

Acute Bronchitis

DNA Health Report

REPORT CATEGORIES —



RESPIRATORY HEALTH



IMMUNITY &
INFECTIONS

Sample Client

Report date: 15 January 2026

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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.

Personal information

NAME

Sample Client

SEX AT BIRTH

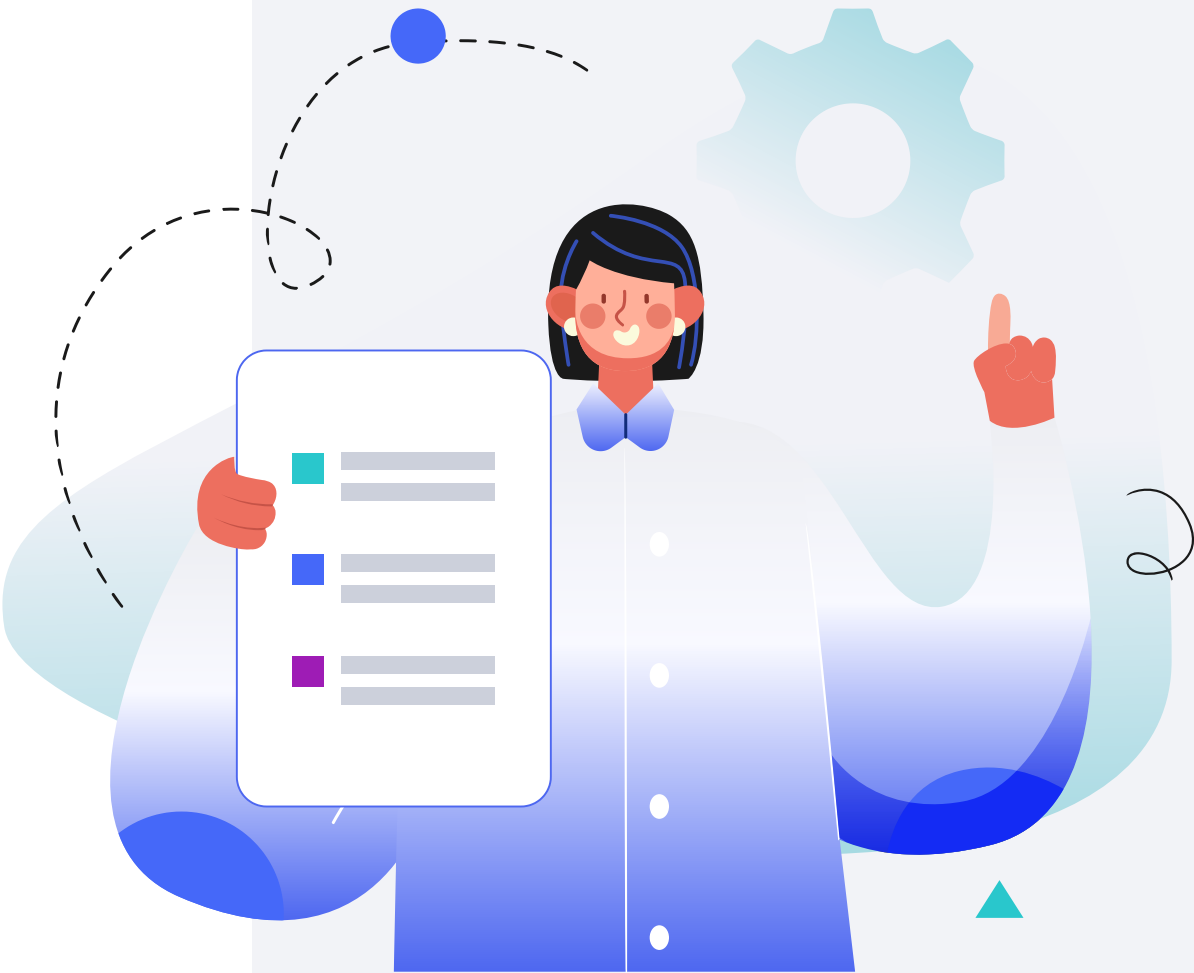
Male

HEIGHT

5ft 5" 165cm

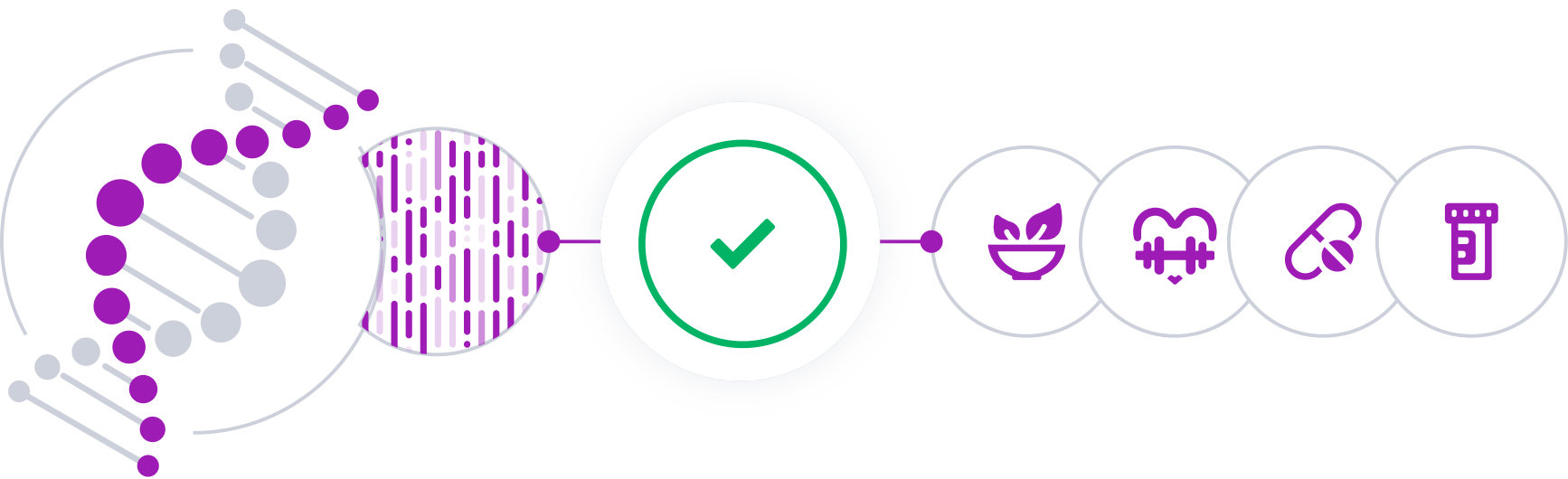
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

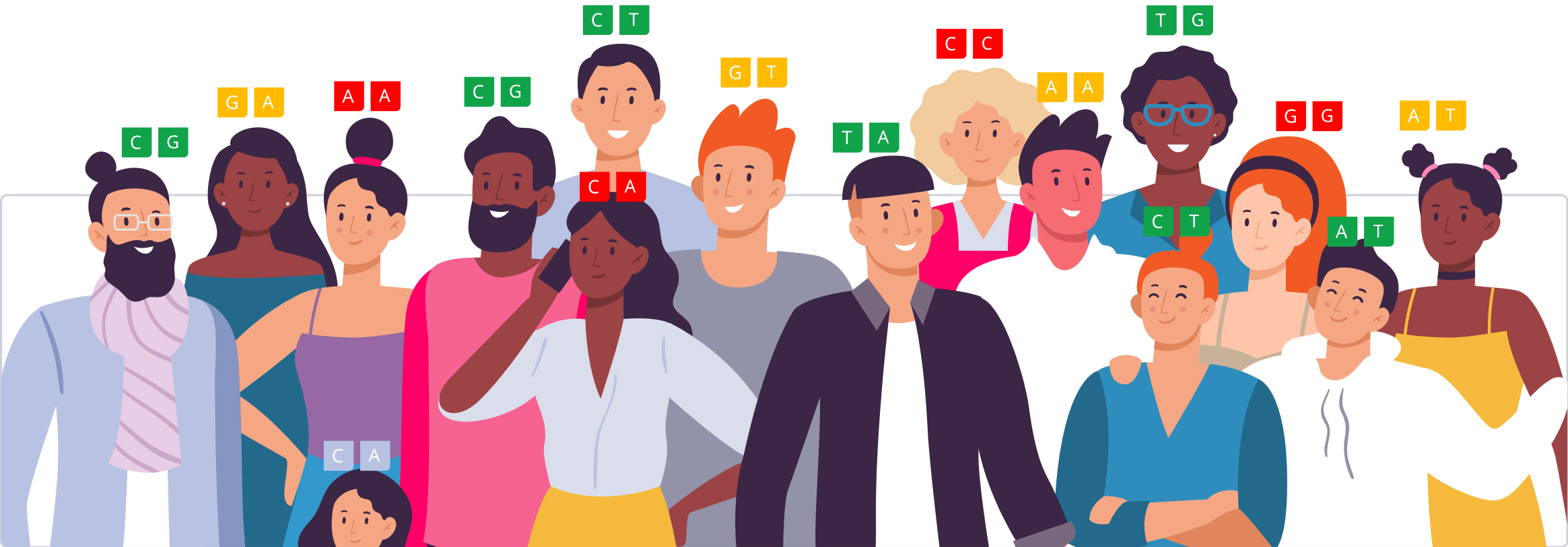


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

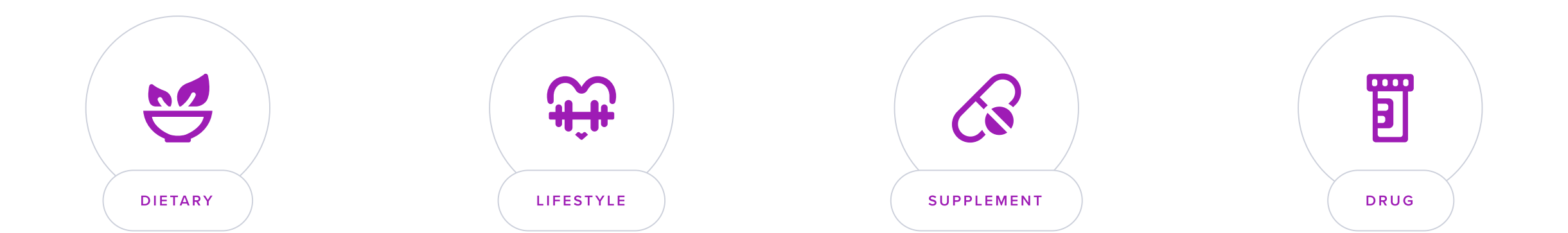
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs. The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
-
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
-
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
-
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
-
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Bronchitis stands for **inflammation of the bronchial tubes**, which carry air to and from the lungs. It is usually a single episode of **acute bronchitis or chest cold**, lasting 7-10 days (up to 3 weeks) [\[R\]](#).

About 5% of all adults get an episode of bronchitis every year, and it’s one of the most common reasons for a trip to the emergency room in the US [\[R\]](#).

Symptoms typically include [\[R\]](#):

- Coughing
- Wheezing
- Shortness of breath
- Chest discomfort and pain
- Production of mucus (phlegm)
- Fever and chills
- Sore throat
- Runny nose

Acute bronchitis is usually caused by viruses. Even if it’s caused by bacteria, **antibiotics likely won’t help**. Experts recommend taking the following steps to ease your symptoms [\[R\]](#):

- Getting plenty of rest
- Drinking plenty of fluids
- Using a humidifier
- Using saline nasal spray if you have a stuffy nose
- Breathing in steam from a bowl of hot water or shower

Risk Factors And Genetics

Bronchitis stands for **inflammation of the bronchial tubes**, which carry air to and from the lungs. It is usually a single episode of **acute bronchitis or chest cold** lasting 7-10 days.

The following factors may raise the risk of acute bronchitis [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Compromised immune system
- Poor personal hygiene
- Smoking
- Genetics

Acute bronchitis can also be triggered by environmental factors such as [\[R\]](#):

- Fumes from household chemicals
- Air pollution
- Grain dust
- Textiles (fabric fibers)
- Chemicals



MORE LIKELY

More likely to get acute bronchitis based on 293,724 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
FRMPD2	rs75964835	CG
ADGRE2	rs118174093	AC
HHIP	rs6537293	AA
PSMA4	rs12914385	CT
/	rs17612712	TA
/	rs75185978	CC
DKK1	rs150570779	GG
ACBD5	rs189860989	GG
EGR2	rs575297469	CC
THNSL1	rs146534529	TT
ACBD5	rs140970585	AA
CREM	rs189483061	CC
ATP5F1C	rs141326227	GG
PTER	rs116882269	GG
BICC1	rs11006264	GG
ARHGAP21	rs145433617	AA
CUL2	rs77267039	TT
GHITM	rs182231885	CC
GPR158	rs185808303	TT
PCDH15	rs183872432	CC
CUL2	rs182227247	GG
KAT6B	rs78186082	CC
GPR158	rs149817147	CC
MCM10	rs139472917	CC

GENE	SNP	GENOTYPE
VIM	rs117441386	CC
GPR158	rs145121459	TT
RNLS	rs186775925	CC
PTER	rs78788145	CC
CUL2	rs532258887	CC
SFMBT2	rs77658309	TT
MYO3A	rs145571050	CC
PAPSS2	rs148093645	CC
CUBN	rs147933100	AA
PRKCQ	rs144290893	GG
GPR158	rs142951715	GG
PDSS1	rs1832930	CC
RSU1	rs139272320	GG
ARID5B	rs150034514	AA
CAMK2D	rs80195545	AA
PPP2R5E	rs181185304	TT

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 Air Pollution	2	Ivy Leaf Extract25 mg
3	South African Geranium Root60 mg	4	N-acetylcysteine (NAC)600 mg
5	Avoid Secondhand Smoke	6	American Ginseng200 mg
7	Horseradish and Nasturtium	8	Thyme And Ivy
9	Horseradish	10	Thyme And Evening Primrose Oil
11	Drink at Least 8 Glasses of Water a Day	12	Andrographis300 mg
13	Nasturtium200 mg	14	Avoid Crowds
15	Eucalyptus	16	Honey
17	Breathing Techniques10 minutes	18	Thyme
19	Air Purifier		

1

Avoid Air Pollution

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Stay indoors on days when air quality indexes (AQI) indicate high pollution levels, which are often reported by weather services or government environmental agencies. **Install air purifiers** in your home, especially in bedrooms, to reduce indoor pollutants. Limit outdoor exercise when air pollution warnings are issued, opting for indoor activities instead.

Description

Avoiding air pollution by reducing exposure to pollutants in the environment is essential for respiratory and overall health. It can help lower the risk of respiratory diseases, cardiovascular conditions, and other health issues associated with poor air quality.

While city life is convenient in a lot of ways, it comes with some health hazards. Cars, factories, and other sources increase air [pollution](#) [\[R\]](#).

Air pollution plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Lung disease
- Heart disease
- Diabetes
- Asthma
- Skin conditions

How it helps

Exposure to air pollution and other lung irritants increases the risk of bronchitis. For every **5-unit increase** in PM2.5-PM10 particles, the risk of chronic phlegm may increase **by 30%** [\[R\]](#), [\[R\]](#).

However, the majority of available research refers to chronic bronchitis. According to limited evidence in children, air pollution may also raise the risk of acute bronchitis [\[R\]](#).

There are many strategies that may lower your exposure to air pollution. When air pollution is high, you may want to [\[R\]](#):

- Stay indoors
- Keep windows closed
- Use air purifiers
- Wear a well-fitting mask outdoors

PERSONALIZED TO YOUR GENES

Exposure to air pollution may cause more airway inflammatory responses in people with your [NOS3](#) gene variant [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
AGAP3	rs7830	GG	

2



Ivy Leaf Extract

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Take an ivy leaf extract supplement daily, following the dosage instructions on the product label, typically ranging from 25 mg to 100 mg. Continue this regimen for up to 8 weeks to help relieve cough and promote respiratory health.

TYPICAL STARTING DOSE
25 mg

Description

Ivy (*Hedera helix*) is an evergreen climber native to Europe. Traditional herbalists have used ivy leaf for bronchitis, joint problems, dysentery, and more.

Ivy (*Hedera helix*) is an evergreen climber native to Europe. Traditional herbalists have used ivy leaf for bronchitis, joint problems, dysentery, and more. Today, people mainly use ivy leaf extract for conditions followed by **productive or ‘wet’ cough** [R].

Ivy should be carefully distinguished from poison ivy found in the Americas [R].

How it helps

A syrup with ivy leaf extract (15-22.5 mL/day for 7 days) may **improve cough and other symptoms of bronchitis** [R, R, R, R, R, R].

A combination of ivy leaf and thyme herb extract (8 mL/day) may also help [R, R, R].

Ivy leaf extract may help by improving lung function and supporting mucus removal [R].

3



South African Geranium Root

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Take a supplement containing South African Geranium root extract, commonly found in 20-30 mg doses, three times a day with meals. Continue this regimen especially during the cold season or at the first signs of respiratory discomfort for up to 10 days.

TYPICAL STARTING DOSE

60 mg

Description

South African geranium root (*Pelargonium sidoides*) is a plant extract native to South Africa. It has a long history of traditional use by indigenous peoples to treat various ailments such as respiratory health and alleviate symptoms of respiratory infections like the common cold. The main compounds in South African geranium root extract include polyphenols and various phytochemicals.

South African geranium (*Pelargonium sidoides*) is part of the geranium family. It is also known as umckaloabo [\[R\]](#).

Traditionally, people have used the root to support the immune system. It may also help with sinus congestion, bronchitis, and other respiratory problems [\[R, R, R\]](#).

How it helps

South African geranium root extract (10-30 mg/day) may **improve the symptoms** and speed up recovery in people with acute bronchitis [\[R, R\]](#).

Liquid extract preparations may be more effective [\[R\]](#).

4



N-acetylcysteine (NAC)

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take 600 mg of N-Acetylcysteine (NAC) supplement daily with water. It can be taken at any time of the day, but try to take it at the same time each day for best results.

TYPICAL STARTING DOSE

600 mg

Description

NAC is a supplement that contains a form of the amino acid cysteine, a protein building block that your body uses to make the antioxidant glutathione. It is used for its potential antioxidant properties and its ability to support lung, gut, and mental health.

[N-acetylcysteine](#) (NAC) is converted to cysteine in the body. Cysteine is a protein building block (amino acid) that helps make the antioxidant glutathione [\[R\]](#).

People take NAC to potentially support [\[R\]](#), [\[R\]](#):

- Mental health
- Ovarian health and pregnancy outcomes
- Lung health
- Gut health

How it helps

In people with bronchitis, supplementing with [NAC](#) (400-1200 mg/day for 3-6 months) may reduce [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Symptom severity (by up to 70%)
- Worsening of the condition (by 25-55%)
- Disability
- Hospital admissions

NAC may help by breaking down mucus and reducing oxidative stress [\[R\]](#).

However, the majority of available evidence is for chronic bronchitis. NAC may ease the symptoms of acute bronchitis in the same way, but the available evidence is scarce [\[R\]](#).

How to implement

Description

How it helps

However, the majority of available research refers to chronic bronchitis. Smoking may also raise the risk of acute bronchitis, but the available evidence is limited [R].

6



American Ginseng

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 200-400 mg of American ginseng extract daily, preferably with a meal to enhance absorption. This regimen can be followed continuously for up to 12 weeks, after which a break or reassessment of the need to continue should be considered.

TYPICAL STARTING DOSE

200 mg

Description

American ginseng is a perennial herb native to North America, particularly regions of the United States and Canada. It is valued for its potential health benefits, including immune system support, stress reduction, and enhanced cognitive function, with the primary active compounds being ginsenosides.

[Ginseng](#) is a plant people use to improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sexual function
- Immunity
- Fatigue
- Attention

There are many different types of ginseng. The most common ones are [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Korean red ginseng, also called Asian ginseng (*Panax ginseng*)
- [American ginseng](#) (*Panax quinquefolius*)
- Chinese notoginseng, also called Sanchi (*Panax notoginseng*)

How it helps

American Ginseng has properties that help with inflammation and immune system boosting, potentially aiding in reducing the inflammation in the bronchial tubes associated with Acute Bronchitis and accelerating recovery. However, you should still seek proper medical treatment for your condition, as supplements alone are usually not enough.

In a [placebo-controlled trial of 323 adults](#), supplementation with an American ginseng extract rich in poly-furanosyl-pyranosyl-saccharide (2 capsules/day) for 4 months **reduced the mean number of colds per person, the proportion of subjects who experienced 2 or more colds, the severity of symptoms and the number of days cold symptoms were reported** [\[R\]](#).

Similarly, American ginseng extract (200 mg, 2x/day) taken for 12 weeks **reduced the incidence of acute respiratory illness by 89%** in a [placebo-controlled trial of 198 older participants](#) [\[R\]](#).

In a [placebo-controlled trial of 293 patients with early-stage](#), untreated chronic lymphocytic leukemia, there was a **trend toward reduced rates of moderate to severe acute respiratory illness and less sore throat** after supplementation with American ginseng [\[R\]](#).

However, American ginseng extract **failed to prevent upper respiratory infections** in a [placebo-controlled trial of 75 children](#) [\[R\]](#).

7



Horseradish and Nasturtium

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement that combines horseradish and nasturtium in a capsule form, following the manufacturer’s dosage instructions. Typically, this might involve taking one to two capsules daily with meals for a period of at least 2-4 weeks to support respiratory health.

Description

Horseradish contains compounds that may provide relief from congestion and support respiratory health. It is often used as a condiment and may offer mild anti-inflammatory and antibacterial effects. Nasturtium is a plant with edible flowers and leaves. It is used in traditional medicine for its potential antimicrobial properties and as a source of vitamin C.

How it helps

In a placebo-controlled trial of 384 patients with acute bronchitis, taking a supplement with horseradish and nasturtium for 10 days reduced coughing, mucous production, and chest pain [\[R\]](#).

Horseradish and nasturtium are believed to have antibacterial properties that may help break down mucus and fight the microbes causing acute bronchitis.

8



Thyme And Ivy

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement that combines thyme and ivy extracts, typically available in syrup or capsule form. For syrups, adults often take 5-7.5 ml three times a day, while for capsules, follow the manufacturer's recommended dosage, usually 1-2 capsules with meals daily. Use for up to 2-3 weeks to help relieve cough or other respiratory conditions.

Description

Thyme, a herb, is native to the Mediterranean region, contains compounds like thymol and carvacrol and is a source of vitamins and minerals. Ivy, on the other hand, is a plant often used as an extract in herbal remedies for respiratory conditions. Together they may address coughs and congestion by promoting clearer airways.

How it helps

Supplementing with thyme and ivy leaves reduced coughing and bronchitis symptoms in a placebo-controlled trial with 361 patients. Thyme-ivy syrup also improved coughing in a placebo-controlled trial of 1234 children and adolescents [\[R\]](#), [\[R\]](#).

The herbal supplement of thyme and ivy may help with acute bronchitis by reducing inflammation and relaxing the muscles in the bronchial tubes. This may ease cough and enhance the expulsion of mucus.

9



Horseradish

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take 500mg of horseradish supplement once daily with a glass of water, preferably with a meal, to help with sinus congestion. Do not exceed this amount without consulting a healthcare provider.

Description

Horseradish contains compounds that may provide relief from congestion and support respiratory health. It is often used as a pungent condiment and may offer mild anti-inflammatory and antibacterial effects when consumed.

How it helps

In a placebo-controlled trial of 384 patients with acute bronchitis, taking a supplement with horseradish and nasturtium for 10 days reduced coughing, mucous production, and chest pain [R].

Horseradish contains antibacterial properties that can treat infections in the bronchial tubes. Furthermore, it can break down mucus, helping clear your respiratory system and making it easier for you to breathe.

10



Thyme And Evening Primrose Oil

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement that combines thyme and evening primrose oil, ideally in capsule form, once daily with a meal to aid absorption. The typical dose for this combination is not standardized, but following the manufacturer's instructions on the product label is advisable. Continue this regimen for at least 4-6 weeks to evaluate its effects on your health.

Description

Thyme is a native Mediterranean plant and member of the mint family, while evening primrose is native to North America. Both herbs often used in combination in dietary supplements for potential immune-supporting and anti-inflammatory properties. Thyme has been used as a natural remedy for respiratory and digestive issues, while evening primrose may potentially alleviate eczema and premenstrual syndrome.

How it helps

Thyme helps alleviate coughing and mucus production, two common symptoms of acute bronchitis, due to its antimicrobial and antitussive properties. Evening Primrose Oil, rich in omega-6 fatty acids, can reduce inflammation in the bronchial tubes.

11



Drink at Least 8 Glasses of Water a Day

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume a total of at least 64 ounces (or approximately 1.9 liters) of water over the course of the day. This can be divided into 8 glasses, each containing 8 ounces of water. Aim to drink evenly throughout the day to avoid dehydration.

Description

Water is an essential nutrient for nearly every process in your body, helping to mainting brain and gut function, maintain a health weight, as well as energy and performance levels, among others.

Water is essential for life. It supports nearly every process in your body [R].

Water helps maintain [R]:

- Energy and performance levels
- Brain function
- Gut function
- Healthy weight

Most experts recommend drinking **around 8 glasses (64 oz. or 2 L) of water daily**. You might need more or less than this, depending on how active you are, where you live, or what your overall health is like [R].

How it helps

Maintaining hydration helps thin bronchial secretions, making them easier to expel.

12



Andrographis

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take an Andrographis supplement following the dosages provided on the product label, usually ranging from 300 to 600 mg daily. This is typically divided into two to three doses throughout the day, with meals, and should be done for up to 8 weeks to support immune function or relieve cold symptoms.

TYPICAL STARTING DOSE
300 mg

Description

Andrographis is a medicinal herb native to South Asian countries like India and Sri Lanka. It is known for its potential health benefits, primarily due to its active compound, andrographolide, which has anti-inflammatory and immune-boosting properties. Andrographis is often used in traditional medicine to treat conditions such as upper respiratory tract infections, fever, and digestive issues.

[Andrographis](#) (*Andrographis paniculata*) is an Ayurvedic plant known as the “king of [bitters](#)” People traditionally use it to fight infections and the common cold [\[R\]](#).

How it helps

Andrographis is known to boost the immune system, enabling your body to fight off the microorganisms causing bronchitis. It also lessens inflammation in the bronchial tubes, aiding in easier breathing.

13



Nasturtium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a nasturtium supplement in the form of capsules or tablets, typically ranging from 200 to 400 mg, once daily with water. It is advisable to follow the dosage recommendations on the product label or consult a healthcare provider for personalized advice.

TYPICAL STARTING DOSE
200 mg

Description

Nasturtium is a flowering plant known for its potential antimicrobial and anti-inflammatory properties, often used in herbal remedies to support immune function and alleviate symptoms of respiratory infections.

How it helps

Nasturtium has natural antibiotic properties which could help fight off the bacteria causing acute bronchitis. Additionally, its ability to thin and loosen mucus buildup in the airways could alleviate symptoms associated with this condition.

14



Avoid Crowds

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Minimize your time in crowded places by scheduling your errands during off-peak hours, avoiding public events known to draw large crowds, and choosing less crowded routes or modes of transportation.

Description

Avoiding crowded environments, especially during contagious disease outbreaks, can reduce the risk of viral transmission and help protect public health. It promotes social distancing measures that are crucial for preventing the spread of infectious diseases.

How it helps

Prevents additional exposure to infectious agents that can aggravate bronchial irritation and inflammation.

15



Eucalyptus

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a eucalyptus supplement in the form of capsules or tablets, typically ranging from 300mg to 600mg, daily with water. It is important to follow the dosage instructions on the product label or as advised by a healthcare professional.

Description

Eucalyptus is often used in traditional medicine and aromatherapy for its potential to alleviate respiratory issues and promote relaxation. Inhaling eucalyptus vapor or using eucalyptus essential oil may help ease congestion and provide a calming effect.

How it helps

Eucalyptus has cineole, which may ease cough and fight congestion in the airways.

16



Honey

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume 1-2 tablespoons of raw honey daily, either directly or by mixing it into warm water, tea, or yogurt. Continue this practice regularly to observe benefits.

Description

Honey is a natural sweetener known for its antimicrobial properties and potential benefits for wound healing. It contains antioxidants and may have soothing effects on sore throats and coughs.

[Honey](#) is a thick, sweet substance. It’s made by honeybees from the nectar of flowering plants. There are many different types of honey. Besides sugar, honey also contains amino acids (protein building blocks), vitamins, and minerals [\[R\]](#).

People use honey for its anti-inflammatory and antioxidant properties. It can potentially help with [\[R\]](#):

- Heart problems
- Gut problems
- Cough
- Burns

How it helps

Honey possesses antimicrobial properties and can soothe the throat, potentially alleviating cough associated with acute bronchitis.

17



Breathing Techniques

IMPACT

0 / 5

EVIDENCE

0 / 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

Such as pursed-lip breathing, can help improve lung function and oxygenation.

18



Thyme

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take thyme supplements in the form of capsules or pills, following the dosage instructions on the product label, usually once or twice a day with meals. It is important to consult with a healthcare provider before starting any new supplement regimen.

Description

Thyme is an aromatic herb used in cooking and herbal remedies. It contains essential oils and antioxidants and is known for its potential antibacterial and anti-inflammatory properties, supporting respiratory health.

How it helps

Supplementing with thyme and ivy leaves reduced coughing and bronchitis symptoms in a placebo-controlled trial with 361 patients. Thyme-ivy syrup also improved coughing in a placebo-controlled trial of 1234 children and adolescents. In four trials, a combination of thyme herb and primrose root reduced bronchitis severity and duration, and improved coughing in both children and adults [\[R, R, R, R, R, R\]](#).

19



Air Purifier

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Install an air purifier in your home, ideally in the rooms you spend the most time in, such as your bedroom and living room. Keep the air purifier on for at least 12 hours each day, or continuously if possible, to effectively reduce airborne contaminants. Regularly clean or replace the filters according to the manufacturer's instructions to maintain its efficiency.

Description

Air purification is the process of cleaning the air around us. Using a high-quality air purifier with a HEPA filter helps remove harmful particles like dust, smoke, and bacteria. Having clean air to breathe can help boost your health by reducing allergies, asthma problems, and even certain infections.

How it helps

Improves air quality by removing irritants and allergens that can trigger bronchial inflammation.

Next Steps

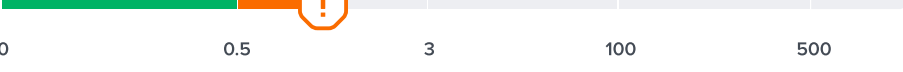
Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

 WBC	6.92 x10^3/mm3		9 Nov 2025
 Zinc	17.12 umol/L		9 Nov 2025
 Vitamin D, 25-Hydroxy, Total	58.59 ng/mL		9 Nov 2025
 Albumin	4.3 g/dL		9 Nov 2025
 hs-CRP	1.6 mg/L		9 Nov 2025