



Personalized Nutrition with Tracey, MPH, RDN  
*Guiding your path to health using nutrition and lifestyle*

## **Genetic Analysis Instructions:**

You will need to submit your raw genetic data to MTHFRsupport.com for the nutrigenomics analysis. The most common sites to get raw genetic data are Ancestry.com and 23andMe.com. Once you get your results you will need to download your raw data, save it on your computer and then upload it to MTHFRsupport.com. If you have raw data from another source please contact Tracey and find out if she can use your current data or if you will need to run a new genetic test. ***Please read the following instructions carefully.***

## **Step 1. Follow the instructions below for Ancestry.com OR 23andMe, whichever one you used.**

### **The following describes how to access and download your autosomal raw data from AncestryDNA:**

1. Navigate to the Ancestry.com website homepage.
2. In the upper-right corner, click Sign In to display the sign in window.
3. In the Username or email field, enter your username or email.
4. In the Password field, enter your password.
5. Click Sign In. Your Ancestry home page is displayed.
6. On the menu bar, click DNA > Your DNA Results Summary. The AncestryDNA home page is displayed.
7. On the right side of the page, click Settings. Your Test Settings page is displayed.
8. Scroll down the page.
9. On the right side of the page, in the Download your raw DNA data section, click Get Started. The Download your raw DNA data window is displayed.
10. Enter your password in the empty field.
11. Click Confirm. A window requesting that you check your email is displayed.
12. Check your email for an email from AncestryDNA with the subject line Your request to download AncestryDNA raw data.
13. In the email, click Confirm Data Download. You will be redirected to the Ancestry.com website.
14. Enter your username or email and password in the appropriate fields, and click Sign In. The Download DNA Raw Data page is displayed.
15. Click Download DNA Raw Data to download your raw data file. Note where you save the file on your computer.

### **The following describes how to access and download your autosomal raw data from 23andMe.com:**

Go to [www.23andme.com](http://www.23andme.com)

1. Sign in to your 23andMe account (You should have created a login and password when you registered your 23andMe kit)
2. Click "TOOLS" on the top menu
3. On the TOOLS dropdown menu click "Browse Raw Data"
4. Click the "Download" link
5. Scroll down and make sure "All DNA" is selected under "Choose between downloading DNA...."
6. Re-enter password and click "Download Raw Data"
7. The raw data file will be downloaded to your default download folder (usually "Downloads" on a Windows PC). The file is a ZIP file approximately 5 megabytes in size with a name such as "genome\_John\_Doe\_v4\_Full\_20161103164823.zip"

## **Step 2: Upload your raw data to MTHFRSupport.com using the following instructions:**

Go to [www.mthfrsupport.com](http://www.mthfrsupport.com)

1. You will need to register with MTHFR Support to upload and process your 23andMe data thru Sterling's App.
2. From the MTHFR Support top menu click on "My Account" and then "Register" on the dropdown menu. In the Register section on the right side of the screen, register using your email and a password you select (select a password that you're willing to share with me so I can view your results). Many people use a version of my name with numbers, whatever works for you.
3. Click "Sterling's App"
4. Click "Order reports"
5. Click the "Upload My Genome File" button
6. Select your file (it should be in your Downloads folder) and click "generate results from selected file"
7. Follow steps to have data analyzed--we will need the variant report (~\$30)
8. You will receive an email when results are ready (usually within a few minutes/hours).
9. **Forward that to me with your mthfrsupport.com account info (login email and password).**

## **Step 3: Pay for your Nutrigenomics Evaluation and schedule an appointment with Tracey to review your results (payment due at scheduling time).**

This data takes a minimum of ~2 hours to analyze so I will have you schedule a one-hour follow-up appointment 1-2 weeks out from receiving your info to allow adequate review time. My fee for reviewing your data, creating a summary for you and meeting with you for an hour is \$249.00. You will receive a 6-page summary and any additional material that would be helpful to you based on your results (nutrient lists, lifestyle list to reduce estrogen exposure, etc.).

I look forward to assisting you with understanding how nutrition can be a part of your health journey related to your genetics!

Thank you for trusting me to be a partner in your health! ☺

~Tracey