



# SNPBit Compendium 1: Overviews, Culled Research, Pathway Drawings and Our Two Cents (Volume 1)

*Cynthia Smith, Sterling Hill Erdei, Carolyn Ledowsky*

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SNPBit Compendium 1 is your go-to reference for SNP information in one place. There are overviews for a quick look, cited research for a further look, links, and "Our Two Cents", including clinical pearls from our Practitioner's perspective. Individual SNPs are visually placed in their enzymatic pathways where possible and include nutritional cofactors (e.g., Magnesium) that are needed for their optimal function. This information is formatted in an easy to understand dictionary style. We recommend printing out the Pathways when looking at your own SNPs, so that you can see individual SNP placement with respect to other SNPs, and their enzymatic end-products. This Compendium 1 is designed to assist both the layman and practitioner in making sense of a Variant Report or a PDF list of SNPs from other Apps. This Compendium 1 is 350 pages, tracks with "Sterlings App", and includes the following SNPs : - Phase 1 and 2 Liver Detox SNPs - Methylation SNPs - Alcohol SNPs - Histamine SNPs - Neurotransmitter SNPs - Mitochondrial SNPs (Electron Transport Chain) This Compendium 1 is a compilation of four years of research gathered by Sterling and Cynthia, and our associate Carolyn Ledowsky, an ND in Australia and MTHFRsupport.au, assisting with edits and key inputs. This is a labor of love by us, as we strived to provide information to those who are attempting to understand SNPs on their Variant Report, and their application, without the hassle of researching each SNP individually.

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