

Quickstart Guide

Welcome to StrateGene® — This quickstart guide will get you up and running with your DNA test, answer many questions, and direct you to the many resources you get as a StrateGene® owner.

1. IMPORTANT: Register Your Kit

- Record your tube number and the name associated with each tube number if you are sending in multiple kits.
- Register your kit online at <https://secure.strategene.me/signIn> and record your login information (username and password - case sensitive) somewhere safe.

2. Take the DNA Test and Send to Lab (Spit and ship!)

- To take the test, follow the instructions on the DNA kit packaging.

3. Educate Yourself

- Read [How to Understand Your StrateGene® Report](#) — gives an overview and head start to understanding the report you are about to receive.
- Read Dr. Lynch's *Dirty Genes* book — sent to you with your StrateGene® DNA kit
- Take Dr. Lynch's *Dirty Genes* Course — located in your Education Portal — [login here](#)
- Browse the [StrateGene® FAQs](#)

4. Join the members-only StrateGene® Facebook group.

- Provides a community and a place to ask questions about your report and Pathways.
- Please read the pinned post. Then, agree to the group rules by commenting with your initials on the pinned post.
- [Click here to join the StrateGene® Facebook group.](#)

5. Share your results with your healthcare practitioner.

- Once you receive your results, you can share them with your healthcare practitioner so they can help you to interpret. [Click here to learn how to share your results.](#)

6. Interpret your test results.

- The different colors on your report indicate the speed of your different enzymes. Visit the [StrateGene® glossary](#) to learn more about the colors and their meanings.
- Visit your healthcare provider, or find one to help interpret your results on our [Health Professional Directory](#).
- Check out some of Dr. Lynch's educational videos on [YouTube](#) and in your [Educational Portal](#).
- Ask for guidance in our [StrateGene® Facebook group](#).

7. Start with a Soak & Scrub followed by the Super Seven

- Ready to start cleaning your dirty genes? Start by doing the Soak and Scrub as detailed in Dr. Lynch's book *Dirty Genes*.
- Next, focus on the Super Seven Genes as detailed in Dr. Lynch's book *Dirty Genes*.

8. Empower your actions through knowledge.

- Knowledge is the foundation that effective action is built upon.
- After you've read *Dirty Genes* and taken the *Dirty Genes Course*, continue your education:
 - Watch the bonus materials from Dr. Lynch in your [Education Portal here](#).
 - Take additional courses from Dr. Lynch found [here](#).

Quick Links

[Login to your StrateGene® account here](#) — Test results, Education Portal, and more. Be sure to use your Username and Password (case sensitive)

[Connect with other members here](#) — Your private StrateGene® Facebook support group

[Visit our FAQ archives here](#) — Answers to the most frequently asked questions

[StrateGene® Glossary](#) — Definitions to help you understand your StrateGene® report

[Health Professional Directory](#) — Get help with interpreting your StrateGene® report

[StrateGene® Customer Service](#) — Got questions? Email customer service at support@strategene.me or call (800) 547-9812

[The Pulse Method](#) — Gain an understanding of how to use supplements properly

[SeekingHealth.com](#) — Provides Targeted Support via supplementation and online courses. Seeking Health supplements are formulated by Dr. Ben Lynch, third-party tested for purity and potency. As discussed in *Dirty Genes*, a supplement is defined as ‘to add/to enhance’. Use supplements only as needed and follow the Pulse Method.

Let's Get Social!

Follow Seeking Health on [Facebook](#) and [Instagram](#) and [YouTube](#)

Health Professional?

Love how StrateGene® supports you and your patients? Looking for nutritional supplementation which is based on research, third-party tested and affordable by your patients?

We're accepting new accounts. [Click here to learn about our wholesale program.](#)

