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# Personal information

NAME

**Sample Client** 

SEX AT BIRTH

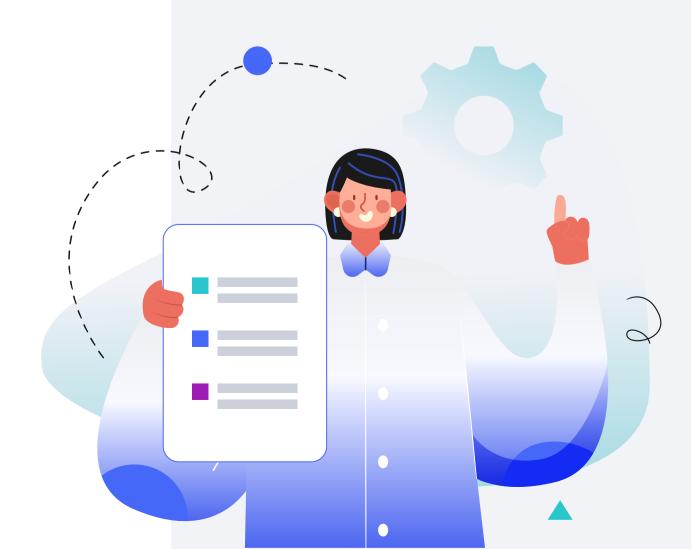
Male

HEIGHT

5ft 9" 175.0cm

WEIGHT

**165lb 75.0kg** 



DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Impulsivity Trait Report Introduction

## Introduction

Impulsivity is a tendency to act on things without thinking them over first. People who are impulsive may be more likely to take part in risky behavior. They often don't consider the consequences of their actions [R].

As people get older, they may learn to control their impulses – but this isn't always the case  $\mathbb{R}$ .

Some examples of impulsive actions in adulthood include:

- Binge shopping, drinking, or eating
- Making risky decisions when gambling
- Starting over often (e.g., frequently quitting jobs or finding new friend groups)
- Risky sexual behavior
- Verbal or physical abuse

People who are less impulsive may be better at controlling their actions. They tend to think things through before saying or doing something.

Impulsivity Trait Report Your genetics

# Factors Contributing to Impulsivity



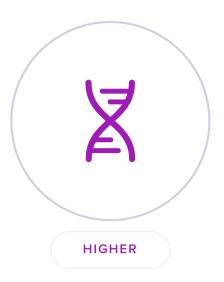
Based on the genetic variants we looked at, you are likely more impulsive. However, your lifestyle and the environment may also influence this trait.

Impulsivity is a tendency to act on things without thinking them over first. People who are impulsive may be more likely to take part in risky behavior. They often don't consider the consequences of their actions [R].

About 40-60% of the differences in impulsivity may be due to genetics. Involved genes may affect parts of the brain linked to risky behavior or thrill-seeking [R].

Your lifestyle and the environment may also contribute to this trait. Some ways to better control impulses include:

- Knowing your triggers (e.g., alcohol, casinos) and trying your best to avoid them
- Making a point to stop and think about the potential consequences of an action
- Talking about your impulses with someone you can trust
- Practicing relaxation techniques, which may help you reduce stress and regulate your behavior



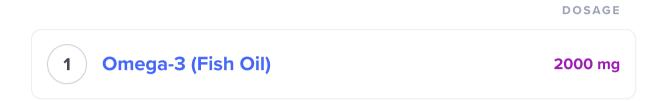
Predisposed to higher impulsivity based on 931 genetic variants we looked at

Impulsivity Trait Report Your recommendations

## Your Recommendations

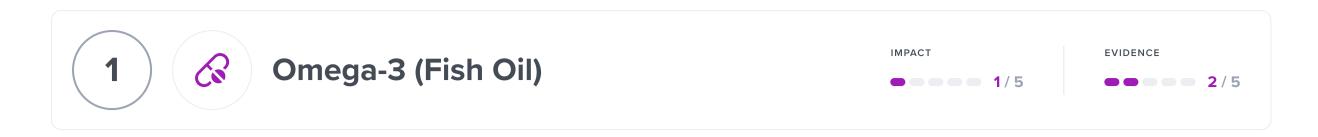
Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.



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**Impulsivity Trait Report** Your recommendations



### **How to implement**

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE 2000 mg

#### **Description**

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

Omega-3 fatty acids are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [R, R, R].

There are three major types of omega-3s: ALA, EPA, and DHA [R, R].

**Fatty fish are rich in EPA and DHA.** They include  $[\mathbb{R}]$ :

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least two servings of fatty fish per week. Fish oil supplements are available for those who don't eat fish regularly [R].

#### **How it helps**

According to a meta-analysis of 4 trials, marine omega-3 fatty acid supplements may help improve impulsive behavior in people with borderline personality disorder [R].