



THE V CLINIC
BY DR VARASTEGANI

Olivia, this is your ancestry report





**THE V CLINIC
BY DR VARASTEGANI**

Welcome to The V Clinic: Elite Nutrition, Precision Results

At The V Clinic, we redefine health and wellness with a data-driven, scientific approach designed for discerning clients who value excellence and results. Founded by Dr. Boshra Varastegani, a PhD-qualified nutrition scientist, we specialise in **Nutrigenetics**—the art of crafting **personally curated nutrition plans** based on your unique DNA and biometric data. By analyzing your genetic and physiological profile, we deliver precise, actionable insights tailored to your specific needs.

Our elite service guarantees **total discretion**, ensuring an exceptional experience that meets the highest standards of professionalism and confidentiality.

About Dr. Boshra Varastegani

Dr. Varastegani brings an unparalleled level of expertise to the field of nutrition, renowned for her academic and professional achievements:

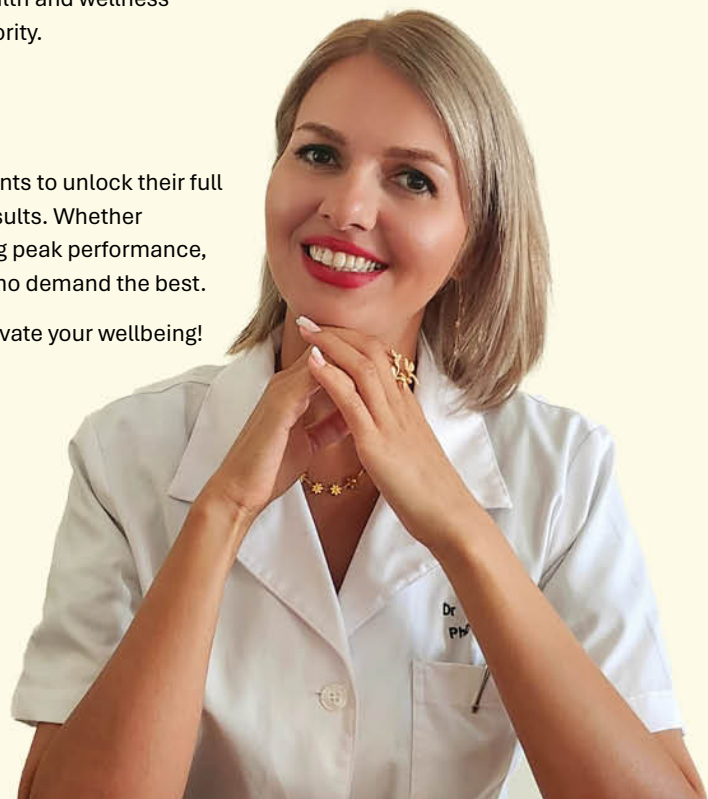
- **PhD in Nutrition**, the pinnacle of academic excellence in the field.
- **European Commission collaborator** leading groundbreaking research on large-scale food security and sustainability.
- **Editor-in-Chief** of the Journal of Food Innovation, Nutrition, and Environmental Sciences.
- **Author** of multiple peer-reviewed publications, with her work cited on hundreds of occasions by researchers worldwide.
- Trusted by high-profile clients, including leaders in business and diplomacy, for her scientific expertise and innovative approach.
- Dr Varastegani's unwavering commitment to advancing health and wellness through science positions her as a globally respected authority.

The V Clinic: Your Exclusive Wellness Partner

The V Clinic offers **bespoke nutrigenetic plans** that empower clients to unlock their full potential, optimise health and achieve tangible, transformative results. Whether managing chronic conditions, enhancing energy levels, or pursuing peak performance, our personalized strategies are meticulously designed for those who demand the best.

Discover a revolutionary path to wellness with The V Clinic and elevate your wellbeing!

Dr Varastegani



INTRO

Introduction

Unlock Your Best Health with The V Clinic

The V Clinic is a cutting-edge nutritional consultancy that leverages advanced blood and DNA analysis to create personalized, data-driven nutrition plans. These plans are tailored to each client's unique genetic profile and individual health needs.

Led by internationally recognised scientist and nutrition expert Dr. Boshra Varastegani (PhD), The V Clinic has been delivering exceptional, customized care and guidance to clients worldwide.

Who are we and where do we come from?

Our DNA holds the keys to unraveling these questions. Genetically, we are the reflection of a heritage that has been consistently passed down from generation to generation over millennia.

Humans, like other species, are constantly evolving. Since the dawn of Homo sapiens in Africa more than 200,000 years ago, our species has colonized different corners of the planet, adapting and refining its DNA according to the specific conditions of each region and era. Our genome has undergone both random and evolutionary modifications over the centuries. Certain mutations, which may have arisen in an individual thousands of years ago, have been transmitted and perpetuated in their descendants to the present day. Using advanced genetic technology at V Clinic, we can identify and understand some of these mutations, shedding light on our ancestral roots.

This ancestry report provides a comprehensive analysis of our genetic heritage, backed by the most advanced technology available. The report is broken down into the following sections:

- 1. Geographic Ancestry:** in this section you will be able to discover the origin of your ancestors in the current geographic context. We analyze your ancestry in an average time frame of about 800 years ago, excluding the last 250 years. Our algorithm is distinguished by its precision and the large number of regions covered on all continents.
- 2. Historical Ancestry:** Our historical ancestry test allows you to trace the origins of your ancestors over eight periods, starting from prehistoric times. The sophisticated algorithm matches your genetic profile with our database of archaeological remains, accurately sequenced and dated by carbon-14 testing. The report highlights the three ancestral cultures most closely related to your genetics.
- 3. Ethnic Ancestry:** The exploration of your ethnic ancestry delves into your genetic heritage by comparing your DNA to our database of global ethnic profiles. Each segment of your DNA is linked to specific populations, revealing genetic and cultural

INTRO

connections. This analysis combines genetic, anthropological and social perspectives, offering a comprehensive view of your roots.

4. Maternal Ancestry: By analyzing your mitochondrial haplogroups, we unravel your maternal lineage. Mitochondrial DNA is inherited exclusively through the maternal lineage. Through distinctive mutations, we trace a line connecting all "your mothers" to 'Mitochondrial Eve', the common maternal ancestor of all humans, who lived some 200,000 years ago in Africa.

5. Paternal Ancestry (males only): The paternal lineage, encoded on the Y chromosome, is transmitted from fathers to male offspring, revealing male inheritance. This genetics shows us paternal haplogroups derived from unique mutations perpetuated generation after generation. Our algorithms accurately trace the lineage of our 'fathers' back to the dawn of our ancestors in Africa more than 150,000 years ago.

6. Neanderthal DNA: For several millennia (between 40,000 and 30,000 years ago), Neanderthals and humans coexisted in Europe and Asia, sharing genetic material. After mapping the Neanderthal genome in 2010, we understood this genetic relationship. With our test, discover how much Neanderthal DNA is present in your genetic map and explore the ancestral connection with these ancient inhabitants.

GEOGRAPHICAL



GEOGRAPHICAL

What is geographic ancestry?

The VClinic Geographic Ancestry analysis is designed to reveal the geographic origin of your ancestors in a contemporary framework. With this test, you will have the opportunity to explore the global regions with which your DNA has affinity, providing a detailed view of the areas linked to your ancestral lineage. The evaluation is carried out using autosomal DNA, which encapsulates a synthesis of the genetic information that you have inherited from both your father and your mother, reflecting the genetic legacy of previous generations. At VClinic, our focus is on an average of 800 years ago, deliberately excluding the last 250 years to ensure the accuracy and robustness of the results, avoiding periods that are too recent and may lack scientific robustness.



GEOGRAPHICAL

Countries

France	59,35 %	United Kingdom	21,48 %
Netherlands	7,85 %	Ireland	4,39 %
Norway	3,23 %	Iceland	1,39 %
Spain	0,92 %	Sweden	0,92 %
Denmark	0,46 %		



GEOGRAPHICAL

Countries in Europe

France	59,35 %	United Kingdom	21,48 %
Netherlands	7,85 %	Ireland	4,39 %
Norway	3,23 %	Iceland	1,39 %
Spain	0,92 %	Sweden	0,92 %
Denmark	0,46 %		



GEOGRAPHICAL

Regions in Europe

Loire-Atlantique	50,35 %	East of England	9,47 %
Utrecht	5,31 %	South East England	3,23 %
Kent Canterbury	3,23 %	Groningen	2,54 %
Lancashire	1,85 %	Limousin	1,85 %
Seine-Maritime	1,62 %	Vestlandet Bergen	1,62 %
Trondheim	1,62 %	Orkney Islands	1,39 %
Bas-Rhin	1,39 %	Reykjavik	1,39 %
Ile de France	1,39 %	Connacht	1,39 %
Pas-de-Calais	1,15 %	Ulster	0,92 %
Brittany	0,92 %	Galway	0,92 %
Oland	0,92 %	Hinxton	0,92 %
Cornwall	0,69 %	Scotland Argyll and Bute	0,69 %
Leinster	0,69 %	Bouches-du-Rhone	0,69 %
Dublin	0,46 %	Canary Islands	0,46 %
Denmark	0,46 %	Asturias	0,46 %



HISTORICAL



HISTORICAL

What is historical ancestry?

In this advanced historical ancestry test, you can learn about the origins of your ancestors from eight key periods in history and prehistory.

To do this, we take your genetic information and compare it to a database of DNA from archaeological human remains. These remains have been accurately dated using the radiocarbon (carbon-14) method to confirm their historical era. With this unique genetic data, we create a personalized report for you, backed by strong scientific standards.

Your report will highlight the three ancestral cultures that most closely match your DNA, helping you understand the societies where your ancestors likely lived.



HISTORICAL

> 10.000 B. C. - Upper Paleolithic

Azilian Palaeolithic culture 10000BC Spain

In ancient Spain, during the Paleolithic era, your ancestors from the Azilian culture lived a hunter-gatherer life. Their days were filled with challenges in the wild nature, forging primitive tools and creating cave art. Stories were passed from one generation to the next, and those ancient voices might have been your own ancestors.

Iberian hunter-gatherer 10000BC Spain

The Iberian hunter-gatherers were a nomadic people who lived by hunting and gathering fruits and berries. One of your ancestors may have been an Iberian hunter who roamed the plains and mountains of Spain in search of animals. He may also have been an Iberian gatherer who collected fruits and berries to feed his family.

Italian hunter-gatherer 10000BC Italy

Beyond 10000 BC, in what is now Italy, hunter-gatherers roamed in pursuit of sustenance. Picture your ancestor chasing after prey or gathering edible plants, living in harmony with nature and adapting to an ever-changing environment.



ANCESTRAL CULTURE	AFFINITY
Azilian Palaeolithic culture 10000BC Spain	34,00 %
Iberian hunter-gatherer 10000BC Spain	31,80 %
Italian hunter-gatherer 10000BC Italy	12,40 %

HISTORICAL

Azilian Palaeolithic culture 10000BC Spain

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HISTORICAL

10.000-5.000 B. C. - Mesolithic and early Neolithic

Azilian Mesolithic culture 10000-5000BC Spain

In Spain, between 10000-5000 BC, your ancestors would have been part of the Azilian culture. Living post the last glacial period, they adapted their skills to harness the renewed resources of the landscape. Picture your ancestors painting in caves, hunting and gathering, and forging specific tools in an ever-changing world.

Linear pottery culture in Austria 10000-5000BC Austria

From 10000 to 5000 BC, the Linear pottery culture thrived in Austria. Envision your ancestor skillfully molding the early ceramic vessels, adorned with distinctive linear patterns. These early European farmers laid the groundwork for future civilizations, transitioning from hunter-gatherer lifestyles to settled societies with agricultural practices.

Iberian hunter-gatherer 10000-5000BC Spain

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ANCESTRAL CULTURE

AFFINITY

Azilian Mesolithic culture 10000-5000BC Spain
Linear pottery culture in Austria 10000-5000BC Austria
Iberian hunter-gatherer 10000-5000BC Spain

26,65 %
15,43 %
15,43 %

HISTORICAL

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HISTORICAL

5.000-3.000 B. C. - Neolithic and beginning of the Metal Age

Bulgarian Copper Age 5000-3000BC Bulgaria

Between 5000 to 3000 BC, Bulgaria saw advancements in the Copper Age. One of your ancestors might have been an artisan skilled in molding copper, creating tools and ornaments that revolutionized daily life. These advancements led to more stable settlements and the growth of complex communities in the region.

German Late Neolithic 5000-3000BC Germany

The German Late Neolithic was a time of great economic change, as the Germans began to practice agriculture and cattle breeding on a large scale. Who knows? Maybe one of your ancestors was a farmer who cultivated fields of cereals and a cattle herder who cared for herds of animals.

German Middle Neolithic 5000-3000BC Germany

Between 5000-3000 BC in Germany, the Middle Neolithic era saw an evolution in tools and farming techniques. Imagine your ancestors tilling fields, domesticating animals, and erecting megalithic monuments. Their skills, innovations, and traditions deeply influenced the enduring Germanic cultural fabric.



ANCESTRAL CULTURE

AFFINITY

Bulgarian Copper Age 5000-3000BC Bulgaria
German Late Neolithic 5000-3000BC Germany
German Middle Neolithic 5000-3000BC Germany

53,20 %
19,40 %
8,40 %

HISTORICAL

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HISTORICAL

3.000-1.300 B. C. - Bronze Age

German Early Bronze Age 3000-1300BC Germany

The German Early Bronze Age was a time of great social change, as humans began to live in larger settlements and develop new forms of trade and social organization. Who knows? Maybe one of your ancestors was a merchant who traveled around Europe exchanging goods and spreading the Bronze Age culture.

English Middle Bronze Age 3000-1300BC United Kingdom

Between 3000-1300 BC, the Middle Bronze Age in England witnessed technological leaps. The introduction of bronze tools signified a marked improvement in efficiency and longevity. During this era, your ancestors could have been craftsmen, farmers, or community leaders, shaping the cultural landscape of the region.

Czeck Bell beaker culture 3000-1300BC Czech Republic

The Bell Beaker culture spread across much of Europe, and the Czech Republic was no exception. Characterized by their distinctive bell-shaped beakers, an ancestor of yours might have taken part in ritualistic ceremonies drinking from one of these vessels, celebrating ancient rituals and traditions.



ANCESTRAL CULTURE

AFFINITY

German Early Bronze Age 3000-1300BC Germany
English Middle Bronze Age 3000-1300BC United Kingdom
Czeck Bell beaker culture 3000-1300BC Czech Republic

40,20 %
18,80 %
9,80 %

HISTORICAL

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HISTORICAL

1.300-500 B. C. - Iron Age

English Late Bronze Age 1300-500BC United Kingdom

The Late Bronze Age in England (1300-500 BC) was a period of metallurgical innovations, producing more efficient tools and weapons. Fortified settlements arose and trade intensified. Your ancestors might have witnessed a society in transition, adapting to new technologies and challenges.

English Middle Bronze Age 1300-500BC United Kingdom

The Middle Bronze Age in England (1300-500 BC) saw the proliferation of metallurgy, marked by the production of tools, weapons, and adornments. Communities focused on farming and pastoralism. Your ancestors might have lived in farming villages, partaking in communal work and ritual ceremonies.

English Iron Age 1300-500BC United Kingdom

The Iron Age in England (1300-500 BC) marked the emergence of hill forts and advanced farming techniques. Villages and settlements grew in number and complexity. Your ancestors of this era could have been warriors, farmers, or craftsmen, laying down the foundations of medieval society.



ANCESTRAL CULTURE

AFFINITY

English Late Bronze Age 1300-500BC United Kingdom	24,10 %
English Middle Bronze Age 1300-500BC United Kingdom	15,86 %
English Iron Age 1300-500BC United Kingdom	10,84 %

HISTORICAL

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HISTORICAL

500 B. C.-500 A. D. - Classical Antiquity

English Iron Age 500BC-500AD United Kingdom

During the Iron Age in England (500 BC-500 AD), significant technological and social developments took place. Strong trade and cultural links with the European mainland were established. In this time, your ancestors might have experienced the arrival of the Romans and the melding of two cultures.

French Iron Age 500BC-500AD France

From 500 BC to 500 AD, the French Iron Age saw the rise of Celtic tribes and later the Roman conquest of Gaul. Innovations in metallurgy and craftsmanship were evident. Cities began to grow, and trade networks expanded. Druids played a key spiritual role. Your ancestor could have been a druid or a soldier under Julius Caesar's command.

Roman in United Kingdom 500BC-500AD United Kingdom

The Romans conquered the United Kingdom in the 1st century BC and established a Roman province. During this time, the Romans built cities, roads, bridges, and other infrastructure in the United Kingdom. They also introduced new technologies and agricultural practices to the region. One of your ancestors may have been a Roman soldier who lived in the United Kingdom during the



ANCESTRAL CULTURE

AFFINITY

English Iron Age 500BC-500AD United Kingdom	36,80 %
French Iron Age 500BC-500AD France	14,00 %
Roman in United Kingdom 500BC-500AD United Kingdom	9,80 %

HISTORICAL

English Iron Age 500BC-500AD United Kingdom

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Roman in United Kingdom 500BC-500AD United Kingdom

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HISTORICAL

500-1.000 A. D. - Early Middle Ages

Viking Denmark 500-1000AD Denmark

From 500 to 1000 AD, Danish Vikings were known for their raids and explorations. One of your ancestors might have been a fearless Viking navigator, discovering new lands and cultures. Another ancestor could have been a weaver, creating intricate patterns on fabrics that would become valued goods.

Viking in United Kingdom 500-1000AD United Kingdom

From 500 to 1000 AD, the coasts of the United Kingdom experienced frequent Viking raids. One of your ancestors might have been a bold Viking, landing on British shores in search of wealth. Another ancestor could have been an abbess, defending her monastery from the raids and keeping the local culture alive.

Langobard in Hungary 500-1000AD Hungary

The Lombards were a Germanic people who migrated from Scandinavia to Italy in the 6th century AD. They were skilled warriors and conquerors, and they established a kingdom in Italy that lasted for over two centuries. The Lombards adopted Roman culture and Christianity, and their influence can be seen in modern Hungarian culture. One of your ancestors may have been a Lombard



ANCESTRAL CULTURE	AFFINITY
Viking Denmark 500-1000AD Denmark	30,00 %
Viking in United Kingdom 500-1000AD United Kingdom	26,00 %
Langobard in Hungary 500-1000AD Hungary	11,40 %

HISTORICAL

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HISTORICAL

1.000-1.300 A. D. - Late Middle Ages

Viking in Sweden 1000-1300AD Sweden

Between 1000 and 1300 AD, Sweden was one of the epicenters of Viking culture. One of your ancestors might have been a Swedish Viking explorer, sailing the Baltic and North seas in search of new lands. Another ancestor could have been a warrior, defending her land and honoring her Norse gods.

Viking in United Kingdom 1000-1300AD United Kingdom

Between 1000 and 1300 AD, Vikings settled in various parts of the United Kingdom. One of your ancestors might have been a Viking, settling on British lands and merging cultures. Another ancestor could have been a British lady, interacting and forging alliances with these bold navigators.

Early Norse in Greenland 1000-1300AD Greenland

Between 1000 and 1300 AD, the Early Norse arrived in Greenland, marking a period of colonization and adaptation to a new environment. These seafarers and settlers faced extreme challenges, from icy landscapes to Arctic conditions. Picture an ancestor of yours, navigating icy waters, building settlements, and adapting to this distant land.



ANCESTRAL CULTURE

AFFINITY

Viking in Sweden 1000-1300AD Sweden	66,60 %
Viking in United Kingdom 1000-1300AD United Kingdom	9,00 %
Early Norse in Greenland 1000-1300AD Greenland	4,80 %

HISTORICAL

Viking in Sweden 1000-1300AD Sweden

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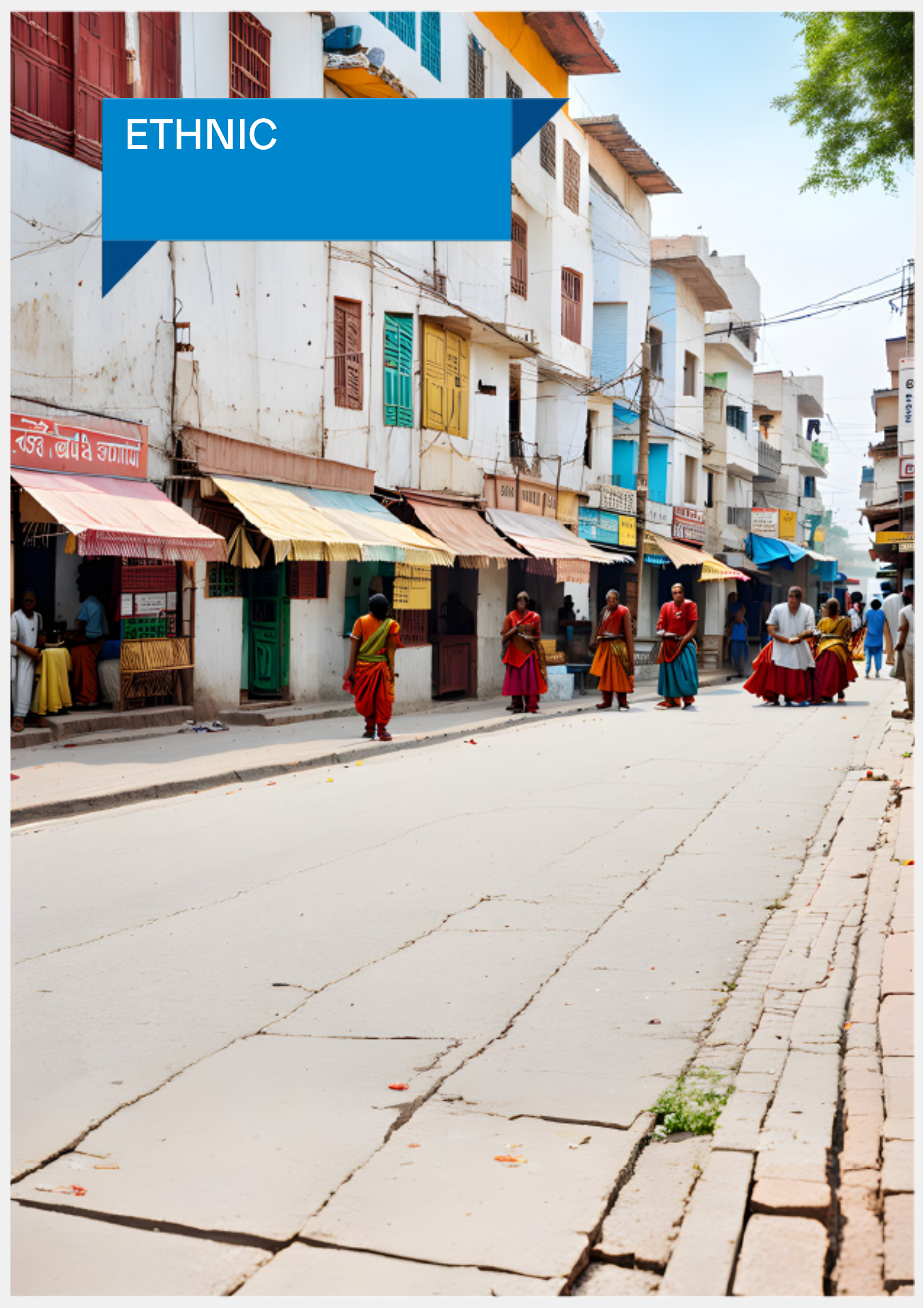
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ETHNIC



ETHNIC

Exploring your ethnic ancestry is a deep journey into the fabric of your genetic heritage. We analyze your DNA information and meticulously compare it to an extensive database that we've developed over the years, consisting of the genetic profiles of hundreds of ethnic groups from around the globe.

Each segment of your DNA is analyzed and associated with the ethnic populations with which it shares the most affinity, allowing us to determine which portions of your genome have ties to different regions and cultures of the world.

Beyond the purely genetic aspect, this analysis is enriched by integrating a social and anthropological perspective, offering a holistic view of your ancestral history. Along with the study of your geographical ancestry, this multidimensional approach provides you with a comprehensive overview, merging DNA science with the historical and cultural trail of your roots.

ETHNICITY	AFFINITY	ETHNICITY	AFFINITY
Breton	51,27 %	English	19,40 %
Germanic Central European	7,85 %	Scandinavian	4,62 %
Irish	4,39 %	French	2,54 %
Occitan	1,85 %	Normand	1,62 %
French Alemannic	1,39 %	Icelandic	1,39 %
Orcadian	1,39 %	Occitan Mediterranean	0,69 %
Scottish	0,69 %	Canary Islander	0,46 %
Iberian	0,46 %		



ETHNIC

Breton

The Breton ethnic group has its origins in the Brittany region of northwestern France. This ethnic group is the result of the migration of Celtic peoples from the British Isles, especially during the Middle Ages. The Bretons have left an indelible mark on the culture, history and landscape of this part of France. Brittany is composed of several departments, including Cote d'Armor, Finistère, Ille-et-Vilaine and Loire-Atlantique. Although Loire-Atlantique is now part of the Pays de la Loire region, it was historically linked to Brittany and thus shares many of the Breton traditions. One of the most distinctive characteristics of the Bretons is their language, Breton, a Celtic language that has endured despite cultural domination and assimilation. While the number of speakers has declined over time, there are still significant efforts to revive and preserve the language, including its teaching in schools and its use in local media. Breton culture is rich in music, dance and legends. Traditional Breton music is highlighted by instruments such as the bagpipes and the bombard. Festivities, such as the Lorient Interceltic Festival, celebrate this heritage and attract visitors from all over the world. Another feature is its gastronomy. Dishes such as "kouign-amann", a butter-based cake, and crepes are emblematic of Brittany and reflect the culinary richness of the region. The Bretons are also known for their strong sense of identity and autonomy. Over the centuries, they have fought to preserve their traditions and values in the face of outside influences. Today, there is a renewed interest in Breton culture, with many young people reaffirming their identity and contributing to the region's cultural renaissance.

English

The English are an ethnic group living in England, United Kingdom. They are the largest ethnic group in the country, with an estimated population of 55.98 million people. Their language, English, is the official language of the United Kingdom and is spoken by the majority of the English. The predominant religion among the English is Christianity, although there is also a minority of English non-believers. The English have had a diverse and complex history, marked by the Norman Conquest, the Wars of the Roses and the Industrial Revolution. However, the English have survived and prospered. They are a resilient and determined people who are committed to building a better future for their country. In the United Kingdom, the English live all over the country. The majority of the English are employed, and are engaged in a wide range of occupations, from industry and agriculture to services and commerce.

Germanic Central European

The Central European Germans are an ethnic group inhabiting Austria and Germany. They are descendants of the first inhabitants of the region, the Germanic people, who arrived in the area some 2,000 years ago. The Central European Germans are a people proud of their identity, and have a rich and complex culture and history. Their language, German, is a Germanic language that is spoken by most Central European Germans. Central European Germanic culture is characterized by a strong sense of family and community. Central European Germans are very hospitable, and have a deep respect for tradition and religion. The predominant religion among Central European Germans is Christianity, although there is also a minority of Muslim Central European Germans. Central European Germans have had a turbulent history, marked by wars, revolutions and immigration. However, the Central European Germans have survived and prospered. They are a resilient and determined people who are committed to building a better future for their people. In Austria and Germany, Central European Germans live throughout the country. Most Central European Germans are hardworking, and are engaged in a variety of occupations, such as agriculture, industry and technology.

Scandinavian

The Scandinavians, who hail from the Nordic countries of Denmark, Norway, Sweden, Finland and Iceland, represent a rich and diverse cultural group in Northern Europe. Their heritage is deeply rooted in the Viking legends, heroic sagas and folk traditions that have permeated European history. The Scandinavian region is noted for its breathtaking natural beauty, from the Norwegian

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fjords to the vast expanses of forests in Sweden to the majestic Icelandic landscapes. Scandinavian society is characterized by values such as equality, transparency and sustainability, which are reflected in its education and welfare systems, as well as progressive policies and respect for human rights. The language, although diverse in dialects, shares common roots in the Germanic languages and is spoken with pride in each country. Norse mythology, with deities such as Odin, Thor and Freyja, remains an integral part of Scandinavian culture, evident in traditional festivals and celebrations that honor these ancient beliefs. Scandinavian craftsmanship and design are world famous for their elegant simplicity and functionality. From iconic Danish designer furniture to minimalist Swedish fashion, Scandinavians have left a distinctive mark on the world of art and creativity. In addition, the region is known for its commitment to sustainability and environmental preservation, leading initiatives to address climate change and promote renewable energy. Scandinavian cuisine is diverse and focuses on fresh and natural ingredients, such as fish, berries and dairy products. Typical dishes include gravlax (cured salmon), köttbullar (Swedish meatballs) and rúgbrauð (Icelandic rye bread). Coffee culture is also a significant part of daily life, with coffee breaks (fika in Swedish) encouraging socializing and relaxation. Scandinavian music ranges from ancient Viking ballads to contemporary pop music. Scandinavian bands and artists have gained international recognition in a variety of genres, from metal to alternative pop. In addition, the region is known for its music and cultural festivals, such as the Roskilde Festival in Denmark, which attract visitors from all over the world. In short, Scandinavians represent a cultural richness that ranges from their legendary Viking origins to their modern influence in the world of art, music and sustainability. Their cultural identity has been forged over centuries, and their contribution to the global landscape continues to be relevant and appreciated today.

Irish

The Irish are the main ethnic group in Ireland, an island located in northwestern Europe. With a history dating back millennia, Ireland has been home to druids, poets and warriors, and has faced invasions, famines and struggles for independence. Irish culture is rich in myths and legends, with stories of heroes such as Cú Chulainn and Morrigan. Gaelic or Irish, although not the primary language spoken in everyday life, remains an essential element of Irish identity and is taught in schools throughout the country. Irish music and dance are world famous, with traditional styles such as sean-nós and Irish ballroom dancing attracting fans of all ages. Festivities such as St. Patrick's Day on March 17 celebrate Irish identity and history and are recognized globally. Despite its small size, Ireland has produced many famous writers, poets and playwrights, including James Joyce, W.B. Yeats and Samuel Beckett. Religion, particularly Catholicism, has played an important role in Irish history and culture, although modern society is increasingly diverse in terms of beliefs and practices. Ireland has also undergone an economic transformation in recent decades from a predominantly agrarian country to a center of technology and finance. Despite the challenges and changes over the years, the resilient spirit, humor and warmth of the Irish people remain unwavering and remain an essential part of their national identity.

French

The French are the inhabitants of France, a nation with a rich history that extends from Roman times to its central role in the formation of modern Europe. France is known for its profound influence on art, literature, science, philosophy and world politics. French culture has been instrumental in shaping global trends, especially in areas such as fashion, gastronomy and cinema. The French language, spoken not only in France but also in many former colonies and communities around the world, is one of the most studied languages. The French are known for their appreciation of "joie de vivre" or "joie de vivre," and this is reflected in their passion for food, wine and the celebration of life in general. Over the centuries, France has been a cauldron of cultural exchanges, and this has resulted in a diverse society with influences from all over the world. The French Republic values ideals such as liberty, equality and fraternity, and has been a beacon of human rights and democracy. Although it faces contemporary challenges, like any nation, France remains a mainstay on the global stage, with a cultural legacy that continues to inspire people around the world.

Occitan

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Occitanians are the inhabitants of the historic region of Occitania, which encompasses parts of southern France, as well as smaller areas of Italy and Spain. For centuries, this region has been home to the Occitan language, a Romance language that has had a major influence on the culture and identity of the region. Despite the pressures of assimilation and Frenchization, many in the region still speak Occitan and consider it an integral part of their identity. Occitan culture is known for its rich tradition in music, dance, literature and festivals. One of its most recognized symbols is the "Cross of Occitania". During the Middle Ages, Occitania experienced its golden period, with troubadours creating lyrical poetry and songs that influenced European literature. However, over time, especially after the Albigensian Crusade and the incorporation of the region into the Kingdom of France, the Occitan language and culture faced significant challenges. Despite this, there have been continuous efforts to revive and promote the Occitan language and culture, especially since the 20th century. Today, with the support of local institutions and communities, there are schools, festivals and media that celebrate and preserve the rich Occitan heritage in France.

Normand

The Normans are an ethnic group arising from the historical region of Normandy in northern France. They were originally Scandinavian Vikings who began settling in the region in the 9th century, led by Rollo. Over time, these Vikings merged with the local Gallo-Roman and Franconian peoples, adopting their language and culture but also leaving their mark on the region. This fusion created a unique identity that would prove pivotal in European history. The Normans are known for their adventurous spirit and maritime skills, which led them to undertake expeditions and establish dominions as far afield as England, Italy and the Middle East. In 1066, William the Conqueror, Duke of Normandy, conquered England, an event that left an indelible mark on English history and culture. Today, the Norman influence lives on in Normandy, with a rich cultural, architectural and linguistic heritage that distinguishes it within France.

French Alemannic

The French Germanic people, mainly settled in the Alsace region and parts of Lorraine, represent a linguistic and cultural community with roots in the Germanic Germanic tradition. These regions, located in northeastern France, have seen a mixture of French and Germanic influences over the centuries due to their border location. The Alemannic dialect, known locally as German shepherd or Elsässisch, has traditionally been spoken in the region, although it has faced challenges in terms of preservation and transmission to younger generations. Culturally, the region displays an amalgam of French and Germanic customs, evident in architecture, festivities and gastronomy. Dishes such as sauerkraut (choucroute in French) and flammekueche are emblematic of this cultural fusion. In addition to the Germanic identity, the region's population also identifies deeply with the French nation, which has led to a unique bicultural identity. Throughout history, Alsace and Lorraine have changed hands between France and Germany on several occasions, which has profoundly influenced local identity and culture. In contemporary France, efforts are being made to preserve and revitalize the Germanic heritage, recognizing its value in the country's cultural mosaic.

Icelandic

Icelanders are the main ethnic group of Iceland, a Nordic island in the North Atlantic. This group has inhabited the island since it was settled by the Vikings in the 9th century. Over the centuries, they have developed a unique culture and identity, influenced by their geographic isolation and extreme natural environment. Icelanders speak the Icelandic language, which has remained remarkably intact since the Middle Ages, allowing modern speakers to read Old Norse sagas in their original form. Literature, especially poetry, is of significant cultural importance. Iceland is also known for its strong tradition in music, film and visual arts. On a social level, Icelandic society is characterized by its welfare, gender equality and high level of education. Although Iceland is modern and technologically advanced, the connection to nature and ancient traditions, such as the belief in elves and earth spirits, remains relevant to many. In the global context, Icelanders are recognized for their resilience, creativity and strong sense of community, keeping their heritage alive while adapting and contributing to the contemporary world.

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Orcadian

The Orcadians are the inhabitants of the Orkney Islands, an archipelago located north of Scotland in the United Kingdom. These islands have a rich history dating back to the Stone Age, and have been influenced by Norse and Scottish cultures over the centuries. Archaeological remains, such as the Neolithic settlement of Skara Brae and the Ring of Brodgar stone circle, testify to the ancient human presence on the islands. Although Orkney has traditionally been considered part of Scotland, it also has strong Viking influences due to the Norse occupation between the 9th and 15th centuries. The Orcadian dialect is a reflection of this influence, being a mixture of Scots and Old Norse. Culturally, the Orcadians have festivals and traditions of their own, one of the most notable being the "Up Helly Aa" festival, which celebrates the islands' Viking heritage. Although life in Orkney can be challenging due to its climate and geographic isolation, Orcadians have developed a strong and resilient community that values both its unique heritage and its place in the modern United Kingdom. Music, literature and the arts also play a crucial role in Orcadian life, with numerous events and festivals celebrating the rich cultural tapestry of the islands.

Occitan Mediterranean

The Mediterranean Occitanians belong to the part of the Occitan community residing in the Mediterranean region of France. These areas, bathed by the Mediterranean Sea, have a history and culture enriched by coastal and maritime interactions. While they share many of the traditions and language of Occitania as a whole, Mediterranean influences have left a distinctive mark. Differences can be seen in the gastronomy, where seafood and fresh, local ingredients take center stage. Festivals and celebrations in these areas often have a maritime flavor and are influenced by historical interactions with other Mediterranean cultures. However, like other Occitanians, Mediterranean Occitanians have faced challenges in preserving their language and culture amidst the dominance of French. Despite this, there is a sense of pride and belonging that lives on, with local efforts to promote the Occitan language and traditions unique to the Mediterranean region. The coastal towns, with their rich history and mix of cultures, are testament to the resilient Occitan identity in the context of the Mediterranean.

Scottish

The Scots, or Scottish, are the original ethnic group of Scotland, one of the four nations that make up the United Kingdom. Their history and culture are intrinsically linked to the Scottish land and they have a rich cultural heritage spanning centuries. Scotland is divided into several regions, and some of the most prominent include Argyll and Bute, East Scotland, West Scotland and Lothian. Each of these regions has its own distinct identity and characteristics. The Scots are known for their independent spirit, traditions and contribution to world culture. Scotland's history is full of significant events, such as the struggle for independence in the 13th century and the Act of Union of 1707, which united Scotland and England in the United Kingdom. Scottish culture is noted for its music, dance, sports such as golf and rugby, as well as traditional dress, such as the kilt and bagpipes. Scottish cuisine includes emblematic dishes such as haggis and Scotch whisky. The Scots language is Scots, which along with Scottish Gaelic, is one of the traditional languages of Scotland. Despite their shared history with the United Kingdom, the Scots maintain a strong cultural identity and devotion to their country. Today, Scotland has its own parliament and government, which has increased its political autonomy. The Scots continue to play a vital role in shaping the identity and politics of the United Kingdom and remain an ethnic group with a distinct and vibrant cultural identity.

Canary Islander

The Canarians are an ethnic group inhabiting the Canary Islands, a Spanish archipelago located in the Atlantic Ocean off the northwest coast of Africa. They are descendants of the first inhabitants of the islands, the Guanches, who were a Berber people who came to the islands from North Africa some 2,000 years ago. The Canary Islanders are a diverse people, with a mixture of Guanche, European and African ancestry. Their language, Spanish, is mixed with Guanche words and expressions. Canarian culture is rich and diverse. The music, dance, gastronomy and traditions of the Canary Islanders are unique and reflect their history and culture. Canarians are a people proud

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of their identity, and are committed to preserving their culture and traditions. Canarian music is a blend of African, European and Guanche influences. Traditional Canarian musical instruments include the timple, guitar, marimba and drum. Canarian dance is a form of cultural expression characterized by its fluid and elegant movements. Canarian gastronomy is a mixture of African, European and Mediterranean influences. Traditional Canarian dishes include gofio, mojo, sancocho and churrasco. The Canary Islanders are a vibrant and dynamic people who are contributing to the development of Spain and Europe.

Iberian

The Iberian Peninsula, which encompasses the present-day nations of Spain and Portugal, has been inhabited since prehistoric times by the Iberian ethnic group. This region, bathed by the Atlantic and the Mediterranean, has been a crossroads and has been influenced by multiple cultures: from the Celts in the north, the Phoenicians, Greeks and Carthaginians along its coasts, to the imposing Roman presence that called it 'Hispania'. Later, the Muslim conquest brought another cultural layer, which then intertwined with the Christian Reconquest. Every corner of the peninsula, from Andalusia with its Andalusian roots and flamenco, to Catalonia and its modernism, to Galicia and its Celtic heritage, tells a unique part of Iberian history. This rich cultural mix is reflected in the languages spoken: Spanish, Portuguese, Catalan, Galician, Basque, among others. The gastronomy is a palpable reflection of this diversity: tapas, paellas, cod, wines and olive oils all tell stories of different regions and traditions. The festive spirit of the Iberians is highlighted in celebrations such as Tomatina, San Fermín or the Carnival of Oporto. Despite modern global influences and current socio-economic challenges, Iberians maintain a deep connection to their roots, and their regional pride is palpable in their art, music, festivals and daily life. In short, to be Iberian is to be part of an ancient heritage that continues to evolve, but keeps its essence intact, celebrating the diversity and richness of its historical and cultural legacy.

MATERNAL



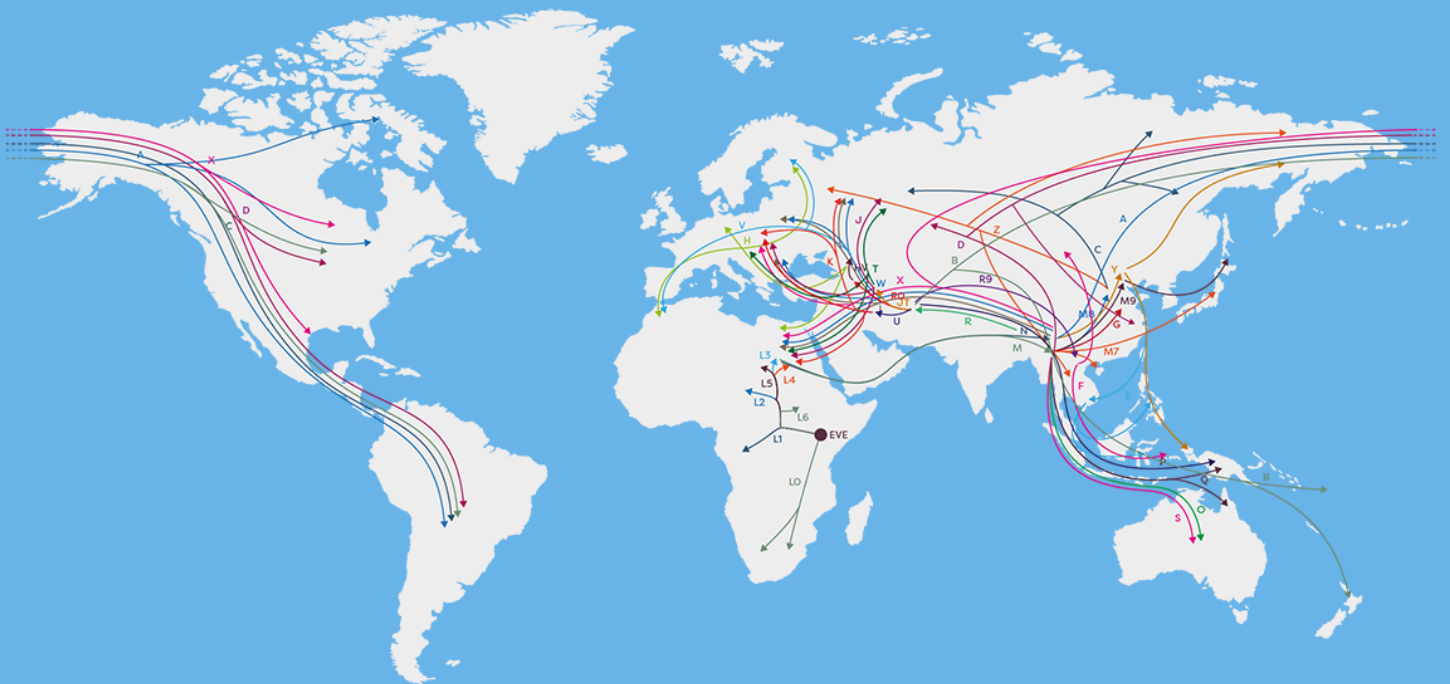
MATERNAL

What are maternal haplogroups?

Your maternal lineage is a fascinating journey through time, unveiled by studying your mitochondrial haplogroups. These DNA sequences, which are passed down exclusively through the maternal line from the mitochondria, have witnessed human evolution and its migrations. Throughout our history, certain women underwent unique genetic mutations in their mitochondrial DNA. These mutations, when passed to their offspring, became genetic signatures that led to the formation of distinct haplogroups.

What's truly astonishing is that, by analyzing these sequences, we can trace your maternal lineage all the way back to a figure known as the 'Mitochondrial Eve'. She is the woman from whom all present-day humans share a common maternal ancestry, having lived approximately 200,000 years ago in Africa. Thus, by deciphering your mitochondrial genetics, we not only unveil your recent family history but also connect your heritage with the vast tapestry of human evolution.

Major maternal haplogroups



MATERNAL

Your haplogroup is "H28a1" belonging to the major haplogroup "H".

Part of the descendants of the HV lineage were distributed towards Europe, and in this migratory process haplogroup H arose from a woman who is estimated to have lived about 13,000 years ago. This is one of the most common mitochondrial haplogroups in Europe, Caucasus, West Asia and North Africa.



LINEAGE	YEARS AGO	LOCATION
H28a1	-	
H	12.846	West Asia
HV	21.905	West Asia
RO	39.960	West Asia
R	56.523	West Asia
N	58.859	Asia
L3	67.262	Africa
Eve	176.689	Africa

NEANDERTHAL



NEANDERTHAL

Neanderthal percentage

For thousands of years, Neanderthals and modern humans lived side by side, particularly in regions of Europe and Asia. This extended coexistence, spanning from roughly 400,000 to 40,000 years ago, provided ample opportunities for them to interact and share their genetic material. Since the Neanderthal genome was first mapped in 2010, numerous studies have shed light on this shared genetic history. Now, we have the capability to pinpoint exactly how much Neanderthal DNA is present in your genes. With our test, you can delve into your own unique genetic connection to Neanderthals and gain insight into the depth of the relationship your ancestors had with them in those ancient times and places.





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