

23and me Protocol

1. Access 23andme.com
 - Set up an account and order a kit. Any kit.
 - To process and receive results back takes about 2-4 weeks
2. 23andme will notify when results completed.
 - Log back in and click the “Browse Raw Data” on top right corner when clicking profile/name.
 - Then below that, click the “download” (save to desk top).
3. Sync the results with: MTHFRSupport.com and geneticgenie.org. (Do both)
 - Genetic Genie will connect with 23and me (without download).
 - Please get results for both portions, the Methylation and Detox
4. Forward results to the office. (by mail, email, fax, etc..)
 - Office email: pacificnaturalmedicalcenter@gmail.com