Dr Georges MOUTON MD

Functional Medicine

TWEET GM #10

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A SHORT INTRODUCTION TO FUNCTIONAL GENETIC TESTING

Loads of new knowledge are invading Functional Medicine practice in link with what are called **polymorphisms** (or **SNPs** - pronounce 'snips' - that stands for single nucleotide polymorphisms). Nothing to do with genetic diseases, but rather small variations of everyone's genome that increase or decrease certain pathologies. Don't be afraid: with that knowledge, we can always adapt our lifestyle and/or diet, or take cheap food supplement to modify risk in our favour. Genes make 30%; environment makes 70%!

Consequently, isn't it better to know about our genotype, i.e. which copy of a certain gene we have received from each parent? Three possibilities will occur: homozygous "**wild**" means two 'normal' copies; homozygous "**variant**" means two 'abnormal' copies; heterozygous means one of each.

Please notice that in some cases, the word 'abnormal' doesn't fit, because variant copy of that gene brings an advantage rather than a disadvantage.

Another particularity comes from heterozygous genes that still provide a full function, which means no (or almost no) harm from one variant copy. Whereas in other cases, even one 'abnormal' copy will significantly affect related function. We conclude that interpretation needs a good expertise!