

DNA & Heritage Glossary – African Ancestry Link (AAL)

This glossary helps you understand the most important DNA, health, and heritage terms used throughout our work at African Ancestry Link (AAL).

| Term | Definition |
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| Ancestry DNA | A test that analyzes your genetic markers to help you discover your ethnic origins and connect with relatives. |
| Autosomal DNA | The type of DNA inherited from both parents, used to trace ancestry from both sides of your family. |
| Blood Group Wellness | A customized wellness approach based on your blood type and how it interacts with diet, stress, and disease risk. |
| Culturally Rooted Counseling | Wellness guidance that blends genetic insight with traditional healing, community values, and ancestral wisdom. |
| DNA Match | A person who shares segments of your DNA, indicating a shared ancestor or relationship. |
| Epigenetics | The study of how lifestyle, stress, diet, and environment affect how your genes work — without changing the genes themselves. |
| Genetic Counseling | A supportive service that helps you understand your DNA results and how they affect your health, family, and future. |
| Genetics | The study of heredity and how traits or conditions are passed from one generation to the next. |
| Genomics | The large-scale study of a person or population's entire set of DNA, often used in health research. |
| Haplogroup | A group of people who share a common ancestor, traced through specific DNA patterns across generations. |
| Hereditary Disease | A health condition passed from parents to children through genes, such as sickle cell anemia or BRCA cancer mutations. |
| Heritage Reconnection | A journey or process of rediscovering and reuniting with your ancestral roots and culture through DNA, travel, and storytelling. |
| Identity Marker | A specific gene or sequence in your DNA that can reveal ancestral or health |

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| | information. |
| Pan-African Genomics | A united approach to researching African DNA across all regions and cultures of Africa and the diaspora. |
| Phenotype | Your visible traits — like skin tone, eye color, or blood type — shaped by your genes and environment. |
| Relative Finder | A digital tool that uses your DNA to help identify living relatives you may not have known existed. |
| Sickle Cell Trait | A genetic condition common in African populations that affects red blood cells and can be passed to children. |
| Wellness Plan | A personalized lifestyle guide based on your DNA and blood group, including food, fitness, and disease prevention tips. |