LibGenetics™
Symptom Decode Report

STRESS & PRESSURE

This DNA panel explores key genes involved in how your brain and body regulate stress, motivation, and emotional response under pressure. It focuses on COMT, SLC6A4, Dopamine receptor D2, Dopamine receptor D4, and NR3C1 gene - all of which influence how you process stress, reward, and emotional regulation.

- Dopamine is a neurotransmitter linked to motivation, focus, and reward. It helps you initiate action and experience drive and satisfaction.
- Adrenaline (epinephrine) is a fast-acting stress hormone that prepares the body for immediate action by increasing alertness, heart rate, and energy availability.
- Serotonin is a neurotransmitter involved in mood stability, emotional balance, and resilience to stress.
- Cortisol is the body's primary long-term stress hormone, helping regulate energy, inflammation, and the overall stress response.

The amygdala, a key brain region involved in threat detection, acts as an internal alarm system. Under pressure, it scans for potential danger and activates the stress response. When highly reactive, it can amplify emotional and physical stress signals, influencing how intensely and how quickly you respond to challenges.

Together, these genes help explain individual differences in how stress is detected, processed, and resolved - ranging from focus and resilience under pressure to sensitivity, overwhelm, or recovery speed.

SAMPLE REPORT

STRESS & PRESSURE

STRESS & PRESSURE DNA SCORE: 6

Your genetic combination is moderately resilient but has a 'tipping point' where accumulated stress or hormonal shifts can slow down the clearance of adrenaline and dopamine and a heighten your sensitivity to cortisol.

A moderate genetic predisposition score suggests you have a medium-sized “stress bucket” - you can handle pressure well for a period of time, but your recovery tends to be slower, meaning stress can accumulate more easily if healthy habits aren’t consistent.

Success here depends on consistent stabilisation of habits to prevent your system from becoming overwhelmed.

The focus is on stabilisation through routine behaviours that help prevent your bucket from gradually reaching overflow.

YOUR SYMPTOM SCORE: 6

The DNA score reflects your underlying capacity - how your system is naturally built to handle stress (your “bucket size”).

The symptom score reflects what is happening right now in your body and mind based on what you are actually experiencing day to day - such as stress levels, mental clarity, emotional regulation, recovery speed, and sensitivity to pressure.

Your score suggests that your stress bucket is filling up, but not yet overflowing. You are noticing stress symptoms emerging, especially during busy periods, hormonal shifts, or reduced recovery.

This usually reflects normal to low efficiency with signs of strain, where your system is still functioning but becoming less consistent under pressure.

The focus here must be awareness - catching early signs and making adjustments before stress accumulates further.

"..YOU ARE MORE THAN A LABEL; BY DECODING YOUR STRESS, WE HELP YOU MOVE FROM SURVIVING TO THRIVING.."

SAMPLE REPORT

RECOMMENDED ACTIONS

Your system is stable, but stress and stimulation are starting to exceed optimal regulation capacity intermittently.

LOW STIMULUS PROTOCOL

The goal of these actions is to protect your amygdala (your smoke alarm) and your COMT (your clean up crew). When we create a quiet space, your brain is able to process information without feeling under attack.

- **Avoid constant background stimulation** (working in a busy cafe or very fast paced environment). This creates avoidable micro-stress that can degrade clarity over time.

THE ADRENALINE BRAKE

The goal of these actions is to focus on the physical and chemical triggers that keep adrenaline and cortisol circulating in your blood for too long.

This allows your body to transition from survival mode into repair mode - which is essential for hormone balance and deep sleep.

- **Avoid caffeine stacking** (multiple coffees or late caffeine), this can push system into overactivation followed by burnout or irritability. Try to swap afternoon caffeine for green tea or matcha, as these drinks contain L-theanine which is the building block needed for dopamine production.

- **Try to eat protein within 60 minutes of waking** (20–30g) - This will help to support stable energy and cognitive clarity, without blood sugar dips.

- **Focus on electrolytes**: Your fast metabolism under stress burns through minerals (especially Magnesium and salt). Drinking plain water will dilute your electrolyte balance. Try making 'Adrenal Cocktails': Orange juice, coconut water, celtic sea salt (adding 1/tsp Cream of Tartar is optional for additional potassium).

THE RESPONSE GAP

The goal of these actions is to put space between a stressful event and your reaction to it. To train your brain to recognise that modern world daily occurrences (such as a phone notification) are not life-threatening emergencies. This protects your cortisol levels from unnecessary spikes, preventing emotional burnout.

- **Avoid constant availability** (always “on” communication) - This prevents full recovery between stress exposures. Try to plan three structured communication checks per day (9am, 1pm and 4pm) as this prevents the dopamine fragmentation from constant interruptions, or use a 2–5 minute pause before responding to stressful messages or emails, as this allows emotional and physiological regulation before action.

SAMPLE REPORT

HORMONE DECODE

POTENTIAL RED FLAG - IDENTIFIED

Hormonal fluctuations may be a contributing factor to your stress response under pressure, often described as a “luteal phase dip,” where changes in oestrogen and progesterone can influence serotonin stability and regulation of adrenaline and dopamine, potentially leading to increased emotional and physiological sensitivity.

- **Avoid overloading your schedule during the 3 - 7 days before your period**. This is when stress tolerance is naturally lower, so the same demands can feel disproportionately harder.

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SAMPLE REPORT

STRESS & MEMORY

This Stress & Memory DNA panel explores key genes involved in how your brain adapts to stress, forms memories, and recovers from pressure, focusing on BDNF gene, COMT, SLC6A4, and APOE gene, which together influence neural plasticity, emotional resilience, and cognitive performance under stress.

- BDNF (Brain-Derived Neurotrophic Factor) supports neuroplasticity - your brain's ability to adapt, learn, and form new memories. Higher or more efficient BDNF activity is associated with better learning capacity and recovery from stress, while lower activity may make it harder to "reset" after pressure or emotional strain.

- COMT regulates the breakdown of dopamine and norepinephrine, influencing focus, cognitive clarity, and how the brain performs under pressure. Differences in COMT activity can affect whether stress enhances performance or leads to cognitive overload.

- 5-HTTLPR (within SLC6A4) influences serotonin transport and therefore emotional stability and stress sensitivity. It plays a role in how strongly emotional experiences are processed and how quickly the system returns to baseline after stress.

- APOE (Apolipoprotein E) is involved in lipid transport and brain repair processes, and is linked to long-term cognitive health and memory resilience, particularly under chronic stress or ageing-related cognitive load.

The combined interaction of these genes helps explain individual differences in how the brain responds to stress, stores emotional experiences, maintains focus under pressure, and recovers cognitively after demanding periods.

SAMPLE REPORT

STRESS & MEMORY

STRESS & MEMORY DNA SCORE: 4

Your genetic profile in this category suggests moderate cognitive resilience, meaning your brain can typically perform well under normal conditions, but prolonged stress, poor recovery, emotional strain, or inconsistent routines may begin to affect memory, concentration, and mental clarity.

You may notice periods of brain fog, slower recall, difficulty switching off after stress, or reduced learning efficiency when your system becomes overloaded. Your focus should be on maintaining consistency in recovery habits to protect long-term cognitive performance.

YOUR SYMPTOM SCORE: 3

The DNA score reflects your underlying capacity - how your system is naturally built to support neuroplasticity, emotional regulation, stress recovery, and memory processing.

The symptom score reflects how your brain and body are performing day-to-day based on real-time influences such as stress load, sleep, recovery, emotional strain, and stimulation. This includes your current levels of mental clarity, emotional resilience, memory efficiency, and recovery speed.

Your score suggests that your cognitive and emotional system is beginning to show early signs of strain, with stress load starting to build but still remaining manageable. You may notice emerging symptoms such as occasional brain fog, mild emotional reactivity, slower recovery after stress, or reduced mental clarity during busy or demanding periods.

The focus here is awareness - identifying early signs of overload and making small adjustments to prevent accumulation of stress in the system.

"..BY UNDERSTANDING THE *WHY* BEHIND THE STRESS, WE CAN CHANGE THE *HOW* OF YOUR DAILY LIFE.."

SAMPLE REPORT

RECOMMENDED ACTIONS

The below actions are categorised into three areas to support your system holistically.

Your system is generally stable, but periods of stress or higher stimulation can occasionally exceed your optimal regulation capacity, leading to temporary dips in cognitive efficiency and recovery.

LOW STIMULUS PROTOCOL

The goal here is to give your cognitive system space to process, store, and organise information properly, especially during rest and sleep. Too much stimulation can overload attention, disrupt memory consolidation, and increase brain fog under stress.

- **Avoid passive stimulation before bed** (scrolling, TV overload). This prevents disruption of memory consolidation and emotional processing.

Try to perform brain dumping before bed (5–10 minutes writing down your thoughts of the day). This will help to clear your working memory and should help to improve sleep quality.

ADAPTIVE RECOVERY

This refers to supporting the brain's ability to recover and function efficiently under normal and moderate stress. The goal here is to maintain steady mental performance and reduce the impact of daily stress on focus and memory.

- **Introduce a regular intake of Omega-3 fatty acids** - These support long-term brain structure, focus, and memory stability. Recommended supplementation is 1000-2000mg/day EPA + DHA. DHA is vital for hippocampal synapse integrity.

- **Introduce flavonoid-rich foods** (such as blueberries) to support blood flow and cognitive protection. These cross the blood-brain barrier to increase BDNF activity. Daily intake is linked to slower cognitive aging.

COGNITIVE REBUILD

This refers to actively strengthening the brain's capacity to learn, adapt, and recover from stress over time. The goal here is not just stability, but improving long-term cognitive resilience and mental flexibility.

- **Consider completing brain puzzles or light cognitive challenges** (for 10–20 minutes three times per week) as this maintains cognitive engagement and flexibility without overload.

SAMPLE REPORT

HORMONE DECODE

POTENTIAL RED FLAG - IDENTIFIED

Hormonal fluctuations may be a contributing factor to your 'inner critic', and amotional looping appears to be amplified by your cycle, even if your mental clarity stays stable.

When progesterone and oestrogen drop, your serotonin stability often goes with them.

This makes it harder for your brain to 'dismiss' negative thoughts, turning a minor worry into a persistent mental loop that feels uncontrollable.

- Prioritise high EPA Omega 3 intake to stabilise your serotonin.

The therapeutic dose recommendation is 1000mg-1200mg EPA per day.

Ensure that the ratio of EPA to DHA is at least 2:1 or 3:1. EPA is anti-inflammatory and is superior for mood regulation and reducing neuro-inflammation.

DHA is the 'structural' fatty acid vital for memory. A combination of both will provide consistency in support - even during your oestrogen dip.

Note: If you are curently taking blood-thinning medication or have upcoming surgery - please consult your doctor before starting high-dose Omega 3.

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SAMPLE REPORT

ABILITY TO DEAL WITH STRESS

This Ability to Deal with Stress DNA panel explores key genes involved in emotional regulation, stress sensitivity, recovery after pressure, and the nervous system's ability to return to a calm baseline.

This panel focuses on the OXTR, 5-HTTLPR, COMT, and FKBP5 gene, which together influence emotional resilience, stress reactivity, social regulation, and nervous system recovery under pressure.

- OXTR - Oxytocin receptor gene influences how the brain processes social safety, emotional connection, and calming signals from others. Efficient OXTR activity is associated with stronger emotional resilience, easier recovery through social support, and a greater sense of calm and safety under stress, while lower efficiency may increase sensitivity to emotional or social stressors.

- FKBP5 gene helps regulate the body's cortisol response - the body's primary stress hormone system. Efficient FKBP5 activity supports the ability to activate appropriately during stress and then switch off efficiently afterwards, while lower efficiency may contribute to prolonged stress activation, hypervigilance, and slower emotional recovery.

The combined interaction of these genes helps explain individual differences in emotional resilience, stress sensitivity, recovery speed, social buffering, and the ability to remain calm, regulated, and adaptable under pressure.

ABILITY TO DEAL WITH STRESS

ABILITY TO DEAL WITH STRESS DNA SCORE: 3

Your genetic profile in this category suggests strong emotional resilience and a well-regulated stress response.

Your system is generally well equipped to handle stress, return to baseline efficiently, and maintain a sense of calm and stability under pressure. You may find it easier to regulate emotions, feel safe and grounded in social situations, and recover more quickly after stressful or challenging experiences.

Your stress response is less likely to remain “switched on” for prolonged periods.

If you are experiencing heightened stress, anxiety, or emotional overwhelm, it is more likely being driven by lifestyle factors such as chronic stress load, poor sleep, hormonal influences, or environmental pressures rather than your genetic baseline.

YOUR SYMPTOM SCORE: 6

The DNA score reflects your underlying capacity - how your system is naturally built to regulate stress, return to baseline, and maintain emotional stability (your baseline stress resilience).

The symptom score reflects your current functional state - how your brain and body are responding to stress day-to-day based on factors such as stress load, sleep, recovery, emotional strain, and environmental stimulation. This includes your current levels of emotional reactivity, recovery speed, and sensitivity to stress triggers.

Your score suggests that your stress response system is currently under significant strain, with stress load exceeding your ability to recover efficiently. You may experience heightened reactivity to small triggers, feeling easily overhelmed, increased startle responses, or difficulty returning to a calm baseline after stress.

The focus must be on reducing stress exposure, creating a stronger sense of safety, and actively supporting down-regulation so your system can stabilise and recover more effectively.

“..MOVING FROM CONFUSION TO CLARITY IS THE FIRST STEP TOWARDS FEELING LIKE YOURSELF AGAIN..”

SAMPLE REPORT

RECOMMENDED ACTIONS

The below actions are categorised into three areas to support your system holistically. Your system is currently highly reactive, with increased sensitivity to stress and a slower return to baseline.

The focus is on creating safety, reducing triggers, and actively supporting down-regulation.

LOW STIMULUS SAFETY SIGNALS

The goal here is to protect your system from unnecessary threat input.

- **Avoid high-stimulation environments where possible** (noise, chaos, unpredictability). Your system is more likely to interpret these as threats, increasing stress reactivity.

SOCIAL & EMOTIONAL BUFFERING

This refers to actively using connection and activating oxytocin pathways to regulate stress.

- **Focus on 'parallel connection.'** This means being in the same room as a trusted person (partner friend or even a pet) without the requirement to talk or 'perform'.

This triggers gentle oxytocin release without the social pressure that can overwhelm a tired stress system.

- **Implement a 'decision hard stop' on all non-essential decisions after 7pm**. Because your current stress load is high, your off switch is being over-worked.

No scheduling, no problem-solving and no 'life admin'. This tells your stress system that the 'threat window' is closed, allowing your cortisol to drop so that you can actually recover overnight.

- **Avoid emotionally draining or high-conflict interactions where possible.** Your system has reduced tolerance to emotional stress load. Limit time spent in conversations or environments that feel consistently tense, critical, or overwhelming.

Where possible, schedule these interactions earlier in the day, keep them time-bound, or create space afterwards to reset.

You could also try adding a 5–10 minute reset after emotionally demanding interactions such as a walk, quiet time, breathing as this will help your nervous system to down-regulate and prevent stress from carrying over.

SAMPLE REPORT

HORMONE DECODE

NO RED FLAGS IDENTIFIED

Both your OXTR-related emotional sensitivity patterns and FKBP5-related stress regulation patterns appear to be primarily stress-driven rather than hormonally amplified.

This suggests that your symptoms are more likely linked to cumulative nervous system overload, cognitive exhaustion and prolonged stress exposure.

- **Focus on reducing total stress load and improving nervous system recovery** through consistent sleep, blood sugar stability, reduced multitasking, cognitive rest and regular low-stimulation recovery periods.

Your brain is likely responding more to chronic pressure and insufficient recovery than to cyclical hormonal shifts.

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