

3X4 BLUEPRINT ACTION PLAN



Heart
Health



Blood
Sugar
Regulation



Brain
Health



Fitness
& Tissue
Health



Hormone
Health



Weight
Balance

Prepared for:
CLIENT 305

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YOUR GOALS *Focus on consistency, not perfection.*

1. Reduce migraine triggers and support long-term brain health
2. Improve anxiety and support healthy brain chemistry
3. Identify nutrition | digestive strategies that may help reduce diarrhea and suspected food sensitivities
4. Improve exercise recovery and reduce injury risk
5. Protect long-term cardiovascular, metabolic, and cognitive health

KEY GENETIC FINDINGS & WHAT'S GOING ON...

1. Support Brain, Migraine & Cardiovascular Health – Pathways: Memory & Brain Health (Very High), Vascular Health (Very High), Cholesterol (Very High), Fatty Acids (Very High), APOE E3/E4

Your APOE genotype makes proactive brain and cardiovascular protection especially important. Combined with your Very High vascular, cholesterol and fatty-acid pathways, healthy fats, blood-sugar control and an anti-inflammatory lifestyle are important long-term priorities and may also support overall migraine health.

Support: Omega-3s, olive oil, salmon, walnuts, berries, vegetables, exercise, magnesium, hydration and sleep.

2. Improve Methylation & Cellular Protection– Pathways: Methylation (High), B12 (High), Folate (High), Choline (High), Oxidative Stress (High):

Your MTHFR 677 TT and GSTM1 deletion increase the importance of supporting methylation, antioxidant defenses and cellular repair. Adequate folate, B12 and choline are particularly important for brain chemistry, energy and cardiovascular health.

Support: Folate-rich greens, eggs, B12, broccoli sprouts, cruciferous vegetables, adequate protein and limiting excessive alcohol.

3. Support Blood Sugar & Metabolic Health – Pathways: Glucose & Insulin (Very High), Adipogenesis (High), Exercise Response (High), Energy Expenditure (High):

DNA suggests blood-sugar regulation may need support even with your very active lifestyle. Consistent protein, fiber and quality carbohydrates paired with regular exercise can help maintain healthy glucose and insulin levels.

Support: Protein at every meal, high-fiber foods, exercise, hydration, and limiting processed carbohydrates.

4. Improve Exercise Recovery & Protect Joints – Pathways: Injury (Very High), Collagen & Joints (Very High), Recovery (High), Power (High): Your ACTN3 RR supports excellent power potential and fits well with CrossFit. However, your Very High injury and collagen pathways make recovery, mobility and tissue support important.

Support: Adequate protein, collagen, vitamin C-rich foods, electrolytes, mobility, proper warm-ups and at least one true recovery day weekly.

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EATING TIMING & TARGETED NUTRITION

FOUNDATIONAL NUTRITION

- **Avoid skipping meals (especially lunch)**
- **100–120 g protein daily**
- **25–30 g protein at breakfast**
- **Protein + fiber at every meal**
- **25–35 g fiber daily** (soluble +PHGG/Psyllium husk)
- **90–100 oz water daily**
- **Planned afternoon snack** to reduce hunger, anxiety, headaches, or an energy dips
- **Limit alcohol, particularly during week days**

PRIORITY FOODS

Protein & Brain Health

- Eggs
- Chicken & turkey
- Fresh salmon
- Lean beef
- Greek yogurt
- Protein shakes as needed

CHOLINE + METHYLATION SOURCES

- Eggs
- Salmon
- Lean beef
- Beans/lentils
- Leafy greens

OXIDATIVE STRESS (GSTM1 DEL)

- ****Broccoli & Brussels sprouts**
- Cauliflower
- Arugula
- Garlic
- Onions
- ****Beets**
- Leafy greens
- Colorful vegetables

ANTI-INFLAMMATORY FOODS

- Blueberries
- Olive oil
- Walnuts
- Pumpkin seeds
- Leafy greens
- Colorful vegetables

HEALTHY FATS

Because APOE E3/E4 (aim to eat 2x daily)

- Extra-virgin olive oil
- ****Salmon**
- ****Walnuts**
- Chia seeds
- Ground flaxseed
- Avocado

TARGETED LIFESTYLE RECS

EXERCISE

- **Prioritize proper warm-ups and mobility work**
- Continue strength training 3x weekly
- Continue running as tolerated
- Walk 10–15 minutes after meals
- **Include at least one recovery/rest day weekly**

SLEEP: Aim for 7.5–8.5 hours nightly

- Consistent bedtime and wake time
- Morning sunlight within 30 minutes of waking
- Magnesium before bed
- Limit/Avoid alcohol close to bedtime

ANXIETY REDUCTION

- Eat protein + Fiber first
- Snack between 2-4pm

BRAIN HEALTH

Choose one daily:

- Read
- Brain games
- Hand-eye coordination activities
- Reduce inflammation (diet and timing).

Stay consistent, not perfect.

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TARGETED SUPPLEMENTS

Pre-Exercise (at least 20g Protein Prior to exercise)

• Electrolytes, Creatine + Collagen Protein

Supports recovery, hydration + exercise performance
Supports muscle preservation and brain health

Morning:

• Hydroxo B12 (500 mcg) + Folinic Acid (400 mcg)

Non-stimulating Methylation support

• Pro Omega-3 DHA (2000 mg EPA/DHA)

Inflammation + recovery + cardio health

• CDP Choline (125 - 250 mg)

Cognition, focus + mental clarity

Before Bed:

• Magnesium Glycinate (240 mg)

Recovery support + calm, deeper sleep

Optional:

• Saffron (Affron®) (28 mg every morning)

Supports mood, stress resilience, attention + motivation.

• BPC-157 + KPV (1 in the morning, 1 night)

Supports gut lining and reduction of gut inflammation.

Optional / Investigational Therapies: Educational

MOTS-C: metabolic/mitochondrial angle; interesting given your very-high glucose/insulin / energy pathways

KLOW: inflammatory/GI/recovery/skin/connective-tissue support. Combination product of:

BPC-157 + TB-500: commonly used for tissue repair/recovery.

KPV: used for anti-inflammatory effects, including GI/immune pathways.

GHK-Cu: the component I find particularly interesting for your collagen/connective-tissue profile.

Selank: brain/mood/ anti-anxiety support-focused. **Nasal Spray.**

CLINICAL IMPRESSION

Biggest Levers

Your genetics suggest increased needs around methylation, **B12, folate, choline, fatty-acid metabolism, antioxidant support,** and **glucose regulation.**

Your strongest long-term considerations include cardiovascular health, inflammation/oxidative stress, connective-tissue health, and brain health, making targeted nutrition, regular exercise, and metabolic support especially important. **Periodically monitor blood pressure, ApoB/lipids, A1c/glucose, homocysteine and vitamin D to help personalize long-term prevention.**