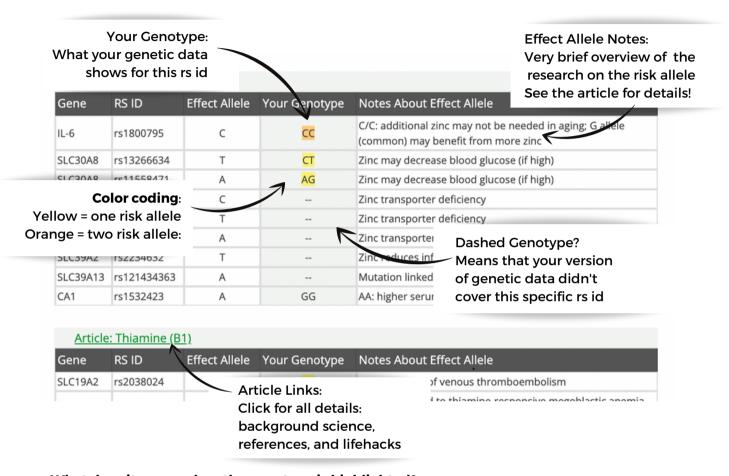
Summary Report Overview

What does this summary report tell you?

- Matches your genetic data to the articles on Genetic Lifehacks
- Easy way to see which articles are relevant to you
- Click on the article links to read all the details, including peer-reviewed references



What does it mean when the genotype is highlighted?

- Yellow highlight: Your genotype matches one copy of the risk allele
- · Orange highlight: Your data matches with two copies of the risk allele

Does the Cheat Sheet show every possible risk for a certain disease or trait?

- No. Genetic data from 23andMe or AncestryDNA covers less than 1% of your full genome.
- · Genetics research is still relatively new, and researchers continually make new discoveries.

How accurate is this information?

- Errors are always possible, including errors in your genetic data, typos on the cheat sheet, and errors in the research studies.
- Always seek qualified medical advice before making medical decisions.

If I'm at an increased risk for a disease, does this mean that I will get the disease?

- No. For most diseases, your genetic risk factors combine with your environment (diet, toxin exposure, gut microbiome, pathogens, activity level, where you live, sleep quality, and more).
- The good news is that you can use this information to prevent chronic diseases for which you are at risk by altering your environmental factors.