

Belly Fat

DNA Health Report

REPORT CATEGORY —



WEIGHT & BODY FAT

Sample Client

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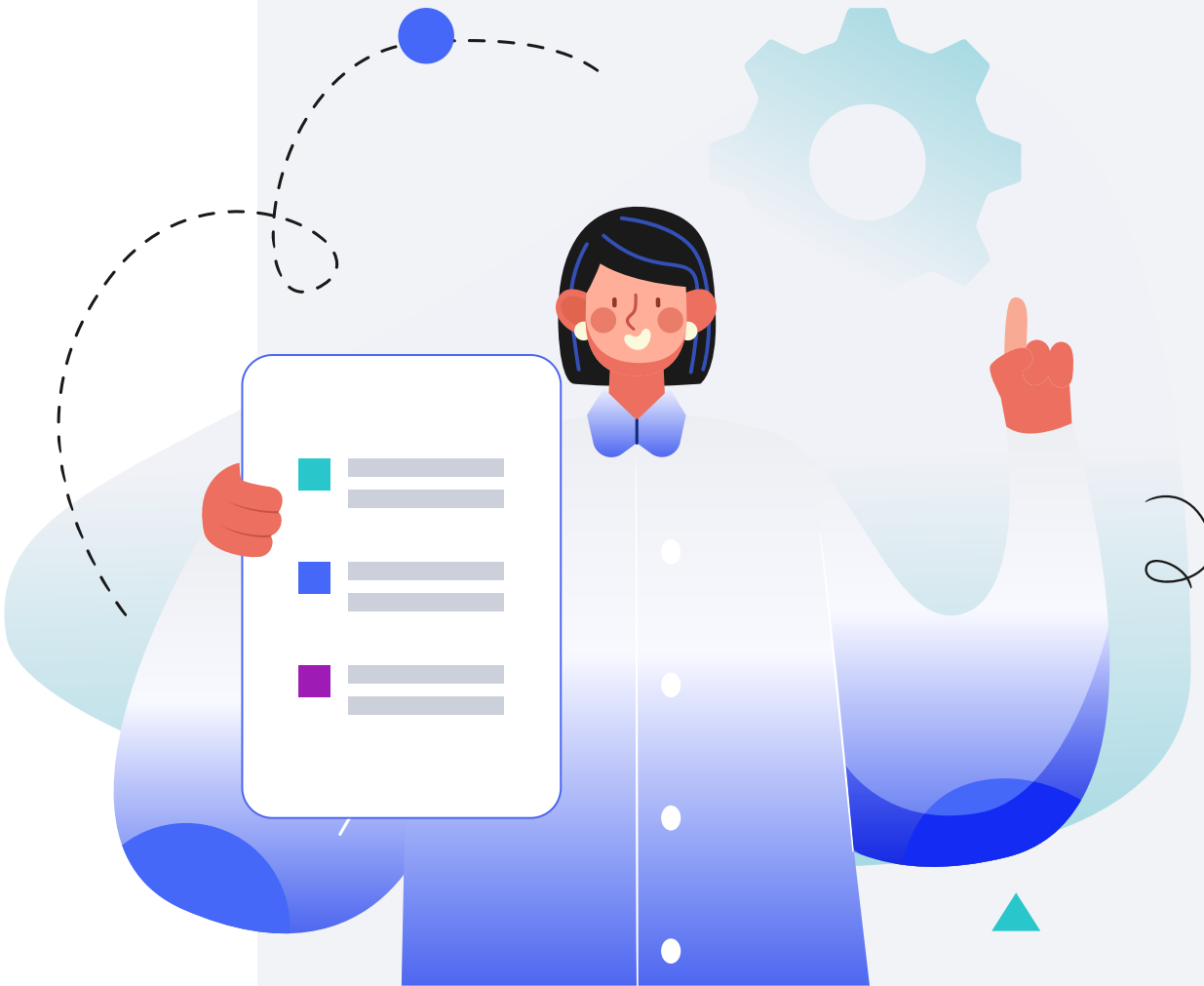
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Personal information

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

Belly fat, or abdominal fat, accumulates in the abdomen. Subcutaneous abdominal fat lies just under the skin. Having a high amount of belly fat is associated with an increased risk of various health problems, including:

- Type 2 diabetes
- Heart disease
- Fatty liver
- Certain cancers

Other common concerns associated with excess belly fat include:

- Bulging of the midsection or "muffin top"
- Difficulty fitting into clothing
- Physical discomfort
- Concerns about appearance

Risk Factors and Genetics

Factors that might contribute to the accumulation of belly fat include:

- Genetics: some people may be genetically predisposed to accumulate fat in the abdominal area. Specific variants can influence body fat distribution, metabolism, and response to exercise and diet.
- Age: As people age, they tend to gain more abdominal fat.
- Diet: High intake of sugary foods, beverages, and high-fat foods can promote abdominal fat.
- Lack of physical activity: Sedentary lifestyles can lead to weight gain and increased belly fat.
- Poor sleep: Lack of sleep or poor-quality sleep may result in weight gain, including in the abdominal area.
- Stress: Chronic stress can lead to weight gain, especially around the midsection due to increased cortisol levels.
- Hormonal changes: Conditions like PCOS (polycystic ovary syndrome) or hormonal shifts during menopause can lead to an increase in belly fat.



LOWER LEVELS

Predisposed to less belly fat based on 728,984 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
KCNIP4	rs191089506	GA
CTSG	rs180908849	GA
PAX7	rs140068450	GG
EPHA4	rs151197313	GG
DACT3	rs115034159	CC
SPTBN1	rs149660479	TT
NDUFAF1	rs144284546	CC
/	rs141736521	GG
KIAA1217	rs143713405	GG
SPTBN1	rs139247782	CC
/	rs57914885	TT
IL1RAP	rs73184209	TT
/	rs149272992	CC
SFRP1	rs138170590	GG
CHRM2	rs187398437	TT
SH3RF2	rs186498547	CC
FUT9	rs116997611	TT
DNAJC13	rs61748103	GG
INPP4B	rs183291101	GG
CHMP4B	rs150618140	CC

GENE	SNP	GENOTYPE
SLC48A1	rs149188661	CC
PDE1C	rs554724744	CC
SPATS2L	rs115519448	GG
FLNC	rs71581921	CC
MRPS14	rs138727370	CC
KCMF1	rs71411813	AA
MMP7	rs17099108	AA
TYW5	rs149699386	GG
CBFA2T2	rs149392217	GG
ADARB2	rs117791867	CC
TXK	rs116076550	AA
RNGTT	rs150250345	GG
MAN2C1	rs117242252	TT
SH3RF2	rs186123088	CC
/	rs148446805	AA
/	rs117851918	GG
/	rs116966023	CC

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	Strength Training	1 hour	2	Limit Calorie Intake	
3	High-Intensity Interval Training (HIIT)	30 minutes	4	Avoid Sugary Foods & Drinks	
5	Practice Exercise Snacks	1 minutesute	6	Whole-Food Plant-Based Diet	
7	Mediterranean Diet		8	Eat Fiber-Rich Foods	
9	Eat More Protein and Less Carbs		10	Eat Slowly & Chew Thoroughly	
11	Green Tea Extract	250 mg	12	Phosphatidylcholine	420 mg
13	MCT Oil		14	Climbing	1 hour
15	Propolis				

1



Strength Training

IMPACT

5 / 5

EVIDENCE

5 / 5

How to implement

Engage in strength training exercises, such as weight lifting or bodyweight exercises, for 60 minutes per session, 2 to 3 times per week. Ensure you work all major muscle groups and rest each muscle group for at least 48 hours before exercising it again.

TYPICAL STARTING DOSE

1 hour

Description

Strength training, also called resistance or *anaerobic* training, contracts the muscles against an external resistance for short periods of time. This helps gain muscle strength, tone, and mass. This can include activities like weight lifting, pushups, and crunches.

Strength training, also known as resistance training, is a type of physical exercise that uses resistance to build strength, anaerobic endurance, and size [\[R\]](#). Some of the most common strength training methods include [\[R\]](#):

- Weight lifting
- Bodyweight exercises like push-ups, pull-ups, squats, and lunges.
- Resistance bands
- Plyometrics or explosive force exercises

The benefits of strength training are numerous, and include [\[R\]](#):

- Increased muscle strength
- Improved bone health
- Reduced risk of injury
- Improved balance and coordination
- Enhanced mood
- Boost metabolism

Consult with a doctor before starting any new exercise program, especially if you have any health conditions.

How it helps

Most experts agree that getting 150-300 minutes of exercise per week can help you control your weight.

For best results, try to push yourself a bit with **moderate or intense exercise** [\[R, R\]](#).

Exercise helps by burning calories and boosting your metabolism. It may also lower your appetite [\[R, R\]](#).

Multiple meta-analyses (the most recent one with 43 trials and 3,552 participants) found that both **aerobic and resistance training are equally effective for weight loss**. Exercise programs lasting 8-40 weeks **reduced weight (by 1.6-1.7 kg), waist circumference (by 1.95-2.12 cm), and belly fat area (by 5.39-13.05 cm2)** [\[R, R, R, R, R\]](#).

2



Limit Calorie Intake

IMPACT4 / 5

EVIDENCE5 / 5

How to implement

Consume fewer calories than your body needs for maintenance. Calculate your daily caloric needs using an online calculator based on your sex, age, weight, height, and activity level, then reduce that number by 500-1000 calories per day to safely lose 1-2 pounds per week. Adjust the caloric intake as needed based on your progress.

Description

People often limit their calorie intake to help them lose weight [R, R]. However, moderate calorie restriction may also help you stay healthier and age better [R, R, R, R, R].

There are different ways to take in fewer calories. You can:

- **Eat low-calorie foods**, such as those rich in proteins, fiber, and water. Avoid fatty and sugary foods, which tend to be high in calories [R].
- Try [intermittent fasting](#), which involves changing how often you eat [R].

If you are restricting your calories, make sure your diet remains healthy and balanced. Experts also recommend being physically active, to prevent the loss of muscle and bone mass.

How it helps

To promote weight loss, experts recommend lowering your calorie intake by 30% of your daily requirement [R, R].

Eating fewer calories and intermittent fasting may support short-term weight loss equally. On the other hand, people who eat fewer calories may maintain their weight loss better in the long run [R, R, R, R, R, R].

Combining time-restricted eating with caloric restriction results in significantly greater reductions in waist circumference: **2.36 cm** vs 1.27 cm [R].

A good way to limit calorie intake is to eat more low-calorie foods. These include soups and foods rich in protein and fiber. You can also try eating a low-calorie snack before a meal [R, R, R].

3



High-Intensity Interval Training (HIIT)

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Engage in HIIT workouts for at least 30 minutes per session, 3 times a week. Each session should include short bursts of intense exercise, such as sprinting or fast cycling, for 30-60 seconds followed by a period of rest or lower-intensity exercise for 1-2 minutes. Adjust intensity and duration based on personal fitness level.

TYPICAL STARTING DOSE

30 minutes

Description

HIIT is a time-efficient form of exercise that involves short bursts of intense activity followed by brief rest periods. It can help improve cardiovascular fitness, burn calories, and build muscle strength in a shorter amount of time compared to traditional steady-state cardio workouts.

HIIT (high-intensity interval training) is a type of interval training that alternates short bouts of intense anaerobic exercise with short periods of rest or low-activity exercise for recovery. Popular examples include **CrossFit and Tabata**.

HIIT improves all types of muscle performance faster than other fitness modalities. HIIT is also more effective at improving heart health and burning fat than other, lower-intensity workouts.

To make the most gains from HIIT, make sure to allow for sufficient resting times. Otherwise, you won't be able to fully recover.

How it helps

Numerous studies highlight the effectiveness of HIIT for reducing body fat, especially in women and overweight/obese individuals. HIIT outperformed MICT, with sprint interval training showing promise [R, R, R, R, R, R, R, R].

When it comes to abdominal obesity in particular:

- HIIT is more effective than MICT in reducing waist circumference [R].
- It may reduce WC in people with obesity and metabolic syndrome [R, R, R].
- It may not be effective in people with musculoskeletal disorders [R].

4



Avoid Sugary Foods & Drinks

IMPACT

4 / 5

EVIDENCE

3 / 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 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

Increased intake of dietary sugars is linked to an increase in body weight, which indirectly suggests a potential increase in waist circumference due to overall weight gain [\[R\]](#), [\[R\]](#).

Consumption of SSBs is associated with an increase in waist circumference by **14%**, although the increase was not statistically significant in some studies. Soda drinks, a type of SSB, specifically showed a significant increase in waist circumference by **31%** [\[R\]](#).

5

Practice Exercise Snacks

IMPACT3 / 5

EVIDENCE4 / 5

How to implement

Integrate short bursts of physical activity, each lasting about 1 to 2 minutes, into your daily routine at least two to three times a day. These 'exercise snacks' can include activities like doing a set of stairs, rapid bodyweight exercises, pull-ups, push-ups, sit-ups, or brisk walking.

TYPICAL STARTING DOSE

1 minutesute

Description

Staying physically active is essential for maintaining overall health and well-being. **Exercise snacks** are brief, frequent bursts of physical activity integrated into daily routines, helping combat the health risks associated with prolonged sitting and sedentary behavior, such as obesity and cardiovascular issues. Examples include taking the stairs or doing quick exercises during work breaks.

Staying active can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

Exercise snacks are short, quick bursts of physical activity performed throughout the day, designed to break up prolonged periods of sitting or inactivity. These brief bouts of exercise can be as short as a few minutes and are incorporated into daily routines to boost overall physical activity levels.

Exercise snacks are crucial for health because they combat the negative effects of sedentary behavior, such as prolonged sitting, which is associated with an increased risk of obesity, cardiovascular diseases, diabetes, and musculoskeletal issues. They help improve blood circulation, regulate blood sugar levels, and enhance mood and cognitive function.

Examples of exercise snacks include taking the stairs instead of the elevator, doing a few minutes of bodyweight exercises (e.g., squats or push-ups) during work breaks, or walking briskly for a few minutes after meals. These short, frequent bursts of activity contribute to a more active lifestyle and can significantly benefit overall health by reducing the risks associated with excessive sitting.

How it helps

Most experts agree that getting 150-300 minutes of exercise per week can help you control your weight. For best results, try to push yourself a bit with **moderate or intense exercise** [\[R, R\]](#).

Exercise helps by burning calories and boosting your metabolism. It may also lower your appetite [\[R, R\]](#).

In one meta-analysis, substituting prolonged sedentary time with moderate-to-vigorous physical activity (MVPA) in children led to an estimated reduction in waist circumference of 1.5 cm. However, another meta-analysis found that replacing sitting with standing can result in no significant effect on waist circumference [\[R, R\]](#).

6



Whole-Food Plant-Based Diet

IMPACT

3 / 5

EVIDENCE

4 / 5

How to implement

To implement a plant-based diet, fill your meals with fruits, vegetables, legumes, seeds, and whole grains. Aim for at least 5 servings of fruits and vegetables per day, include legumes in your meals several times a week, and choose whole grains over refined grains. Adjust your diet gradually over a few weeks to avoid digestive discomfort.

Description

A plant-based diet primarily consists of foods derived from plants, such as fruits, vegetables, whole grains, nuts, and seeds, while minimizing or excluding animal products. This dietary approach is associated with numerous health benefits, including reduced risk of chronic diseases like heart disease, diabetes, and certain cancers, as well as improved weight management and overall well-being due to its emphasis on nutrient-dense, fiber-rich foods.

A plant-based diet is not necessarily vegetarian or vegan. It focuses on eating foods mainly of plant origin [\[R\]](#).

It includes a variety of fruits and vegetables, grains, dairy, high-protein foods, and oils [\[R\]](#).

Following a plant-based diet may support [\[R, R, R, R\]](#):

- Heart health
- Blood sugar control
- Kidney health

How it helps

Following a plant-based diet (for 1-24 months) may support weight loss. The fiber in a plant-based diet may help reduce weight and waist circumference by [\[R, R, R\]](#):

- Improving the body’s response to insulin
- Reducing appetite

It may offer greater benefits when combined with calorie restriction [\[R, R\]](#).

In one meta-analysis, plant-based diets significantly reduced waist circumference by **4.3%** in individuals with type 2 diabetes compared to regular meat-eating diets [\[R\]](#).

Other meta-analyses showed a WC reduction of about 2.2 cm on plant-based diets [\[R\]](#).

7



Mediterranean Diet

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

The Mediterranean diet may support weight loss more than a low-fat diet. Adopting this diet may reduce belly fat and waist circumference. Combining the Mediterranean diet with exercise and calorie restriction may even boost its effects on weight [\[R, R, R, R, R\]](#).

What makes the Mediterranean diet a great choice?

- It’s low in saturated fat [\[R\]](#)
- It’s rich in healthy fat sources like olive oil and fish [\[R, R\]](#)
- It’s rich in fiber [\[R\]](#)

This diet may also support weight loss in people with type 2 diabetes [\[R, R, R, R\]](#).

8



Eat Fiber-Rich Foods

IMPACT3 / 5

EVIDENCE3 / 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

Fiber makes you feel more full and thus eat less. **In fact, getting 14 g more fiber per day is linked to a 10% lower calorie intake** [\[R\]](#).

Meta-analyses on dietary fiber and waist circumference have observed the following:

- **A 10-g/day increase in total fiber intake** is linked to a decrease of **0.08 cm/year** in waist circumference [\[R\]](#).
- **A 10-g/day increase in cereal fiber intake** is linked to a reduction of **0.10 cm/year** in waist circumference [\[R\]](#).
- Isolated soluble fiber supplementation in overweight and obese individuals results in a significant reduction in waist circumference [\[R, R\]](#).
- Viscous fiber supplementation may not help reduce WC [\[R\]](#).

The following dietary and supplemental sources of fiber may support weight loss:

- [Resistant starch](#): 10-40 g/day for 4-12 weeks [\[R, R, R\]](#)
- [Psyllium](#): 6-16 g/day for 6-24 weeks [\[R\]](#)
- [Flaxseed](#): at least 30 g/day for 12 weeks [\[R\]](#)
- Indigestible dextrin: 34 g/day for 12 weeks [\[R\]](#)

9

Eat More Protein and Less Carbs

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Include a source of lean protein such as chicken, fish, beans, or tofu in each meal, aiming for 20-30 grams per serving, while reducing carbohydrate-rich foods like bread, pasta, and sweets, aiming to make proteins about 30-40% of your daily caloric intake. Replace at least one carbohydrate-heavy meal or snack with a high-protein option daily.

Description

A diet that includes more protein and fewer carbohydrates can promote weight management and satiety, potentially aiding in weight loss efforts. Protein-rich foods can help control hunger and support muscle maintenance.

Proteins, fats, and carbs are macronutrients. You need these nutrients in large (‘macro’) amounts. They provide your body with the energy it needs to function properly [\[R\]](#).

For a healthier diet, experts recommend eating foods that are higher in protein but lower in fat and carbs [\[R, R\]](#).

This is because simple carbs can spike your blood sugar levels. Likewise, too much saturated fat can increase “bad” (LDL) cholesterol [\[R, R, R, R, R, R\]](#).

Eating a lot of high-carb or high-fat foods may lead to conditions like diabetes, obesity, and heart disease [\[R, R, R, R\]](#).

Meanwhile, protein boosts muscle mass and helps control your weight [\[R\]](#).

How it helps

Most weight loss experts recommend following a diet that’s higher in protein and lower in carbs or fat [\[R, R\]](#).

This is because protein [\[R, R\]](#):

- Boosts your metabolism
- Makes you feel more full
- Helps control your appetite

On the other hand, simple carbs spike your [insulin](#), which is linked to a higher risk of obesity [\[R\]](#).

However, high-protein low-carb diets have shown less convincing results when it comes to belly fat in particular. They may modestly reduce waist circumference and may not be more effective than other diets [\[R, R, R\]](#).

10

Eat Slowly & Chew Thoroughly

IMPACT

2 / 5

EVIDENCE

3 / 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

Fast eating is linked to higher weight and obesity rates [\[R\]](#).

Eating slowly increases the postprandial responses of anorexigenic gut hormones like GLP1 and PYY, leading to higher satiety and reduced hunger in obese adolescents. This suggests that slower eating can help regulate food intake and potentially reduce abdominal obesity in this group [\[R\]](#), [\[R\]](#).

In obese adults, slow eating did not significantly stimulate the release of anorexigenic gut hormones or increase satiety compared to fast eating, suggesting that the benefits of slow eating may be more pronounced in younger populations [\[R\]](#).

11



Green Tea Extract

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Take a green tea extract supplement containing 250-500 mg of EGCG (the active compound in green tea) daily, preferably with a meal to enhance absorption. This dosage is typically split into two separate doses, taken in the morning and later in the day. Continue this regimen for at least three months to observe potential health benefits.

TYPICAL STARTING DOSE

250 mg

Description

Green tea extract is a concentrated form of the beneficial compounds found in green tea, such as catechins. It is used in dietary supplements for its potential to enhance metabolism, aid in weight management, and provide antioxidant protection.

[Green tea](#) is made from the same plant as black tea (*Camellia sinensis*). However, the leaves and buds are processed differently [\[R\]](#).

Green tea contains **catechins**. These are antioxidants that help prevent [oxidative stress](#) [\[R\]](#).

EGCG is the main catechin found in green tea. It may help reduce inflammation and support weight loss [\[R\]](#).

How it helps

Green tea and its catechins may support weight loss. Try to get **300-600 mg of catechins per day**, which can be found in about **3-6 cups of green tea** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Green tea catechins may help by burning fat. However, they may only work when combined with [caffeine](#), which is naturally found in green tea [\[R\]](#), [\[R\]](#), [\[R\]](#).

Multiple studies have shown that green tea extract leads to a significant reduction in waist circumference across various dosages and durations. It may be particularly helpful:

- In doses >800 mg/day and durations >12 weeks [\[R\]](#)
- In people with metabolic syndrome and diabetes [\[R\]](#), [\[R\]](#)

Green tea catechins have been shown to reduce total fat area, visceral fat area, and subcutaneous fat area, contributing to a decrease in waist circumference [\[R\]](#).

Please note: polyphenols from green tea may bind to iron and form insoluble complexes, which reduces iron absorption in the gut. If you have anemia, consult your healthcare provider before using green tea [\[R\]](#).

12



Phosphatidylcholine

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take 420-900 mg of phosphatidylcholine supplement daily, ideally with meals to enhance absorption. Continue this regimen for at least 3 months to evaluate its effects on your health.

TYPICAL STARTING DOSE

420 mg

Description

Phosphatidylcholine is a crucial phospholipid found in cell membranes throughout the body, particularly in the brain. It plays a vital role in cognitive function and liver health, supporting processes like cell signaling and fat metabolism. Phosphatidylcholine can be derived from soybeans and other sources, and it is often used as a dietary supplement to promote brain health and liver function.

[Phosphatidylcholine](#) is a key component of cells [\[R\]](#).

It helps [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Maintain cell structure
- Protect the lungs, gut, liver, and nerves
- Break down fats

Because [choline](#) is needed to make phosphatidylcholine, low choline levels can limit its production [\[R\]](#).

How it helps

In a study of 37 female patients with gynoid lipodystrophy, injections of phosphatidylcholine/sodium deoxycholate and sodium deoxycholate alone showed similar efficacy in reducing localized fat. Both treatments were deemed safe, with sodium deoxycholate potentially slower in postoperative resolution [\[R\]](#).

Patients received 0.4 mL phosphatidylcholine injections every 2 weeks for infraorbital fat herniation. Improvement was reported by 80% of patients and 70% of physicians. Side effects included burning and erythema. At 9 months, 50% reported persistent benefit, suggesting potential as an alternative to blepharoplasty. However, another study found no benefit [\[R\]](#), [\[R\]](#).

In a study of 12 patients with submental fat deposits, both phosphatidylcholine and a combination of phosphatidylcholine and organic silicium were equally effective in reducing fat thickness. Optimal reduction was achieved after three treatment sessions, with mild and transitory adverse effects [\[R\]](#).

Please note: *some studies suggest that phosphatidylcholine may interfere with iron absorption in the gut. If you have anemia, consult your healthcare provider before using phosphatidylcholine supplements.*

13



MCT Oil

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate 1 to 2 tablespoons of MCT oil into your daily diet by adding it to coffee, smoothies, or salad dressings. Start with a lower dose to assess tolerance before gradually increasing to the full dosage. Use daily for ongoing benefits.

Description

MCT oil is a type of dietary fat known for its rapid absorption and potential to provide quick energy. It is often used in ketogenic diets and may support weight management and cognitive function.

How it helps

A meta-analysis of 11 randomized controlled trials (5 with low bias risk) investigated replacing 5g of dietary LCTs with MCTs for at least 4 weeks. The overall analysis found that this replacement resulted in significant reductions in body weight (-0.69 kg), body fat (-0.89 kg), and waist circumference (-1.78 cm). However, the overall quality of evidence was moderate to low [\[R\]](#)

13 trials (749 participants) found that MCTs, compared to LCTs, led to reduced body weight (-0.51 kg), waist circumference (-1.46 cm), hip circumference (-0.79 cm), total body fat (-0.39), subcutaneous fat (-0.46), and visceral fat (-0.55). Blood lipid levels remained unaffected [\[R\]](#).

14



Climbing

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Engage in climbing activities, such as rock climbing, bouldering, or indoor wall climbing, two to three times per week, each session lasting for about an hour. Begin with easier routes and gradually progress to more challenging ones as your strength and skill improve.

TYPICAL STARTING DOSE

1 hour

Description

Climbing is a great way to get a full-body workout, improve your balance and coordination, and reduce stress. It can also help you build strength, endurance, and confidence.

How it helps

A randomized controlled trial with 19 sedentary adults found that sport rock climbing (60 minutes/day, 3x/week for 8 weeks) led to improvement in body composition, VO2 Max, muscle strength, and muscle endurance [R].

In a trial with 9 male participants, climbing a vertical ladder ergometer at different speeds increased VO2, heart rate (HR), and perceived exertion (RPE). Moving from a 75° to a vertical position intensified the cardiorespiratory response, attributed to the greater balance challenge when the body's center of mass is not above the feet [R].

Another pilot randomized controlled trial in 35 gynecologic cancer survivors found that supervised wall climbing intervention vs usual care (for 8 weeks, 16 sessions) improved the 6-minute walk, 30-second chair stand, 30-second arm curls, sit and reach, 8-foot up-and-go, grip strength-right, and grip strength-left assessments [R].

Climbing involves intense physical activity, which helps burn calories. Additionally, it strengthens the core and abdominal muscles, promoting a leaner physique.

Please note: Climbing injuries are common and can be challenging to diagnose. Climbers typically get injured on their fingers, and if they have been injured before, they are more likely to get hurt again. Seek medical attention if you experience pain after practicing [R].

15



Propolis

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a propolis supplement in capsule or tablet form, typically ranging from 500mg to 1000mg per day. It's best to follow the dosage instructions on the product label or a healthcare provider's advice. Propolis can be taken continuously, but consult a healthcare provider for specific durations especially if it exceeds three months.

Description

Propolis is a resinous substance collected by bees from tree buds and used to seal their hives. It has been traditionally used in natural medicine for its potential antimicrobial properties and as a source of antioxidants that may support oral and immune health.

Propolis is a waxy compound, also known as “bee glue.” Honeybees make it from plants and use it to build, repair, and protect their hives [\[R\]](#).

People use propolis to potentially help [\[R\]](#):

- Reduce the appearance of acne
- Maintain oral health
- Support the immune system

How it helps

66 interested eligible patients recruited to the present study. Participants were randomly assigned to consume a tablet at a dose of 250 mg of propolis extract, twice daily for 12 weeks or placebo. Propolis supplementation could lead to a **significant reduction in waist circumference (WC)**, increase in physical functioning, general health and the overall score of SF-36 compared with placebo group. However, no significant differences were observed regarding other anthropometric indices and biochemical parameters between two groups [\[R\]](#).