**23andMe Instructions**

OPTION 1  
  
Send your username and password to: info@comprehensivewellnesssolutions.com and we will do it all for you   
  
OR  
  
OPTION2  
  
​ 1. go to www.23andme.com  
2. Hover over "tools" in the tool bar at the top and click on "browse raw data" option  
3. Click "download" in blue  
4. Click in blue "download raw data" and wait for your email to tell you "Your raw data download is ready!" OR wait 30-60 seconds and click the F5 button on the top of your keyboard until the ""Your raw data download is ready!"  displays  
5. Click on "download raw data" a zip file will download to the browser name "genome\_your name etc"   
6. Right click and choose show in folder option  
7. Right click again on the highlighted file and choose "send to" option and click on "mail"  recipient" option  
8. Enter info@comprehensivewellnesssolutions.com into the email address line and click send