

# RESILIENCE LABS

*a user manual for your brain and body*

PRECISION MEDICINE BASED ON DNA  
POWERED BY FUNCTIONAL GENETICS

FACILITATED BY EVIDENCE-INFORMED  
LICENSED NATUROPATHIC DOCTORS



**EVOKELIFE.CO**

VANCOUVER, BC



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## EXECUTIVE MEDICINE WITH FUNCTIONAL GENETICS

### *beyond standard care*

RESILIENCE Labs starts with BASELINE - Our comprehensive blood profile and annual check-in, which gives us a snapshot of what your health is in the moment. It provides a thorough baseline for comparison as you age, so that we can see trends in your health and continually evaluate risk for health conditions dynamically.

By going well beyond standards of care and not simply ruling out disease, but instead thinking prospectively, and proactively, in striving for optimal health, we'll look at and interpret your blood results more carefully than just whether they're "within normal limits", but instead help you understand where there are opportunities to thrive.

Our comprehensive 70+ point blood panel is not only more comprehensive, but but more focused on prevention and proactive health decisions, than other executive medicine programs. Your panel may be further individualized and adapted at our doctors' discretion, based on specific health concerns and personal or family history. Our high-functioning executive, entrepreneurial, athletic & creative client base typically execute BASELINE annually. It includes assessments of/for:

- > Blood, Hematology & Anemias
- > Blood Sugar, Cholesterol & Cardiovascular Risk
- > Liver, Kidney Function & Electrolytes
- > Inflammation & Oxidative Stress
- > Sex & Stress Hormones
- > Nutritional Deficiencies

### *precision via functional genetics*

Our world-class functional genetic screening assesses 130+ single-nucleotide polymorphisms (SNPs) at specific locations on the chromosomes in your DNA.

These known locations provide us with a functional genetic blueprint for how your brain and body are built to function at their best. It is these SNPs, and this functional genetic analysis that make RESILIENCE Labs truly unique. These SNPs are associated with changes in how we may absorb or metabolize nutrients, how we respond to certain foods, diets, forms of exercise and even how we modulate our mood, energy, brain function, performance and productivity in different life contexts.

By combining functional genetic testing with our BASELINE comprehensive, preventive and proactive bloodwork panel, we are able to create an instruction manual that explains exactly how you can truly best take care of yourself, get the most out of your brain and body, and excel in your career, optimize your health, maximize longevity and healthspan, and live life to the fullest with your family and loved ones. Welcome to RESILIENCE Labs.

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## *evidence-informed, holistic, integrative approach*

Our licensed Naturopathic Doctors are trained to integrate the myriad of science-based, holistic and integrative philosophies and perspectives in health and medicine and apply them to an individual person in their unique context.

Our coaching approach is designed to ensure that you are provided with clarity and understanding of your results, and more importantly, treatment recommendations that are pragmatic, cost-effective, leveraged, realistic and sustainable.

## *deliverables*

- > Simple, 10-min intake form
- > 60min in-person onboarding session; medical history & physical examination
- > 70+point bloodwork executed by our provincial standard partner, Lifelabs
- > Resilience & neurotransmitter questionnaires
- > 130+point functional genetic profile (cheek swab)
- > All raw data from all your test results
- > Full analysis explanation & interpretation of your results
- > Diet & lifestyle recommendations
- > Pharmaceutical intervention options (if applicable)
- > Nutraceutical supplementation options (prioritized)
- > Additional treatment modalities of consideration
- > 60min follow-up strategy, coaching & accountability session
- > Access to our direct-to-door online supplement dispensary, at discount

Your case will be matched with our most appropriate licensed Naturopathic Doctor who also becomes your case manager and resource for questions about your health and treatment plan - starting with your included 60min strategy, coaching & accountability session.

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## investment

\$250 Naturopathic appointment & onboarding fee\*

\$799 RESILIENCE program, analysis & interpretation fee

\$399 Functional genetics testing

\$799 RESILIENCE Bloodwork fees

\$250 Naturopathic appointment fee\*

RESILIENCE, total cost:

**\$2497**

\*Naturopathic appointment fees may be eligible for extended health insurance benefits. We direct bill to most major coverage providers.

\*\$250 appointment fee will be charged to a credit card stored on file, at the time of this appointment.

## Timeline

The majority of your blood tests results will be reported within 48hrs of testing. We include some specialized, preventive and nutrition-focused markers that require extended testing periods of up to 2 weeks. Functional genetic screening results are returned within 5 weeks. Typically, you can expect your test results, analysis, interpretation and recommendations to be delivered electronically to you within 6 weeks following your blood sample being executed.

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## *bloodwork details*

BASELINE bloodwork panels are customized for each individual patient. Some adaptations to this protocol may require changes to cost.

### **BLOOD & HEMATOLOGY**

CBC+Differential, Fibrinogen, Iron/TIBC, Ferritin

### **BLOOD SUGAR & CHOLESTEROL**

Fasting Glucose Fasting Insulin, HOMA2 index, HemoglobinA1c, Cholesterol, LDL, HDL, Triglycerides, Cardiovascular Risk Profile

### **LIVER & KIDNEY FUNCTION**

AST, ALT, ALP, Bilirubin, GGT, Electrolytes, Creatinine/eGFR

### **INFLAMMATION, OXIDATIVE STRESS & CARDIOVASCULAR DISEASE RISK**

hsCRP, ESR, Homocysteine, Apo-B100, Omega-3 Score

### **HORMONE SCREENING**

TSH, Morning Cortisol, DHEAs, Bioavailable Testosterone (men), Estradiol & Progesterone

### **NUTRITIONAL DEFICIENCY MARKERS**

Vitamin B12, 25OH-VitaminD, Omega-3 Score

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## functional genetics at a glance

Our partnership with DNALabs gives us access to over 128 genetic markers across over 96 genes. Several of these additional genetic markers within some genes are only accessible through testing by licensed healthcare practitioners due to the complexity of their interpretation and clinically application. Your sample, and your results are entirely and always private, will not be sold for research, and stay within Canada at all times.

### DIET & NUTRITION

**Carbohydrate & Fat Consumption Response:** TCF7L2, CRY1, FADS1, LIPC, TNFa, IL6, ADIPOQ, LEPR, APOA2, AMY1

**Appetite Regulation & Eating Behaviours:** CD36, PLIN1, PER2, MC4R, FTO

**Lactose & Gluten Sensitivities:** MCM6, HLA genes

**Caffeine, Sodium & Alcohol Sensitivity/Metabolism:** CYP1A2, ADH1B, ALDH2, ADH1C, ACE

**Specific Nutrient Needs:** BCMO1, MTHFR, MTRR, MTR, FUT2, GSTT1, CYP2R1, VDR, GC, F5, HFE, TF, TMPRSS6, CATFR2, SOD2, FADS2, PEMT, CYP2R1, SLC17A1, TCN2, SHMT1, SLC23A1, GC, NBP3, LTA

**Detoxification, Glutathione Regulation, Histamine & Sulfur Removal:** GSTP1, CYP1A2, DAO, HMNT, CBS, GSTM1, GSTT1, GPX1, CYP19A1, CYP1A1, CYP1B1, TCN2, UGT2B15, SHMT1, CYP3A4, SRD5A2, FAM9B, CYP17A1, UGT2B17

### PHYSICAL HEALTH & FITNESS

**Pain, Exercise Motivation, Preference & Recovery:** COMT, LEPR, BDNF, CRP, TNFa, IL6, IL6-R, SOD2, NOS3, NRF2, NFIA-AAS2, UCPI, ADRB3, GAPB1

**Endurance vs. Power:** ACTN3, ACE

**Bone Health & Injury Risk:** VDR, IL6, COL5A1

**Obesity Risk & Diabetes:** LPL, MLXIPL, CLOCK, PPARy, GCKR, CELSR2, MC4R, NOS3, PPARa, LIPC, CETP, PPARy, LPL, LIPG, APOA5, PLIN1, FTO, UCPI, SLC2A2

### HORMONE HEALTH

**Thyroid:** CAPZB, PDE8B

**Estrogen Metabolism:** GSTP1, CBS, SOD2, GPX1, GSTT1, GSTM1, CYP1A2, CYP1A1, CYP1B1, MTHFR, MTRR, MTR, COMT, FUT2, TCN2, SHMT1

**Testosterone & Sex Hormone Binding Globulin:** SHBG

### CARDIOVASCULAR DISEASE RISK

APOE, 9P21, SLC01B1

### MENTAL HEALTH & WELLNESS

**The Warrior/Worrier Gene:** COMT, DRD2

**Memory, Mood & Cognitive Performance:** MAOA, COMT, DRD2, 5HTTLPR, ADRA2B

**Productivity & Resilience:** COMT, DRD2

**Addiction Predisposition:** CHRN

**Dementia & Alzheimer's Risk:** APOE

\*If you have further questions about privacy and confidentiality regarding your DNA, please don't hesitate to reach out to us. Note that in Canada, we benefit from the Genetic Non-Discrimination Act (2017) which means that your genetic information cannot be used to determine or adjust health insurance premiums, or employment decisions by your employer.

\*\*Many genes and SNPs confer risk across multiple aspects of our health and may not be listed in under every category. New data on SNPs is being researched everyday, and we'll learn more about how to apply your results to your personal context as the science grows and evolves!

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**DR JASON MARR**  
NATUROPATHIC DOCTOR  
PERFORMANCE & PRODUCTIVITY COACH

## *it's time to thrive*

I'm a true believer in the power of people to change the world. I see my role in that as a springboard to help you make the most of your life and career, so you can make your impact.

My dad was an engineer, and my mother is a former teacher - I like to understand how systems work and how individual parts of those systems effect each other. But I also love being able to provide people with the tools to thrive.

I draw from decades of coaching athletes, entrepreneurs and executives and over 15 years of clinical practice to ensure that you understand your best next steps towards achieving your health goals. Clarity and good communication, trust and partnership, proactivity and pragmatism are some of the values that are most important to me. For me, every person I work with is a unique puzzle, and an opportunity to optimize as a holistic, integrative system.

Want to understand how your brain and body work, based on science and objective data? Ready to level-up, need a roadmap to success and a guide to get you there efficiently? That's my jam.

*J.*

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