

7 Genomic Pathways Health & Wellness Coaches Should Know

A Quick Reference for Health & Wellness Coaches



How to Use This Reference

This reference is designed to help health and wellness coaches better understand common genomic pathways that may influence the patterns they observe in practice.

The information can be used in conjunction with client observations, health histories, wellness goals, symptom patterns described by clients, and, where appropriate and within your scope of practice, genomic testing results that clients choose to share.

The goal is not to diagnose, treat, or make clinical recommendations. Instead, it is intended to support a deeper understanding of the biological pathways that may contribute to differences in client experiences and outcomes.

This reference focuses on pathways rather than individual genetic variants. When reviewing genomic testing results, individual variants should be considered within the broader context of the pathways they influence.

Disclaimer: This guide is provided for educational purposes only and does not constitute medical advice. Gene variants reflect biological tendencies, not certainties. Always work within your professional scope of practice when applying genomic information.

Quick Reference Guide

The reference table includes one example gene for each pathway.

PATHWAY	EXAMPLE GENE	WHAT YOU MAY OBSERVE	COACHING CONSIDERATION
Stress Response	FKBP5	Stress responses that linger longer than expected, difficulty recovering from stressors	Prioritize recovery capacity and nervous system regulation
Neurotransmitter Processing	COMT	Rumination, overstimulation, heightened response to stimulants	Consider overall stimulation load and recovery practices
Energy Production	PPARGC1A	Lower energy resilience, fatigue with higher demands	Match expectations and recovery strategies to energy capacity
Methylation & Nutrient Processing	MTHFR	Fatigue, brain fog, variable response to nutritional approaches	Consider nutrient status and foundational support
Sleep & Circadian Rhythm	PER3	Greater sensitivity to sleep loss, inconsistent recovery from poor sleep	Make sleep a foundational coaching priority
Hormone Processing	CYP1B1	Differences in hormone-related experiences and outcomes	Consider hormone pathways as part of the bigger picture
Inflammation & Recovery	IL6	Longer recovery times, prolonged soreness, slower adaptation	Build adequate recovery into training and wellness plans