

Acid Reflux

DNA Health Report

REPORT CATEGORY —



GUT HEALTH

Sample Client

Report date: 03 September 2025

Powered by

 omicse Edge

Table of Contents

03

Introduction

04

Your genetics

06

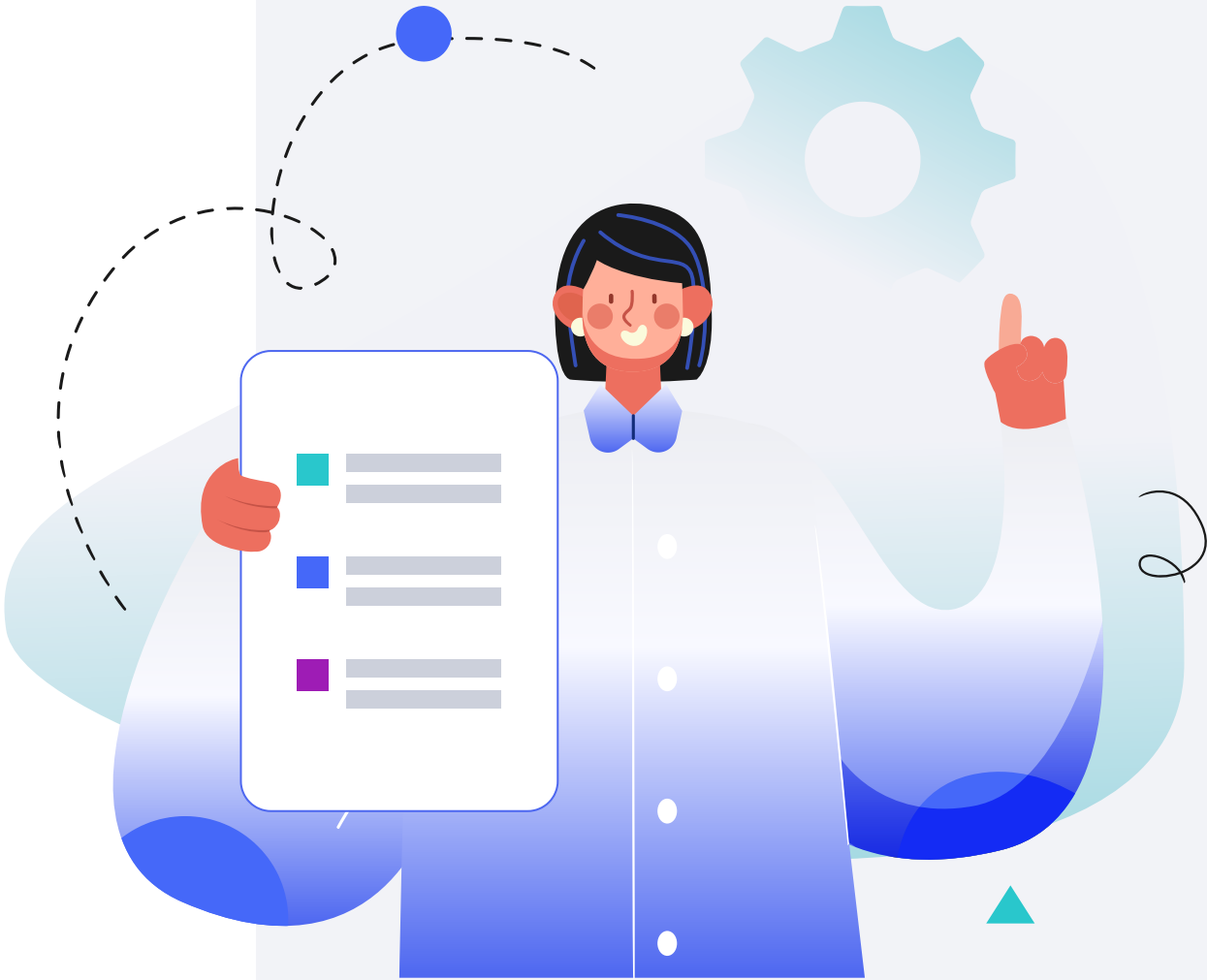
Your recommendations

Personal information

NAME	
Sample Client	
SEX AT BIRTH	
Male	
HEIGHT	
5ft 9"	175.0cm
WEIGHT	
165lb	75.0kg

DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.



Introduction

Do you know the difference between heartburn, acid reflux, and GERD?

Not many people do. As a result, these terms are often used interchangeably.

Heartburn is a burning feeling in your esophagus. It’s pretty common, with around 60 million Americans experiencing it at least once a month. It’s typically caused by **acid reflux** [\[R\]](#).

Acid reflux occurs when stomach acid backs up into your esophagus, causing it to become irritated. **GERD** is a condition characterized by frequent acid reflux. In general, if you have mild acid reflux twice a week or moderate acid reflux once a week, you may have GERD [\[R\]](#).

A lot of factors can influence your risk of developing frequent acid reflux. These can include obesity, pregnancy, and food triggers [\[R\]](#). Food triggers can be particularly frustrating, as a lot of people’s favorite fatty or spicy foods are major culprits!

Genetics can also influence your risk of GERD, especially if it interacts with other risk factors [\[R\]](#).

Examples include the [TRAPPC3](#) and [IGF1R](#) genes. If you carry a certain variant of either of these genes and are overweight, you may be at a higher risk of GERD complications [\[R\]](#), [\[R\]](#).

In addition, if you carry a certain variant of the [FTO](#) gene, you may be more likely to overeat and be overweight, which may increase your risk of GERD. For this reason, you may particularly benefit from maintaining good eating habits [\[R\]](#), [\[R\]](#), [\[R\]](#).

Read on to find out more about:

- How your genetics play a role in GERD
- Your genetic risk score based on over 231,000 genetic variants
- Personalized recommendations based on your genetics

About Acid Reflux

Key Takeaways:

- About **40%** of differences in people's chances of developing GERD may be attributed to genetics. It affects about **1 in 5** people in the U.S.
- GERD affects about **1 in 5** people in the U.S.
- Risk factors include: obesity, smoking, pregnancy, slow stomach emptying, hiatal hernia, certain foods, and genetics.
- If you have a high genetic risk, you may reduce overall risk by taking action on risk factors that you can change.
- Click the **next steps** tab for relevant labs and lifestyle factors.

Have you ever had heartburn after a meal? If so, you're already familiar with **acid reflux**.

The stomach is full of acid that helps it digest food. Normally, a muscle (sphincter) above the stomach keeps the acid from moving up into the esophagus. If the muscle relaxes at the wrong time or becomes weak, it can allow stomach acid to flow up. This is called acid reflux [R].

In addition to heartburn, other signs and symptoms of acid reflux include [R]:

- A sour taste
- A constant cough or hiccups
- A hoarse voice
- Bad breath
- Bloating

Factors that can trigger or worsen these symptoms include [R]:

- Eating large meals
- Eating late at night
- Lying down or bending over after eating
- Consuming certain foods or drinks (e.g., fried or spicy foods, chocolate, coffee, and alcohol)



More likely to have GERD based on 222,102 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
GNB3	rs5443	CT
REX1BD	rs2023878	CC
TSKU	rs7942368	CC
HIVEP2	rs9373363	AA
AFF3	rs4851239	CC
PPP1R17	rs215614	GG
SORCS3	rs1021363	AA
MLN	rs4713692	CC
/	rs324769	CC
/	rs9372625	GA
PPP3CA	rs920559	GC
VCAN	rs72771256	GG
PGPEP1	rs9636202	GA
BTN2A2	rs2145318	TA
/	rs4676893	AA
BTN3A2	rs7763910	GG
REX1BD	rs12974777	CC
AFF3	rs7609078	GG
APOB	rs11901649	GG
SH2B3	rs597808	AA

Many people have occasional acid reflux. However, if it is frequent, severe, or long-term, it may be a sign of [gastroesophageal reflux disease](#) (GERD). GERD is one of the most common gut disorders in the US. It affects about 1 in 5 people in North America [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Risk factors for GERD include [\[R\]](#), [\[R\]](#):

- Obesity
- Smoking
- Pregnancy
- Slow stomach emptying
- Hiatal hernia (bulging of stomach tissue into the chest)
- **Genetics**

GERD is commonly treated with medications that help neutralize stomach acid or reduce its production [\[R\]](#).

If left untreated, GERD may lead to chronic inflammation in the esophagus. This may cause [\[R\]](#), [\[R\]](#):

- Difficulty swallowing
- Open sores (ulcers) in the esophagus
- Changes in the lining of the esophagus (Barrett's esophagus)
- Cancer of the esophagus

About 40% of differences in people's chances of developing GERD may be attributed to genetics. Genes involved in GERD may influence [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Detoxification ([DPYD](#))
- Inflammation ([MST1R](#), [PDE4B](#))
- Muscle function ([LAMA2](#))

GENE	SNP	GENOTYPE
DPYD	rs7552188	TC
HLA-B	rs9266237	CG
FAM160A2	rs12792379	GA
MAML3	rs809955	GA
SLC39A8	rs13107325	CC
MRM2	rs11762636	AA
GRM8	rs2106353	GG
CELF4	rs12967855	GG
KNDC1	rs761777	AA
ANO10	rs6441814	AA
ADARB1	rs2838771	CC
SNRK	rs74652506	CC
ETAA1	rs4362541	TT
MAD1L1	rs4721096	TT
CA10	rs34796998	CC
/	rs10940767	TT
PGPEP1	rs1363119	GG
SDK1	rs10242223	GG
GRM8	rs12706746	GG
OLIG1	rs7282609	AA

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Avoid Food Triggers	2	Avoid Spicy Food
3	Good Eating Habits	4	Avoid High-Fat Diets
5	Avoid Meals 3-4 Hours Before Bedtime	6	Probiotics30 billion CFU
7	Sodium Bicarbonate	8	Low-Intensity Exercise1 hour
9	Bed Head Elevation	10	Herbal Bitters5 ml
11	Magnesium250 mg	12	Appropriate Clothing
13	Eat Slowly & Chew Thoroughly	14	Avoid Large Meals
15	Breathing Techniques10 minutes		

1



Avoid Food Triggers

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Identify foods that trigger negative reactions in your body, such as digestive issues, allergies, or headaches, and eliminate them from your diet entirely. This may require keeping a food diary for a few weeks to observe patterns and might involve cutting out common triggers like dairy, gluten, soy, or certain additives. Continuously monitor and adjust your diet to avoid these triggers as long as the symptoms persist.

Description

Food triggers are specific substances or ingredients in one's diet that can exacerbate or induce adverse reactions, such as allergies, sensitivities, or digestive issues, often leading to symptoms like inflammation, bloating, or discomfort.

A "trigger" is something that prompts or worsens the symptoms of a health condition.

Food triggers can lead to a wide range of symptoms in people who are sensitive to them. These may include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Gut problems
- Skin problems
- Migraines

How it helps

Experts recommend working with your doctor to help you become aware of foods that may trigger GERD. However, they don’t recommend eliminating foods from your diet unless you have a clearly identified food trigger [\[R\]](#), [\[R\]](#).

Foods and drinks that may trigger or worsen acid reflux include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Fatty, spicy, or salty foods (e.g., pizza, fried foods, ramen)
- Tomato sauce
- Onion and garlic
- Alcohol
- Chocolate
- Coffee
- Carbonated drinks
- Peppermint

Avoiding food triggers may help reduce acid reflux [\[R\]](#), [\[R\]](#).

2

Avoid Spicy Food

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Eliminate or significantly reduce consumption of foods high in spices, such as hot peppers, curry, and salsa, from your daily diet.

Description

For individuals sensitive to spicy foods, avoiding excessively hot or spicy dishes can prevent digestive discomfort and heartburn, promoting better gastrointestinal comfort and overall well-being.

How it helps

Experts suggest avoiding common acid reflux triggers, which include spicy food [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Spicy foods may trigger or worsen acid reflux symptoms like heartburn, especially in men [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

3



Good Eating Habits

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Incorporate a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats into your meals daily. Aim to eat at regular intervals, ideally three meals and one to two healthy snacks per day, to maintain energy levels and avoid overeating. Reduce consumption of processed foods, sugary snacks, and beverages.

Description

Practicing good eating habits, such as balanced and portion-controlled meals, can help maintain a healthy weight, support proper nutrition, and reduce the risk of chronic diseases.

Eating habits involve the how, what, when, and where of your diet. Some eating habits can be good for your health, but others... not so much.

Good eating habits include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Planning and preparing most of your meals
- Eating mindfully and slowly
- Only eating when hungry
- Not skipping meals

Developing good eating habits takes attention, practice, and effort [\[R\]](#).

How it helps

Eating quickly or late at night is associated with increased GERD symptoms [\[R\]](#), [\[R\]](#), [\[R\]](#).

The following good eating habits may help reduce GERD symptoms [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Eating smaller meals
- Not eating within 3 hours of bedtime
- Not eating beyond fullness
- Chewing sugar-free gum after meals

Eating smaller meals and not lying down after eating may help by preventing acid reflux [\[R\]](#), [\[R\]](#).

Chewing gum may help by making you swallow more, which clears the esophagus of stomach acid [\[R\]](#).

4



Avoid High-Fat Diets

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Choose foods low in saturated and trans fats, such as lean meats, fish, nuts, and low-fat dairy. Opt for cooking methods like grilling, steaming, or baking rather than frying. Incorporate this practice into every meal and snack, aiming to consistently maintain a diet low in high fat foods each day.

Description

Reducing the consumption of high-fat foods, especially those rich in unhealthy saturated and trans fats, can lower the risk of heart disease, obesity, and related health issues. Opting for a balanced and heart-healthy diet promotes better cardiovascular health and overall wellness.

How it helps

Experts suggest avoiding common acid reflux triggers, which include fatty or fried food [\[R, R, R, R\]](#).

A high-fat diet may increase the risk of acid reflux more than 7 times. Fatty foods may trigger or worsen acid reflux symptoms [\[R, R, R, R, R\]](#).

5



Avoid Meals 3-4 Hours Before Bedtime

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Finish your last meal of the day at least 3 to 4 hours before you go to sleep. For example, if you usually go to bed at 10 pm, aim to have dinner no later than 6 pm to 7 pm.

Description

Avoiding meals, especially heavy meals, close to bedtime can help prevent digestive discomfort, indigestion, and disrupted sleep patterns. Opting for lighter evening meals promotes better digestion and overall sleep quality.

How it helps

Experts recommended waiting at least 3 hours after eating before lying down or going to bed to minimize the symptoms of acid reflux. This period allows gravity to help keep stomach acids from rising into the esophagus [\[R, R, R, R\]](#).

Eating less than 3 hours before bedtime may increase the risk of acid reflux by almost 7.5 times, especially in pregnant women. Midnight snacking may also raise the risk by about 5 times [\[R, R, R\]](#).

 TABLE OF CONTENTS

PAGE 10 / 18

6



Probiotics

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Take a probiotic supplement containing 10 billion or more live cultures once daily, preferably with a meal or as directed by the packaging or a healthcare provider.

TYPICAL STARTING DOSE

30 billion CFU

Description

Probiotics are live beneficial bacteria and yeasts that can support gut health and digestive function when consumed as supplements or found in fermented foods like yogurt and sauerkraut. They may be beneficial to gut health, immune function, blood sugar, and mood.

[Probiotic bacteria](#) are “good” bacteria found mainly in the large intestine. They support your body and mind by [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

Prebiotics are certain types of fiber and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of “good” bacteria** [\[R\]](#), [\[R\]](#).

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [\[R\]](#), [\[R\]](#):

- Oligo-fructose
- Oligo-galactose
- [Inulin](#)

Mixtures of probiotics and prebiotics are known as **synbiotics** [\[R\]](#).

How it helps

Using probiotics may improve reflux symptoms including reduced [\[R\]](#):

- Regurgitation
- Heartburn
- Nausea
- Abdominal pain
- Gas-related issues (e.g., belching)

7



Sodium Bicarbonate

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Dissolve 1 to 2 teaspoons of sodium bicarbonate in an 8-ounce glass of water and drink once daily, preferably between meals. Do not exceed this amount unless advised by a healthcare provider, and limit use to short periods of up to two weeks at a time.

Description

Sodium bicarbonate, commonly known as baking soda, is a chemical compound used for various purposes, including baking, cleaning, and as an antacid to relieve heartburn and indigestion.

How it helps

Sodium bicarbonate, also known as baking soda, works as an antacid and may help to neutralize stomach acid. This could potentially reduce the symptoms of acid reflux, such as heartburn and indigestion.

In 2 placebo-controlled trials of 238 patients with heartburn, drinking mineral water with sodium bicarbonate (1.5 L/day) for 6 weeks improved heartburn, indigestion, and abdominal pain [\[R\]](#), [\[R\]](#).

An antacid with sodium bicarbonate, calcium carbonate, and alginate (Gaviscon) improved acid reflux in multiple placebo-controlled trials of 72 infants and 682 adults. Gaviscon was even effective in those with symptoms despite PPI treatment [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Gaviscon was more effective than an antacid not containing alginate in 2 non-placebo-controlled trials of 14 GERD patients and 26 obese individuals eating a late-night supper [\[R\]](#), [\[R\]](#).

In a non-placebo-controlled trial of 278 GERD patients, Gaviscon (4 × 10 mL/day) was as effective as omeprazole in achieving a 24-h heartburn-free period [\[R\]](#).

Moreover, a meta-analysis of 4 studies concluded that adding sodium bicarbonate to omeprazole provides no added benefits. Similarly, adding sodium bicarbonate (800 mg) to esomeprazole provided no added benefits in a non-placebo-controlled trial of 379 patients with NERD [\[R\]](#), [\[R\]](#).

8



Low-Intensity Exercise

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Incorporate 60 minutes of low-intensity activities, such as walking or gentle yoga, into your daily routine. Aim to do this 5 days a week to achieve the best results.

TYPICAL STARTING DOSE

1 hour

Description

Low-intensity exercise, such as walking or gentle yoga, provides numerous health benefits, including improved cardiovascular health, stress reduction, and enhanced overall fitness without the strain of high-intensity workouts.

How it helps

According to a small study, strenuous exercise may trigger reflux in people with acid reflux [\[R\]](#).

In contrast, frequent recreational physical activity may be associated with a 49% lower risk of acid reflux [\[R\]](#).

9



Bed Head Elevation

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Elevate the head of your bed by 6 to 8 inches using blocks or wedges under the bedposts or a foam wedge under the mattress. Maintain this setup continuously every night during sleep to mitigate symptoms related to GERD or acid reflux.

Description

Elevating the head of the bed or using pillows to raise the upper body while sleeping can alleviate symptoms of acid reflux or gastroesophageal reflux disease (GERD). It helps prevent stomach acid from flowing back into the esophagus, promoting better sleep and reducing discomfort.

How it helps

Experts suggest elevating the bed head by about 20 cm (or 4-9 inches) or using multiple pillows by [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Placing wood or cement blocks under the bed
- Using a wedge between the mattress and box spring

Bedhead elevation may cut the risk of nocturnal acid reflux by half. It may also reduce symptoms like heartburn and regurgitation, improving sleep quality [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

10



Herbal Bitters

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take 1 to 2 teaspoons (5-10 ml) of herbal bitters mixed with water or tea, approximately 15-30 minutes before each meal. This practice can be continued on a daily basis for digestive support.

TYPICAL STARTING DOSE

5 ml

Description

Herbal bitters are botanical preparations traditionally used to stimulate digestion and promote gut health. They can aid in digestion, relieve bloating, and support overall digestive well-being.

[Herbal bitters](#) are bitter-tasting herbs. They are used in cultures around the world to support gut health [\[R\]](#).

One common herbal bitter is [artichoke](#). Artichokes are packed with antioxidants and fiber. People eat the heart of the artichoke. However, many of the plant’s active compounds are also found in its leaves [\[R\]](#), [\[R\]](#).

People use artichoke leaf extract to help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Lower cholesterol
- Lower blood pressure
- Improve digestion

How it helps

Herbal bitters may help improve GERD symptoms. They are usually studied in blends that may include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- [Licorice](#)
- [Ginger](#)
- Mandarin
- White peony root

Herbal bitters may help by supporting digestion [\[R\]](#).

Please note: *Oral intake of licorice root is linked to high blood pressure and low potassium levels. Consult your doctor before consuming licorice root* [\[R\]](#).

11



Magnesium

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take up to 350 mg of magnesium daily as a supplement, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

250 mg

Description

Magnesium is an essential mineral involved in various bodily functions, including muscle contractions, nerve signaling, and bone health. Maintaining adequate magnesium levels through diet or supplements can support overall well-being and reduce the risk of magnesium deficiency-related health issues.

[Magnesium](#) is an essential mineral. Your body needs it for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [\[R\]](#).

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [\[R\]](#).

How it helps

Magnesium carbonate, hydroxide, oxide, or trisilicate salts are used orally as antacids to reduce symptoms of acid reflux. Magnesium hydroxide has the fastest onset of action. The onset time of magnesium carbonate is slower due to its crystal structure. Magnesium trisilicate has the slowest onset and longest duration of action due to poor solubility [\[R\]](#).

Doses used include magnesium hydroxide 400-1200 mg (5-15 mL of milk of magnesia) up to four times daily, or magnesium oxide 800 mg/day.

12

Appropriate Clothing

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Choose loose-fitting, lightweight and light-colored clothing when spending time outdoors, especially in warm or sunny conditions. Wear long sleeves and hats to protect against sun exposure. Adjust clothing choices based on the weather forecast and planned outdoor activities.

Description

Wearing appropriate clothing for specific activities or weather conditions is important for comfort and safety. Proper clothing can help regulate body temperature and prevent injuries during physical activities.

How it helps

Wearing clothes that fit tightly around your waist can exacerbate acid reflux by putting pressure on your abdomen and the lower esophageal sphincter, the muscle that closes off the stomach. This is sometimes referred to as "tight pants syndrome" [\[R, R\]](#).

In line with this, experts suggest avoiding tight clothing, top hosiery, body shapers, and constrictive belts [\[R\]](#).

Wearing girdles or corsets may be associated with twice the risk of acid reflux. Similarly, tight waist belts may be associated with stomach hernias and acid reflux [\[R, R, R\]](#).

13

Eat Slowly & Chew Thoroughly

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Allocate at least 20-30 minutes for each meal, taking small bites and chewing each bite around 20-30 times before swallowing. This practice should be maintained consistently at every meal to enhance digestion and control portion sizes.

Description

Chewing slowly and thoroughly can aid in digestion and promote a sense of fullness, potentially assisting with portion control and weight management. It can also enhance nutrient absorption by breaking down food more effectively in the mouth.

How it helps

Experts suggest chewing thoroughly each bite to increase saliva production. This may reduce the contact of stomach acid with the esophagus [\[R\]](#).

14



Avoid Large Meals

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Divide your daily food intake into smaller portions spread out over five to six times a day instead of having three large meals. Ensure that each portion is balanced and includes a variety of nutrients. This means having breakfast, a mid-morning snack, lunch, an afternoon snack, dinner, and possibly a light evening snack, depending on your caloric needs.

Description

Eating smaller, more frequent meals may help prevent overeating. This involves eating the same number of meals at about the same times every day. Doing so may help with issues like blood pressure, body weight, cholesterol levels, and migraines.

Eating smaller, more frequent meals may help prevent overeating. One way to do this is to keep a regular meal schedule. This involves eating the same number of meals at about the same times every day. Doing so may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Manage blood pressure
- Balance the internal clock
- Maintain a healthy body weight
- Support healthy cholesterol levels
- Prevent migraines

How it helps

Eating smaller, more frequent meals rather than large meals may reduce acid reflux symptoms. Large meals may increase stomach pressure, which can cause acid to back up into the esophagus [\[R\]](#).

15



Breathing Techniques

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Practice deep breathing exercises for 10 minutes daily, preferably in a quiet space where you won't be disturbed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose. This can be done at any time of day to reduce stress and improve focus.

TYPICAL STARTING DOSE

10 minutes

Description

Breath awareness and specific breathing techniques, such as deep breathing or mindfulness-based practices, can help reduce stress, improve focus, and enhance overall mental well-being. These techniques are valuable tools for managing anxiety and promoting relaxation.

Most breathing techniques involve taking slow and even breaths. Their main goal is to prevent rapid breathing (**hyperventilation**) [\[R\]](#).

Breathing techniques tend to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Stress
- Anxiety
- Sleep problems
- Asthma

One example is the **Buteyko breathing technique**. It’s often used by people with asthma or other conditions that affect the lungs [\[R\]](#).

Another example is **yogic breathing**. [Yoga](#) is a practice that combines breathing techniques with exercise and meditation [\[R\]](#), [\[R\]](#).

How it helps

Breathing techniques that actively train the diaphragm may reduce acid reflux. They may help strengthen the muscle that separates the stomach from the esophagus [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

 PERSONALIZED TO YOUR GENES

People with your [LAMA2](#) gene variant are more prone to GERD. Mutations in this gene may contribute to acid reflux by impairing muscle function. Breathing techniques may help strengthen the muscles that prevent acid reflux [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
LAMA2	rs9492232	TT	