SelfDecode™

Barrett's Esophagus

Disease Report

REPORT CATEGORY

GUT HEALTH

Sample Client

Report date: 15 January 2026

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Table of Contents

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

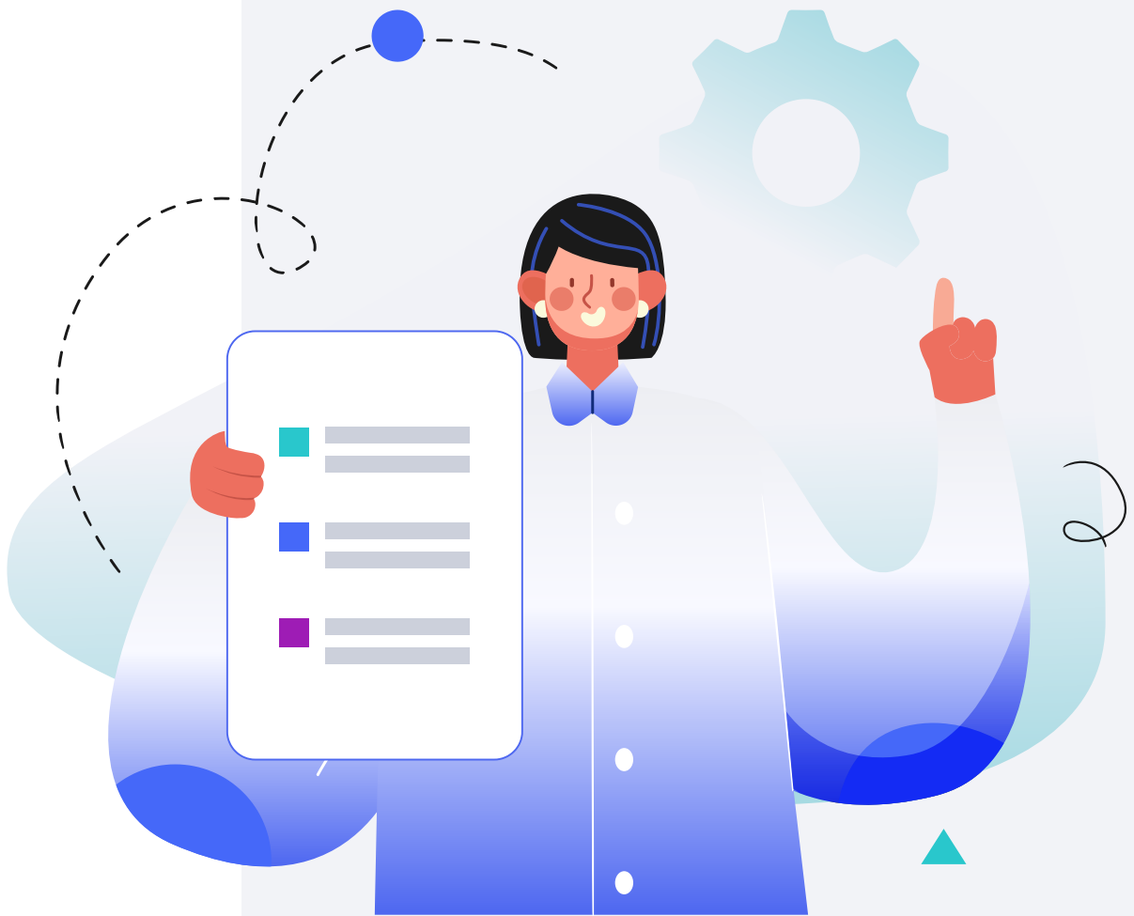
Male

HEIGHT

5ft 5" 165cm

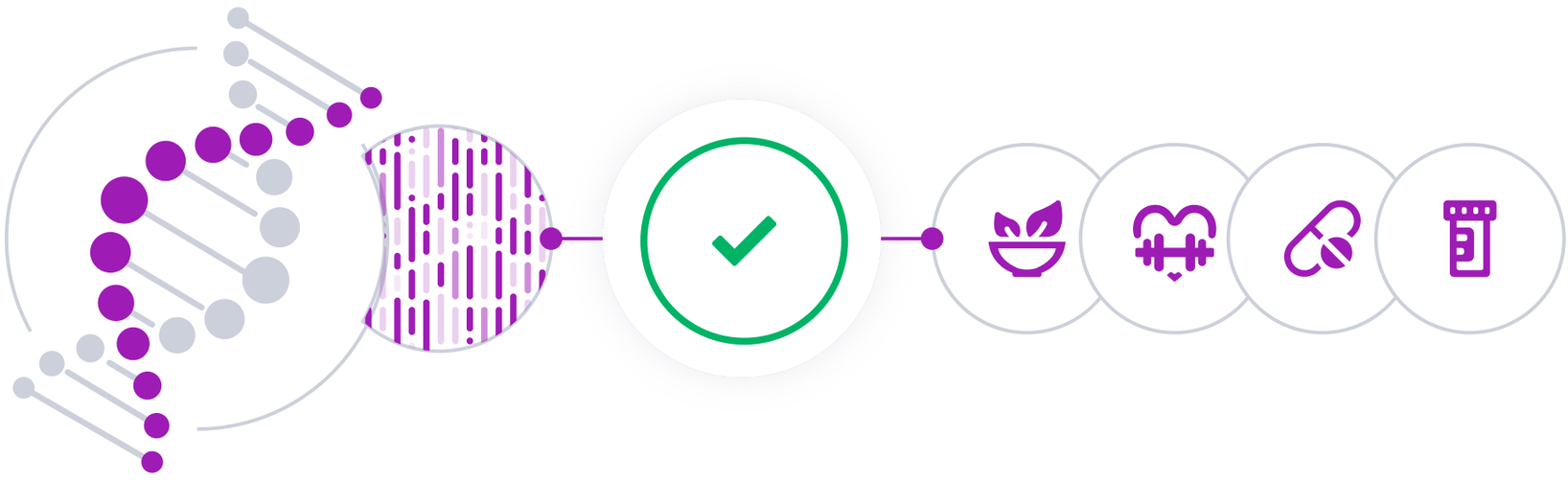
WEIGHT

137lb 62kg



How this works

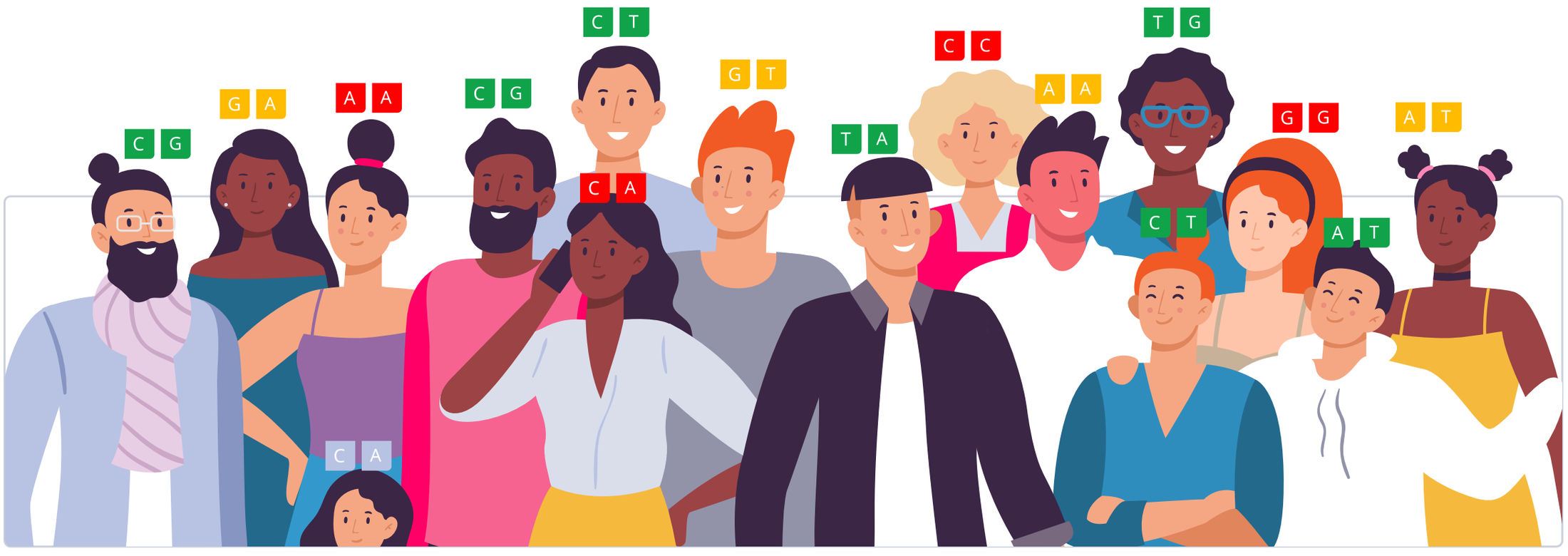
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

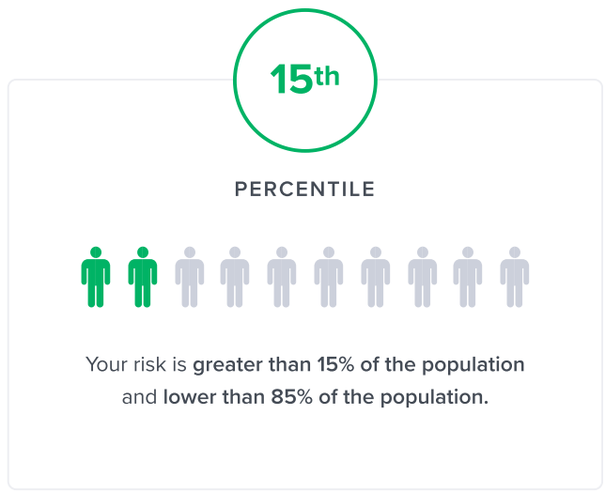
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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.

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

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



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, afew 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

Barrett's esophagus is a condition in which the tissue lining the esophagus becomes thickened and red. This typically occurs due to chronic exposure to stomach acid, most often from gastroesophageal reflux disease (GERD). While Barrett's esophagus itself isn't dangerous, it can increase the risk of developing esophageal adenocarcinoma, a serious type of esophageal cancer [R].

Symptoms of Barrett’s esophagus include [R]:

- Chronic heartburn, acid reflux, and regurgitation of stomach content
- Difficulty swallowing
- Less commonly, chest pain or discomfort

It's important to note that approximately **half of the people with Barrett's esophagus may not have any specific symptoms**. Therefore, you should discuss your digestive health with your doctor if you suspect the possibility of Barrett's esophagus.

Risk Factors and Management

Factors that increase your risk of Barrett's esophagus include [R]:

- **Chronic GERD**
- Age: more common in adults over 50.
- Gender: more common in men.
- Current or past smoking
- Obesity, particularly abdominal obesity.
- Family history. Your odds of having Barrett's esophagus increase if you have a family history of Barrett's esophagus or esophageal cancer.

While the primary risk factor for Barrett's esophagus is chronic GERD, genetic factors might also play a role. A family history of the condition can indicate a predisposition. However, the exact nature of the genetic influence is not fully understood and appears to be complex.

Treatment of Barrett's esophagus depends on the extent of abnormal cell growth in your esophagus and your overall health, and may include [R]:

- Medications to reduce acid production and manage GERD symptoms.
- Periodic endoscopy to monitor the cells in your esophagus.
- In severe cases, surgical procedures like fundoplication, or endoscopic procedures like radiofrequency ablation, may be recommended.

In addition, the following lifestyle changes can ease the symptoms of GERD [R]:

- Maintaining a healthy weight
- Avoiding food triggers
- Giving up smoking
- Raising the head of your bed

TYPICAL LIKELIHOOD

Typical likelihood of having Barrett's esophagus based on 1,674 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
/	rs2597301	CC
OR2H2	rs9257809	AA
FAM167A	rs10108511	TT
MSRA	rs17749155	AA
BARX1	rs11789015	AA
FAM167A	rs2409797	TT
/	rs2687202	TT
REX1BD	rs7258722	TA
/	rs9918259	CT
CTTNBP2	rs17451754	GA
FOXF1	rs9936833	TC
LDAH	rs7255	TC
ALDH1A2	rs2464469	AG
FOXF1	rs1979654	CG
IKBIP	rs9668109	GA
HMCN2	rs763936875	TT
PNMA2	rs17321041	CC
GOLIM4	rs7632500	AA
ETAA1	rs2861695	GG
TBX5	rs1247942	CC
TMOD1	rs10982622	GG
MIB1	rs4800353	AA
DPP6	rs11771429	CC
/	rs2880866	CC
CEP72	rs4957081	GG
/	rs2687201	AA
REX1BD	rs10419226	TT
AQP9	rs3784262	TT
GRID1	rs7904985	GG
/	rs62423175	GG
ISL1	rs6449586	TC
NECTIN2	rs2927438	AG

GENE	SNP	GENOTYPE
REX1BD	rs2003476	CC
/	rs2342002	CC
CEP72	rs11955068	CC
TMOD1	rs7852462	TT
FOXF1	rs2178146	CT
/	rs139606545	CC
MAP7D1	rs491603	CT
IQCK	rs1548445	AA
SLFN12	rs2671828	TC
SLC12A6	rs11631094	TG

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
1	Vegetables	
2	Good Eating Habits	
3	Avoid Food Triggers	
4	Avoid Meals 3-4 Hours Before Bedtime	
5	Eat Fiber-Rich Foods	
6	Bed Head Elevation	
7	Vitamin C	2000 mg
8	Avoid Sugary Foods & Drinks	
9	Avoid Large Meals	
10	Sleep for 7+ Hours	
11	Sugar-Free Gum	
12	Aerobic Exercise (Cardio)	1 hour
13	Appropriate Clothing	
14	Relaxation Techniques	30 minutes
15	Melatonin	500 mcg
16	Dietary Magnesium	

1

Vegetables

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Incorporate at least 2-3 cups of various vegetables into your daily diet, ensuring a mix of colors like greens, reds, and yellows to maximize nutrient intake. Aim to include vegetables in most meals, either as a side, part of the main dish, or snacks.

Description

Vegetables are edible parts of plants that offer various health benefits due to their rich nutrient content, including vitamins, minerals, fiber, and antioxidants. They are essential components of a balanced diet and contribute to overall health, supporting various bodily functions.

How it helps

A diet rich in vegetables may reduce the risk of Barrett's esophagus over 2 times [R].

Vegetables may help through their content in dietary fiber and folate, both of which may lower the risk [R].

2

Good Eating Habits

IMPACT 3 / 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 and thus the risk of Barrett's esophagus [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].

3

Avoid Food Triggers

IMPACT 3 / 5

EVIDENCE 3 / 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 and Barrett's esophagus risk [R, R, R].

4

Avoid Meals 3-4 Hours Before Bedtime

IMPACT 3 / 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].

By reducing acid reflux, these measures may help prevent Barrett's esophagus.

5

Eat Fiber-Rich Foods

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Incorporate foods high in fiber, such as fruits, vegetables, whole grains, and legumes, into your daily meals. Aim for a total dietary fiber intake of 25 to 30 grams per day, spread out over all meals.

Description

Fiber is a type of carb that your body can’t digest which supports digestion, heart health, and blood sugar control. You can get fiber by eating things like whole grains, fruits, nuts, seeds, and leafy greens.

Fiber is a type of carb that your body can’t digest. It supports digestion, heart health, blood sugar control, and more [R, R].

Adults should get 28 g of fiber every day. Most people in the US don’t get enough fiber [R, R].

You can get more fiber by eating [R, R]:

- Whole grains
- Fruits
- Leafy greens
- Nuts and seeds
- Beans
- Broccoli

Fiber supplements, such as psyllium husk, are available for people who don’t get enough fiber from their diets [R, R].

How it helps

Dietary fiber has an inverse relationship with Barrett's esophagus and esophageal cancer. For every 10 additional grams per day, the risk may decrease by 31% [R, R, R].

Fiber may help by strengthening the muscle that separates the esophagus from the stomach. It may also speed up stomach emptying and help prevent obesity [R, R].

6

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) by [R, R, R, R, R]:

- Using multiple pillows
- 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, potentially reducing the risk of Barrett's esophagus [R, R, R, R, R].

7

Vitamin C

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take 500-2000 mg of vitamin C supplement daily. It can be taken at any time of the day, with or without food, according to personal preference or tolerance.

TYPICAL STARTING DOSE

2000 mg

Description

Vitamin C is an essential nutrient. This means that our bodies can't produce it on their own, so we have to get it from food or supplements [R].

Foods rich in Vitamin C include: [R]

- Citrus Fruits
- Peppers
- Brussel sprouts
- Kiwi
- Broccoli
- Tomato
- Cantaloupe
- Cauliflower
- Spinach

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [R, R].

Vitamin C deficiency is called *scurvy.* In the past, many sailors suffered from it [R].

How it helps

A meta-analysis of 62 research papers involving over 250,000 participants found that smoking, alcohol consumption, higher BMI, less sleep, and proton pump inhibitor use increased the risk of Barrett's esophagus. Conversely, aspirin, vitamin C, folate, and fiber intake reduced the risk [R].

Please note: *Supplementing with vitamin C is linked to a slightly higher risk of kidney stones in men. Talk to your doctor before taking vitamin C* [R, R].

8

Avoid Sugary Foods & Drinks

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

To avoid sugary foods, eliminate or significantly reduce consumption of foods and beverages high in added sugars such as sodas, candies, baked goods, and sugary cereals from your diet. Instead, opt for natural sugar sources like fruits. Aim to do this daily for ongoing health benefits.

Description

High-sugar foods like baked goods, sweets, and sugary drinks, can spike your blood sugar levels. Consuming a lot of these types of foods can contribute to to health issues like diabetes, obesity, insomnia, and heart disease.

High-sugar foods and refined carbs have a high glycemic index (GI). This means they tend to spike your blood sugar levels. They include [R, R, R]:

- Sugary drinks
- Baked goods
- Sweets
- White bread
- White rice
- Pasta

Eating a lot of sugary foods can contribute to:

- Diabetes [R, R, R]
- Weight gain and obesity [R, R]
- Insomnia [R]
- Heart disease [R]

You may also want to avoid processed sugars and sugary drinks. They may have a role in increasing IL-1B [R, R].

How it helps

Modifying carbohydrate intake (for 9 weeks), especially reducing simple sugars, may improve [R]:

- Heartburn frequency and severity
- Acid taste in the mouth
- Lump/pain in the throat or chest
- Sleep disturbance

In line with this, a study of over 900 participants associated eating sugary foods and beverages with an approximately 70% higher risk of Barrett's esophagus [R].

9

Avoid Large Meals

IMPACT 2 / 5

EVIDENCE 2 / 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. This may potentially increase the risk of Barrett's esophagus [R].

10

Sleep for 7+ Hours

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

Sleep supports your body and mind [R, R]. More precisely, sleep helps:

- Support brain health [R, R]
- Maintain a healthy weight and appetite [R, R, R]
- Regulate blood pressure [R, R]
- Balance blood sugar [R, R]

Ways to sleep better include [R]:

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that’s cool, dark, and quiet

How it helps

A short sleep time has been associated with a 76% higher risk of Barrett's esophagus [R].

People with Barrett's esophagus may be at increased risk of obstructive sleep apnea, potentially worsening their sleep quality [R].

11

Sugar-Free Gum

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Chew one piece of sugar-free gum for 20 minutes after meals and snacks, up to three times a day. This practice should be continued daily as part of your oral hygiene routine.

Description

Sugar-free gum is a chewing gum that does not contain added sugars and is often sweetened with sugar substitutes like xylitol or stevia. Chewing sugar-free gum can help promote oral health by stimulating saliva production without contributing to tooth decay.

Chewing gum is created from a variety of resin-like substances and sweeteners. It’s commonly used to mask bad breath and to help clean teeth. People use sugar-free gum to avoid the effects of sugar on tooth health [R, R].

Xylitol is a sugar alcohol sometimes used in gum. It may help prevent tooth decay [R].

How it helps

A study of patients with Barrett's esophagus found that they had compromised salivary pH and secretion of protective factors for mucous healing. The authors suggested that chewing sugar-free gum may help restore normal salivary secretion [R].

Moreover, chewing sugar-free chewing gum after meals reduced acid reflux in 4 studies involving 81 people [R, R, R, R].

12

Aerobic Exercise (Cardio)

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Taking part in regular exercise (including cardio) is associated with a lower risk of GERD and Barrett's esophagus. Engaging in light or short sessions (at least 90 mins total/week) may be best [R, R, R].

Cardio may help by reducing abdominal obesity.

Please note: *Some exercises, such as sit-ups, leg-lifts, and stomach crunches, can worsen acid reflux. In addition, intense exercise may trigger acid reflux in some people* [R, R].

13

Appropriate Clothing

IMPACT 2 / 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 Barrett esophagus, stomach hernias, and acid reflux [R, R, R].

14

Relaxation Techniques

IMPACT 1 / 5

EVIDENCE 2 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

Stress can help you deal with a challenge or avoid danger. However, **it's not healthy to be stressed for a long time** [R, R].

Relaxation techniques such as yoga and meditation can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [R].

People use relaxation techniques to improve conditions like [R, R, R]:

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [R, R].

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind's attention to bodily sensations such as warmth and heaviness [R, R].

How it helps

Stress is linked to GERD. The greater the stress, the more severe the symptoms tend to be [R].

Experts recommend managing stress to help with GERD and prevent Barrett's esophagus. Relaxation techniques such as mindfulness meditation may help reduce stress and improve the quality of life in people with this condition [R, R, R].

Stress may contribute to GERD by increasing inflammation. It may also make people focus on their symptoms more [R, R].

15

Melatonin

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 500 mcg of melatonin orally, about 30 minutes before bedtime, to help with sleep. It can be taken daily as needed.

TYPICAL STARTING DOSE

500 mcg

Description

Melatonin is a natural hormone produced by the pineal gland in the brain that helps regulate the sleep-wake cycle. It plays a crucial role in promoting sleep onset and maintaining a consistent sleep pattern, making it a commonly used supplement for managing sleep disorders and jet lag.

Melatonin is an important sleep hormone. Bright light at night may prevent your body from making enough melatonin [R, R, R].

Your body makes melatonin on its own. However, some people take melatonin supplements to help them sleep. It may help with jet lag in particular [R, R, R].

How it helps

Melatonin (3 mg/day, for at least 4 weeks) improved acid reflux symptoms, especially when used with standard therapy in a small study of 36 people. Melatonin may help by [R]:

- Supporting the esophagus sphincter function
- Mildly reducing stomach acid production

Some preliminary evidence suggests that melatonin may help prevent Barrett's esophagus. However, most of the studies were done in animals [R, R].

16

Dietary Magnesium

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Increase your intake of magnesium-rich foods such as leafy green vegetables, nuts, seeds, and whole grains. Aim to include these foods in your diet daily, following the recommended dietary allowance of 320 mg per day for women and 420 mg per day for men.

Description

Magnesium is a vital mineral involved in over 300 biochemical reactions in the body. It supports various functions, including muscle and nerve function, bone health, and blood sugar regulation.

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

A study of over 800 participants associated dietary magnesium intake with a decreased risk of Barrett's esophagus and reflux esophagitis [R].