

GeneFood

Decode



"Where you place your attention,
you place your energy."

·
Joe Dispenza



Introduction

This is not just the report of a genetic test. It is a proposal for reconnection, an invitation to awakening, and a bridge between science, sensitivity, and processes of transformation.

Genetic test reports often reduce human complexity to frames excessively focused on risks, outlining a “genetic determinism” that, in reality, does not exist.

On the other hand, it seems increasingly evident that our health potential is far greater than any possible harm caused by our genetic variants.

In fact, the human organism is a dynamic system, in constant dialogue with itself and with the surrounding environment. Various factors—thoughts, emotions, foods, supplements, and lifestyle—have the power to modulate gene expression every day.

**Yet genes are only part of the story.
They do not determine—they suggest.**

This is the inspiration behind this report.
A report that unites science and beauty.
That awakens, not frightens.
That informs, and also illuminates.

Here, there are no diagnoses.
There are paths.
There is no determinism.
There are possibilities.

There are no “risks”;
rather, an invitation:
To care, to blossom, to transcend.
To dare, to reframe, to transform.

This is a report for a new era.
For a more vibrational, more sensitive medicine.
One that seeks to harmonize vulnerabilities and sustain the vitality that dwells in each being.
That, before treating disease, chooses to preserve health.

A proposal in which Science, Genetics, and Technology—together with the Sublime, Lightness, Integrity, and so many other noble values—interwoven with vibrational beauty—guide us on our personal journey of nourishment, harmony, and inner awakening towards Healing.



What Is Genetic Expression?

Genes are codes for protein synthesis. Each gene contains the instructions to produce a specific protein. For example: ADIPOQ encodes the protein adiponectin; MTHFR encodes the protein methylenetetrahydrofolate reductase; SIRT6 encodes the protein sirtuin 6. And so on.

However, the same gene can be expressed in different ways. This is where our choices come in: emotions, thoughts, diet, supplements, lifestyle, and even the environment we live in. All of this influences how our genes are expressed, resulting in greater health or greater imbalance, more joy or more apathy, more focus or more distraction.

An analogy

Imagine an 89-year-old gentleman who needs a caregiver. Several candidates show up, and his daughter chooses the one she likes best. Now she needs to explain exactly what her father likes and dislikes:

He values routine and ritual: a bath right upon waking, dry and immaculately clean towels, clothes preselected and laid out on the bed.

He takes all his supplements religiously.

After breakfast, he likes to read the newspaper in the TV room and drink dehydrated apple tea with ginger. Before 11 a.m., he sunbathes for 30 minutes.

At main meals, he prefers hot dishes with broth and stronger seasonings. He loves bobó de camarão (shrimp bobó), but can only eat it once every fifteen days. He doesn't like very light dishes, such as sole with salad, nor visible garlic and onion.

Mid-afternoon, he likes to have a green juice with pineapple, ginger, kale, and coconut water, and eat slices of buffalo mozzarella with cherry tomatoes, basil pesto, and extra-virgin olive oil.

At dinner, he always drinks a glass of Luigi Bosco Malbec—no other—at room temperature. Once a week, he enjoys pasta al Nero di Seppia, followed by After Eight English chocolate and rooibos tea. At night, he likes to play solitaire, cards, or backgammon. He loves talking about travel but doesn't like to talk about politics. Surprisingly, he loves Coldplay, but doesn't like classical or sertanejo music.

At bedtime, the bedroom must be nice and warm.

The parallel with genes

Just like this gentleman, genes have their preferences. If we offer what they "like," they express good things. If we offer what they "don't like," they may express themselves in ways that harm the body's balance. This is gene expression: the way a gene manifests its potential in response to what we offer it, consciously or unconsciously. The essence of GeneFood is to show what vibrationally influences our genes so that they express more health!



Identification

NAME:

XXXXXXXXXX

ID:

XXXXXXXXXX

DATE OF BIRTH:

xx/xx/xxxx

INTERNAL CODE:

001082025

GeneFood Genetic Test

Dear (patient's name)

GeneFood is an innovative proposal that works on multiple levels to optimize the expression of our genes and support healthy longevity. Symbolically, it is a bridge between the ancestral sacred and the vibrational medicine of the new times.

It includes a genetic test report entirely focused on health maintenance. You will receive a simplified, print-ready version. Your results are a valuable key to living longer and better. After all, the greatest purpose of genetic inquiry is not simply to know which genetic changes we carry, but **who we choose to be** as we activate our genes with awareness, lightness, and intention.

The Gene Symphony Concept

If your genes were instruments in an orchestra, the purpose here would be to tune them with sensitivity so that you can compose and perform your own **Gene Symphony**—a melody that is unique, beautiful, and harmonious.

Remember: the continuous application of the knowledge offered here—in your choices of foods, supplements, and lifestyle—is where the true process of transformation takes root, aiming for more health and well-being throughout life.

We Are No Longer Hostages to Our Heredity

For a long time, we believed that our genes were our destiny—that heredity was an unchangeable sentence, a prewritten script determining who we would be, how we would age, and even which diseases we might develop. But what if I told you that this story is being rewritten?

In fact, we now know that we are not mere spectators of our biology. We are the gardeners of our own genetic garden. We have the power to nurture an environment that favors health, vitality, and flourishing. That is why the message is clear and liberating:

We are no longer hostages to our heredity.

We are the alchemists of our own biology, capable of transforming our genetic potential through awareness and intention.

And we, at the **GeneFood** Project, envision a future in which we not only guide but inspire millions to live with lightness—using imagination to create new routines that strengthen the body from the inside out. We focus 100% on health, on the flourishing of body and mind, and on turning dreams into tangible realities.

No shadows—only light, vitality, and practical solutions that elevate our well-being.

GeneFood Health Tips



What can you get from GeneFood?

- Nutrition for your DNA with foods, supplements, and vibrations.
- Personalized dietary guidance (gluten, lactose, caffeine, creatine, collagen, fats, carbohydrates, sulfur-rich foods, polyphenols, among others).
- Suggestions for precise supplement choices, including how to achieve greater anti-inflammatory and antioxidant protection.
- Information about the characteristics of your lipid metabolism.
- Reduced risk of issues related to methylation and glycation—biochemical processes linked to health damage.
- Information about your detoxification capacity.
- Analysis of your tendency toward collagen degradation and your propensity for wrinkles, sagging, and joint problems.
- Analysis of your tendency toward photoaging.
- Possibility of delaying the appearance of gray hair.
- Propensity for mood changes (irritability, anxiety, depression), sleep issues, and the ability to handle stress.
- Analysis of the characteristics of your circadian cycle.
- Recommendations for better performance in the short and long term—physical, mental, and emotional—as well as guidance for gut, joint, and bone health, hormonal profile, among others.
- Simple tips to enhance your lifestyle.
- Knowledge about the role of genes in our health and what you can do to “correct” their little defects when they are unable or partially unable to perform their function. Knowledge is power.
- An awakening to a new view of the human being: a frequency-based being who needs to be in tune with the vibrations of the environment in which they live. We will not address diagnoses, disease risk, or drug metabolism.

Your health begins with good vibrations.

Understand How To Read Your Test

GENE (Sigla)	SNP (NCBI - rs)	Alternative Allele	Possible results
ELOVL2	rs3734398	C	TT
ELOVL2	rs3734398	C	TC
ELOVL2	rs3734398	C	CC

1. Gene (Abbreviation)

In the **Table of Relevant Genotypes**, you will find your result. In the **Detailed Report**, you will find the full name of each gene in Portuguese and in English, as well as the function we will address with foods, supplements, and lifestyle tips.

2. SNP (Single Nucleotide Polymorphism)

It is what occupies a specific “site” in the gene being studied. The SNPs described in this report are cataloged by **NCBI (National Center for Biotechnology Information, USA)**. “rs” means **Reference SNP cluster ID**—the identifier number of the variant studied. A gene may have more than one “rs” evaluated.

3. Alternative Alleles (Alt) — what it means and how to read it

For each SNP, there is a **reference allele (Ref)** and one or more **alternative alleles (Alt)**. Alternative simply means “different from the reference genome”—it **does not automatically mean ‘bad’**.

4. Your result

According to the presence of **wild-type** or **alternative alleles** in the genes evaluated, you may have three types of results:

Color	Result
Green	Homozygous Reference (Ref/Ref)
Yellow	Heterozygous (Ref/Alt)
Red	Homozygous Alternative (Alt/Alt)

Allele Correspondence Table

Understanding the letters that make up your genes

When we look at the results of a genetic test, we often come across two-letter codes such as AG, CT, GG, TT—and a question may arise: what do these letters actually mean? Each gene is formed by a sequence of nitrogenous bases—represented by the letters A (adenine), T (thymine), C (cytosine), and G (guanine). These bases are arranged in two complementary strands: one strand contains the primary sequence, and the other is its “mirror image,” connected by fixed pairs.

These pairs follow a rule of complementarity:

A always pairs with T
C always pairs with G

Therefore, when we see a change like C699T, for example, it may indicate that the base C (cytosine) was replaced by T (thymine) at a specific position in the sequence. Since these bases belong to complementary strands, a change on one strand necessarily implies a corresponding change on the opposite strand.

Thus, genetic variations—also known as polymorphisms—are described by these letters and can be represented in different ways depending on which DNA strand the laboratory used as a reference (forward or complementary strand). For this reason, the same result may look different in different reports—but, in essence, they are saying the same thing. What matters is the functional meaning of each variant, not just the letter.

This correspondence table aims to translate these letters and bring clarity about what they truly represent, with lightness and precision—integrating science, language, and vibration.

Allele Correspondence Table (Complementary Strand)

Forward-strand allele	Complementary-strand allele	Note
C	G	C ≡ G
T	A	T ≡ A
G	C	G ≡ C
A	T	A ≡ T

Let's uncover the secrets of
your DNA together and
discover new paths of
enthusiasm, vitality, and well-
being—body, mind, and spirit..

GeneFood Team

GeneFood Project
Authorship: Isabela Stoop.
Florianópolis, August 2025.
All rights reserved.

