



# Heal Your Human

## ENERGY UNLOCKED BLUEPRINT

Stop guessing. Gain clarity.

Start supplementing based on your biology.

Built for people who've already done a DNA test (23andMe, Ancestry, and others)

### WHAT HEAL YOUR HUMAN HELPS ANSWER:

- Why you feel tired all the time?
- Why popular supplements fail so often?
- The 5-step method to build a protocol that actually sticks
- How to turn your existing DNA test into clear next steps

Start here:

[Upload your DNA at HealYourHuman.com](https://HealYourHuman.com)

# The Problem

The problem isn't your effort. It's the guessing.

Ever tried supplements for energy, focus, anxiety, sleep, or fatigue? Then you know this frustrating cycle all too well:

- You buy the supplement everyone raves about...
- Maybe you feel \*something\*... or maybe nothing at all.
- You start to lose confidence (and maybe some cash).
- And then you're on to the 'next big thing,' right?



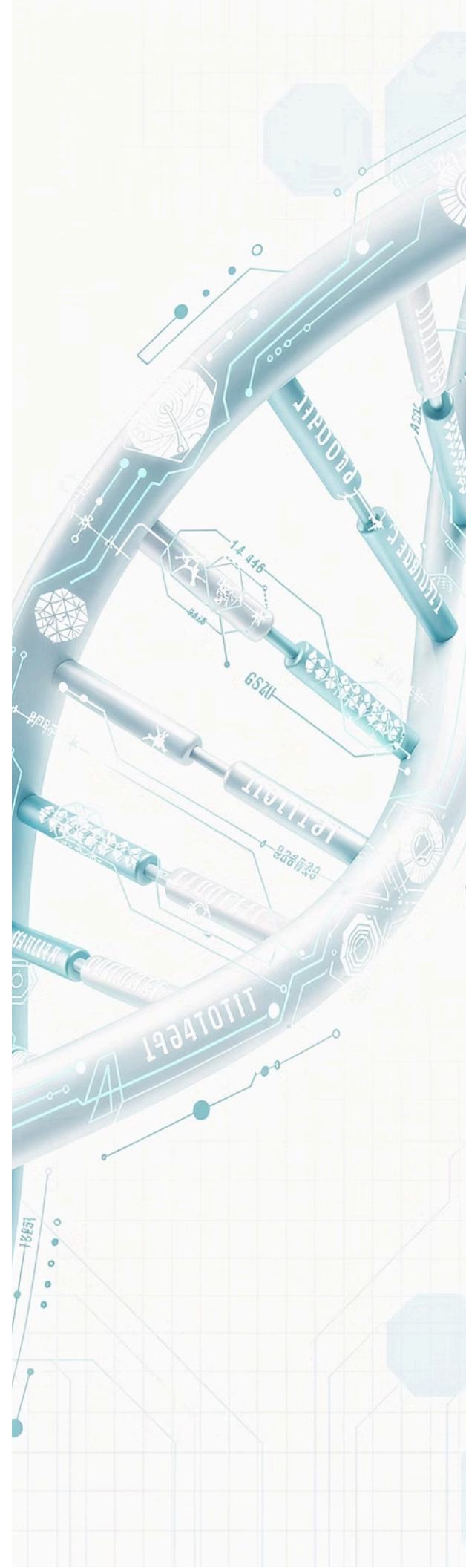
# Why DNA?

## Your DNA tells you what your body actually needs

Most supplement advice is generic. Your genes aren't.

- You have genetic variants that affect how you process nutrients
- Some people need 3x more B12. Others can't methylate folate.
- Your DNA test already has this data — you just need to read it right.

You don't need another test. You need a translator.



# The 5-Step Energy Unlock Method

01

## Step 1: Upload Your DNA

Simply upload your raw DNA file from 23andMe, Ancestry, or other providers.

02

## Step 2: We Analyze Your Genes

Our system rapidly scans for genetic variants impacting your energy, mood, sleep, and focus.

03

## Step 3: Get Your Custom Report

Unlock insights: your personalized report shows exactly which pathways are affected, explaining why you feel the way you do.

04

## Step 4: Build Your Protocol

Receive precise recommendations for supplements, dosages, and timing, tailored to your unique biology.

05

## Step 5: Track & Adjust

Continuously track your progress and refine your personalized supplement stack for lasting impact.



# What's Inside Your Report

Your personalized DNA analysis includes:

## Methylation Status

How well your body activates B vitamins and clears toxins

## Neurotransmitter Pathways

Genetic factors affecting serotonin, dopamine, and GABA

## Mitochondrial Function

Why your cells might not be making energy efficiently


## Inflammation & Detox

How your body handles oxidative stress and environmental toxins

## Nutrient Absorption

Which vitamins and minerals you may struggle to process

Plus: A supplement protocol tailored to your unique biology



### Complete Genetic Health Report

Generated from SB Genova.pdf

**1**  
Optimal

**2**  
Moderate

**2**  
Attention

#### Genetic Markers Analyzed

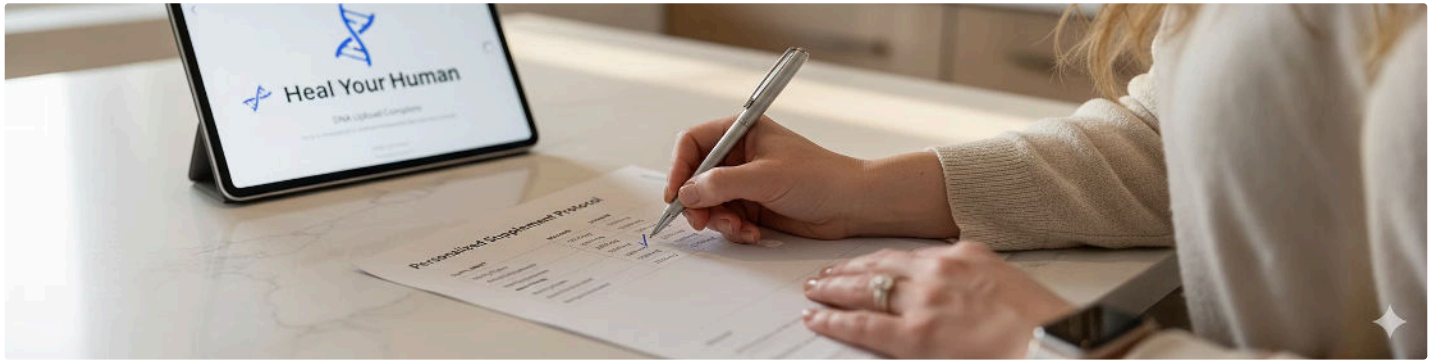
MTHFR (CC)	Optimal
COMT (GG)	Moderate
MTR (AA)	Attention

+ 2 more markers analyzed

#### Personalized Supplements

Methylfolate (5-MTHF) 800mcg daily	Methylcobalamin (B12) 1000mcg daily
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# Is This Right For You?



## This blueprint is perfect if you:

- Perhaps you've already taken a DNA test with services like 23andMe or Ancestry, and you're curious about what those insights really mean for your health and biology.
- You find yourself constantly feeling tired, mentally foggy, or anxious, even though you're doing your best to live a healthy lifestyle.
- You've experimented with various supplements, hoping for a breakthrough, but haven't found the consistent results you're looking for.
- You're longing for a clear, science-backed roadmap to wellness, rather than relying on guesswork and endless searching.
- You're ready to stop the cycle of spending money on products that just aren't working for your unique body.

**If you're tired of trial and error, this is your shortcut.**

**DNA Test Providers:**

[23andMe](#)

[Ancestry.com](#)

# What People Are Saying

"I finally understand why magnesium never worked for me — my genes showed I needed a different form. Two weeks in and I'm sleeping through the night."

— Sarah M.

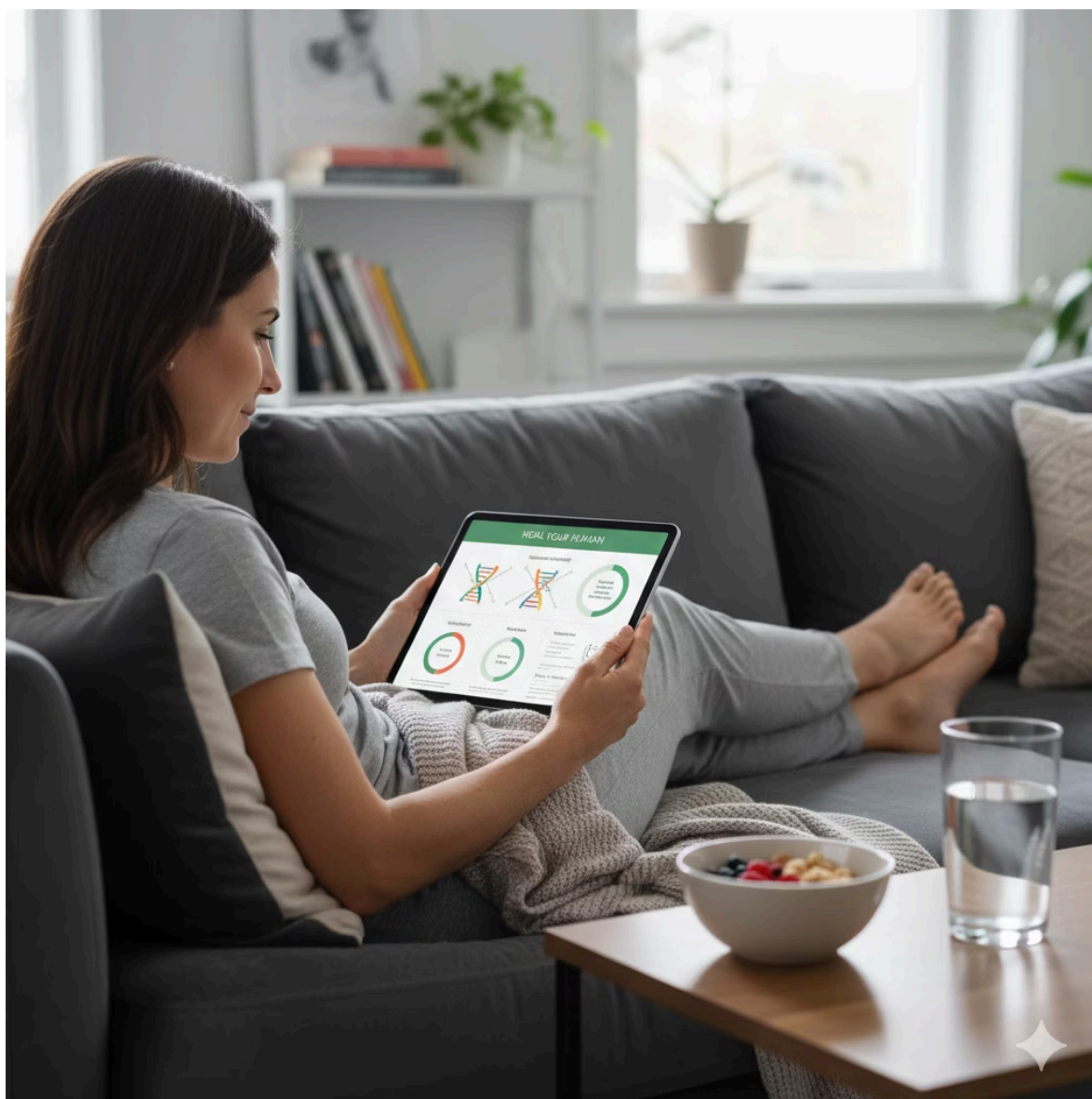
"I've spent thousands on supplements. This report saved me from buying 10 more bottles I didn't need."

— James T.

"The methylation section alone was worth it. I switched to methylfolate and my brain fog cleared in days."

— Rachel K.

**Stop guessing. Start healing.**



# How It Works

## Getting Started Is Simple

### Step 1: Upload Your DNA File

Visit [HealYourHuman.com](https://HealYourHuman.com) to securely upload your raw DNA data. It's quick, easy, and completely private!

### Step 2: We Process Your Report

Our advanced system analyzes your unique genetic variants, usually within 24-48 hours.

### Step 3: Get Your Blueprint

You'll receive a detailed PDF report, complete with your custom supplement protocol.

### Step 4: Start Your Healing Journey

Follow your personalized recommendations and begin tracking your progress towards better health.

**No new test required. Just upload and unlock.**



#### Comprehensive Gene Analysis

We analyze key genetic markers that affect your methylation, detoxification, and nutrient metabolism.



#### Personalized Supplement Protocol

Get exact dosages, timing, and forms of supplements tailored to your genetic profile.



#### Lifestyle Recommendations

Nutrition, exercise, and daily habits optimized for your unique genetic makeup.

# Choose Your Plan

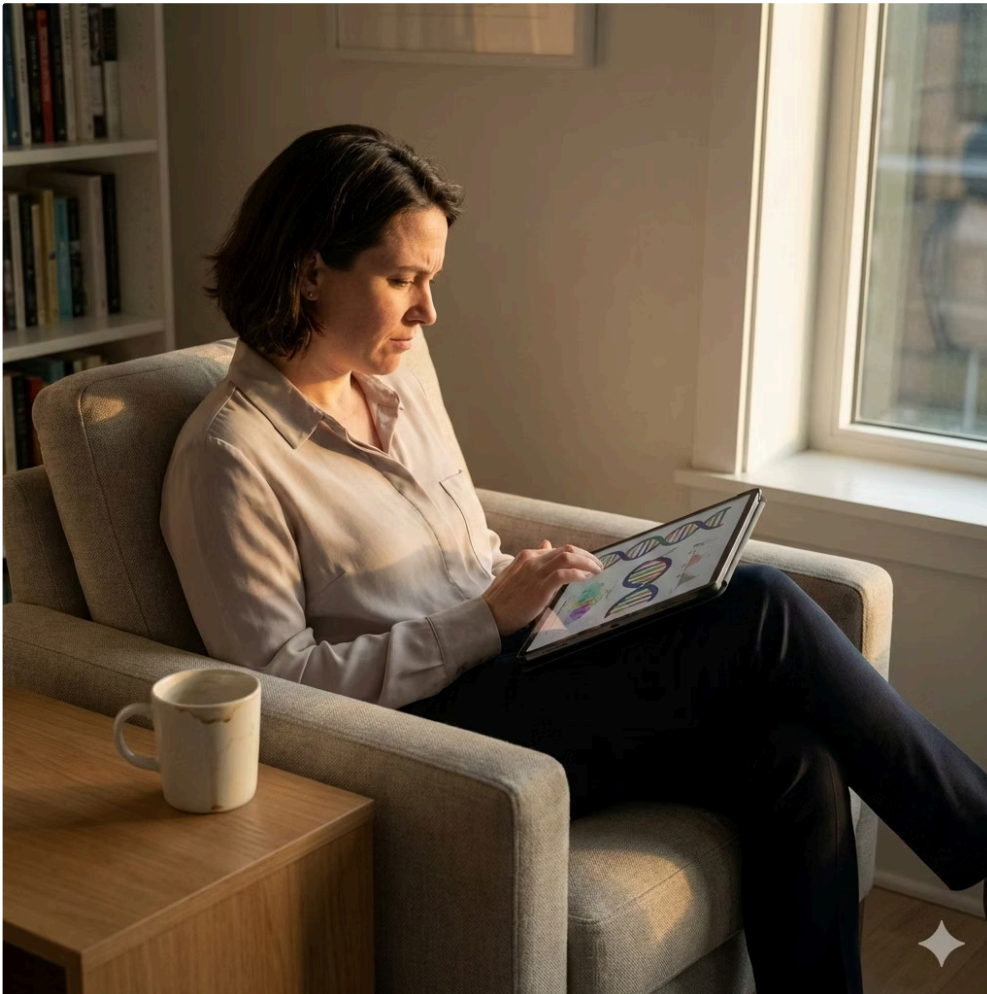
## Investment in Your Health

Annual Plan: (WAS ~~\$99.99~~)  
NOW - \$49.99/year

Includes:

- DNA file upload and analysis
- Analyze ALL genes
- Detailed supplement recommendations (dosages, timing, brands)
- Lifestyle recommendations (diet, exercise, sleep)
- Full PDF report (downloadable)
- Ongoing updates (as science evolves)
- AI Health Concierge

Less than \$4/month for personalized health insights



# Ready to Unlock Your Energy?

You already have the genetic data. Now let's figure out what it actually means.

Stop guessing. Start supplementing with precision.

Get Started - \$49.99/year

## What you'll get:



Unlock Your Genetic Blueprint



Personalized Supplement Protocol



Actionable Next Steps

Your body is unique. Your supplements should be too.

Questions? Email us at [info@HealYourHuman.com](mailto:info@HealYourHuman.com)

 **Heal Your Human**

