

Bronchitis

DNA Health Report

REPORT CATEGORY —



Sample Client

Report date: 15 January 2026

Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

10 Your recommendations

28 Next Steps

- 28 Your Lab Results

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

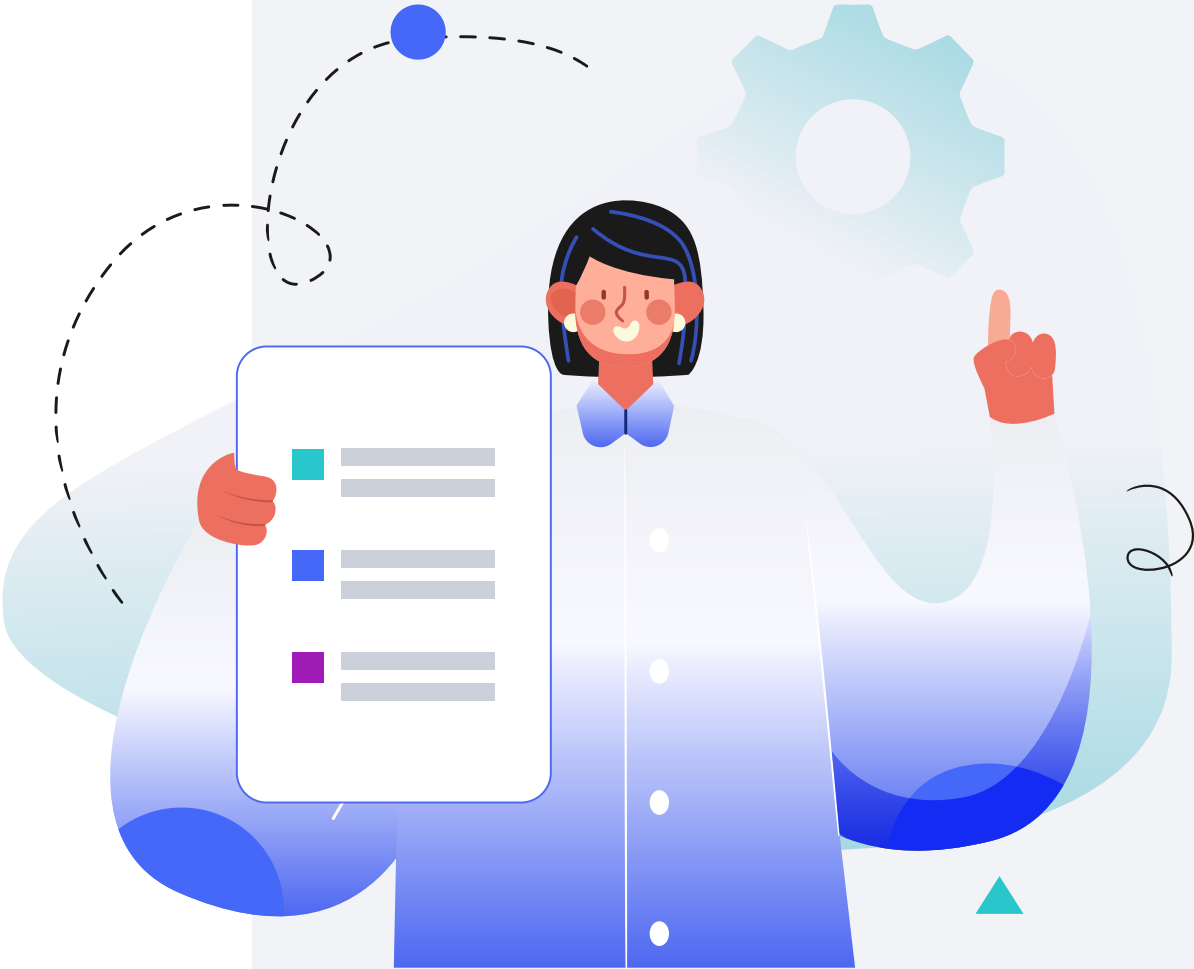
Male

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 can be a single episode or a chronic condition, and it’s most prevalent in young children and older adults.

Repeated bouts of bronchitis may indicate a more serious condition called **chronic bronchitis**. The good news is that bronchitis rates have been slowly declining, likely due to a decrease in tobacco use, a major risk factor.

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

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

Seek medical attention if you or someone you know experiences more severe symptoms such as high fever, symptoms lasting more than three weeks, breathing difficulties, or sleep deprivation.

Risk Factors and Your Genetics

Bronchitis stands for **inflammation of the bronchial tubes**, which carry air to and from the lungs. Chronic bronchitis is usually **caused by smoking**, and it's more common in older adults.

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

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

About **40%** of differences in people's chances of having chronic bronchitis may be due to genetics [\[R\]](#), [\[R\]](#).

People may also be more prone to this condition if they have [\[R\]](#):

- Compromised immune system
- Acid reflux
- Other chronic conditions



MORE LIKELY

More likely to have chronic bronchitis based on 855,618 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ADGRE2	rs118174093	AC
HHIP	rs6537293	AA
PSMA4	rs12914385	CT
/	rs17612712	TA
CAMK2D	rs80195545	AA
PPP2R5E	rs181185304	TT
ARL5B	rs11014442	CC
SEPHS1	rs57876112	GG
/	rs147666897	TT
NSUN6	rs145582784	GG
USP6NL	rs143659538	CC
CAMK1D	rs531486447	CC
USP6NL	rs112323231	CC
ANKRD26	rs187253488	CC
RAB18	rs551993019	AA
TRDMT1	rs554642376	CC
PRPF18	rs78379510	TT
PFKP	rs542673552	GG
/	rs569897388	TT
KLF6	rs543494212	GG
/	rs145118411	AA
/	rs563525354	TT
PLXDC2	rs545098188	GG
ST8SIA6	rs186143753	AA

GENE	SNP	GENOTYPE
DIP2C	rs11812269	GG
GATA3	rs17143595	TT
AKR1E2	rs528500563	TT
NET1	rs80057200	AA
OTUD1	rs11013561	CC
/	rs113202721	AA
KLF6	rs75362681	GG
NET1	rs57445998	TT
MALRD1	rs74392178	GG
MALRD1	rs79827988	CC
BEND7	rs115225727	TT
PLXDC2	rs187086973	GG
CAMK1D	rs74227222	GG
OLAH	rs192006723	GG
AKR1C3	rs78714897	CC
CELF2	rs142953035	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	Avoid Secondhand Smoke		
3	Aerobic Exercise (Cardio)	1 hour	4	N-acetylcysteine (NAC)	600 mg
5	Ivy Leaf Extract	25 mg	6	Avoid PCBs	
7	Avoid Organochlorine Pesticide Exposure		8	Avoid Pesticide Exposure	
9	Serrapeptase		10	Avoid PAHs Exposure	
11	Uridine	150 mg	12	Halotherapy	30 minutes
13	Wear Facemasks		14	Air Purifier	
15	Drink at Least 8 Glasses of Water a Day		16	Diaphragmatic Breathing	10 minutes
17	Gargling	30 seconds	18	Exercise At Least One Hour a Day	1 hour
19	Honey		20	Avoid Exposure to Solvents	
21	Andrographis	300 mg			

1



Avoid Air Pollution

IMPACT4 / 5

EVIDENCE5 / 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%** [\[R\]](#), [\[R\]](#).

Exposure to the following air pollutants may also raise the risk of bronchitis:

- **Smoke from biomass fuels** (by 250-300%) [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- **Indoor dampness and molds** (by 45%) [\[R\]](#)
- **Petrochemical industry emissions** (by 26%) [\[R\]](#)

In children, air pollution **increases hospital admission** due to bronchitis and other respiratory diseases [\[R\]](#).

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 outdoor

2



Avoid Secondhand Smoke

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Implementing a smoke-free lifestyle involves communicating your needs to family, friends, and coworkers, requesting they respect your choice by smoking away from you. At home, establish strict no-smoking policies indoors. When out, choose smoke-free venues and accommodations. Advocate for smoke-free environments in your community and support legislation that promotes public health by reducing exposure to secondhand smoke. Utilize air purifiers at home to reduce any residual particles.

Description

Avoiding secondhand smoke is crucial for maintaining good health. Exposure to secondhand smoke can lead to respiratory problems, cardiovascular disease, and an increased risk of lung cancer, even in non-smokers. Protecting oneself from secondhand smoke involves staying away from smoking areas, ensuring smoke-free environments at home and work, and advocating for smoke-free policies in public spaces.

How it helps

Smoking increases the risk of bronchitis. The condition is more common in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Current smokers (3.4 times)
- Waterpipe smokers (2.4 times)
- Former smokers (1.6 times)

Passive smoking also raises the risk of bronchitis. **In children exposed to cigarette smoke, the risk is up to 60% higher**, especially if both parents smoke [\[R\]](#), [\[R\]](#), [\[R\]](#).

3



Aerobic Exercise (Cardio)

IMPACT

4 / 5

EVIDENCE

4 / 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

For people with chronic bronchitis, aerobic exercise may [\[R, R, R, R, R\]](#):

- Reduce fatigue
- Boost lung function
- Improve the quality of life

Exercise may help by training and strengthening the breathing muscles [\[R, R\]](#).

Please note: *If you have chronic bronchitis, consult your doctor before taking part in intense exercise* [\[R\]](#).

4



N-acetylcysteine (NAC)

IMPACT4 / 5

EVIDENCE3 / 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 [\[R\]](#).

5



Ivy Leaf Extract

IMPACT3 / 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].

6



Avoid PCBs

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

To avoid PCBs (Polychlorinated Biphenyls), do not use old electrical equipment manufactured before 1977, avoid consuming fish from contaminated waters, especially larger species such as shark and swordfish which are higher in the food chain, and check for and properly dispose of any old fluorescent lighting fixtures that may contain PCBs. Pay attention to local advisories regarding the safety of locally caught fish and wildlife.

Description

PCBs are toxic chemicals that can cause cancer, reproductive problems, and developmental problems. Avoiding exposure to PCBs is important for protecting your health.

Polychlorinated biphenyls (PCBs) are man-made chemicals. They were used in the industry until their **ban in 1979**. PCBs are considered **persistent organic pollutants** (POPS) due to their slow degradation in the environment. They may also **accumulate** in the food chain and the human body [\[R, R\]](#).

We may be exposed to PCBs through contaminated [\[R, R\]](#):

- **Food** (e.g., fish, meat, rice)
- Soil
- Air

PCBs may have toxic effects on [\[R, R\]](#):

- Immunity
- Nervous system
- Reproductive system
- Hormone levels

They may also increase the risk of cancer and reduce lifespan [\[R, R\]](#).

How it helps

Avoiding PCBs reduces your exposure to toxins that can irritate and inflame your lungs. This will help reduce bronchitis symptoms and prevent damage to your airways.

A meta-analysis of 10 studies and 4608 child-mother pairs associated every **doubling of prenatal PCB 153 exposure with 6% higher risk of childhood bronchitis** [\[R\]](#).

7



Avoid Organochlorine Pesticide Exposure

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Minimize exposure by choosing organic fruits and vegetables, thoroughly washing produce before consumption, and avoiding areas where organochlorine pesticides are applied. Consider using air purifiers in homes close to agricultural areas to reduce indoor pesticide levels.

Description

Reducing organochlorine pesticide exposure involves minimizing contact with pesticides like DDT, which can accumulate in the body and potentially lead to adverse health effects, including disruption of hormonal functions and carcinogenicity.

How it helps

Organochlorine pesticides can harm lung tissues, worsening existing inflammation and increasing mucus production-- key features of bronchitis. Reducing exposure can therefore help minimize bronchitis symptoms and prevent further lung damage.

A meta-analysis of 10 studies and 4608 child-mother pairs associated every **doubling of prenatal DDE exposure with 3% higher risk of childhood bronchitis** [\[R\]](#).

8



Avoid Pesticide Exposure

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Purchase organic produce when possible, wash fruits and vegetables thoroughly under running water, and peel them if not organic. Use natural pest control methods instead of chemical pesticides at home and garden. Limit the use of non-organic lawn and garden chemicals.

Description

Pesticides include all chemicals used to kill weeds, insects, fungi, and microbes. Reducing pesticide exposure involves choosing organic or pesticide-free foods and using natural pest control methods to limit contact with potentially harmful chemical residues. It supports overall health by reducing the risk of pesticide-related health issues.

Pesticides include all chemicals used to kill weeds, insects, fungi, and microbes. They are widely used in agriculture to improve crop yields. Common groups of pesticides include:

- Organophosphates (glyphosate, parathion, malathion, chlorpyrifos, diazinon, phosmet)
- Neonicotinoids (imidacloprid, acetamiprid, thiacloprid, clothianidin)
- Pyrethroids (permethrin, alpha-cypermethrin)

Chronic exposure to pesticides has been linked to:

- Fertility problems [\[R\]](#)
- Cognitive problems [\[R\]](#)
- Alzheimer’s and Parkinson’s disease [\[R\]](#), [\[R\]](#)
- Thyroid problems [\[R\]](#)
- Obesity [\[R\]](#)
- DNA damage and cancer [\[R\]](#), [\[R\]](#), [\[R\]](#)

How it helps

Reducing pesticide exposure can help with bronchitis because these substances can irritate the lining of the airways, leading to inflammation and exacerbation of bronchitis symptoms. As such, minimizing contact with pesticides can help to ease breathing difficulties and reduce cough frequency associated with this condition.

A meta-analysis of eight cohort studies and one case-control study involving 101,353 participants found a significant association between pesticide exposure and increased risk of chronic bronchitis (OR = 1.27, 95% CI: 1.23-1.31) and COPD (OR = 1.44, 95% CI: 1.14-1.81) [\[R\]](#)

In a systematic review of 2356 articles, 56 were included for meta-analysis on lung function in farmers exposed to pesticides. ChE-inhibiting pesticides may reduce FEV1/FVC, while paraquat showed no effect. Enhanced respiratory surveillance is recommended, but study limitations include exposure assessment variations [\[R\]](#).

9



Serrapeptase

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take serrapeptase on an empty stomach, which means at least 2 hours after eating and 30 minutes before eating. The typical dosage ranges from 10,000 to 60,000 units per day, depending on the specific health condition being addressed. It is often recommended to start with a lower dose to assess tolerance and then gradually increase as needed. This supplement is usually taken in capsule form once daily.

Description

Serrapeptase is an enzyme derived from the silkworm and is used today as a dietary supplement for its potential anti-inflammatory properties, supporting joint health and reducing inflammation.

Serrapeptase is an enzyme that helps the body break down some types of protein. This might help **decrease inflammation and mucus**.

People use serrapeptase for conditions like back pain, joint pain, and other conditions involving pain and inflammation. It may also relieve cough by breaking down mucus. However, there is weak evidence to support these uses.

How it helps

According to a single small study, taking serrapeptase (60,000 IU/day for 4 weeks) may **improve cough and phlegm removal** in people with bronchitis [\[R\]](#).

Serrapeptase may help by breaking down phlegm (mucus) [\[R\]](#).

10



Avoid PAHs Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Minimize your exposure to Polycyclic Aromatic Hydrocarbons (PAHs) by avoiding or reducing consumption of charred, grilled, or smoked foods, not smoking or avoiding secondhand smoke, and limiting time spent in areas with heavy traffic or industrial fumes. Use exhaust fans in kitchens and ensure proper ventilation when cooking at high temperatures to reduce indoor levels of PAHs.

Description

PAHs or Polycyclic Aromatic Hydrocarbons are harmful substances found in smoke and grilled foods. Try to limit exposure to them for better health. For example, avoid inhaling smoke from cigarettes or barbecues and choose alternative cooking techniques over grilling. Minimizing PAHs can reduce the risk of several health issues, particularly lung and skin diseases.

How it helps

A study of 4186 participants associated high levels of hydroxynaphthalene, 2-hydroxynaphthalene, 3-hydroxyfluorene, 1-hydroxyphenanthrene, 1-hydroxypyrene, 2 & 3-hydroxyphenanthrene with respectively 1.559-, 2.498-, 2.752-, 3.461-, 2.442-, 2.828-, and 3.69-fold higher risk of chronic bronchitis [\[R\]](#).

PAHs can irritate your lungs, leading to inflammation.

11



Uridine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take uridine as a supplement in the form of uridine monophosphate (UMP) capsules. The usual dosage is 150-250 mg, taken orally once or twice daily, preferably with food to enhance absorption. This supplement regimen can be continued indefinitely, but it's recommended to evaluate its effects periodically, every 3-6 months, with your healthcare provider.

TYPICAL STARTING DOSE

150 mg

Description

Uridine is a nucleotide that plays a role in RNA synthesis and is found in various foods. It is used as a dietary supplement to support cognitive function, enhance memory, and promote overall brain health.

How it helps

Uridine 5'-triphosphate can act as a cough suppressant in bronchitis by reducing inflammation and increasing mucus clearance in your lungs. This can alleviate symptoms and facilitate healing in your respiratory pathways.

12



Halotherapy

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

To participate in halotherapy, also known as salt therapy, visit a salt room or halotherapy center 2-3 times per week for sessions lasting between 30 to 45 minutes. It is a lifestyle practice that can be continued for several weeks to potentially see benefits in respiratory health, skin health, and overall wellness.

TYPICAL STARTING DOSE

30 minutes

Description

Halotherapy, or salt therapy, involves breathing in salt-infused air in a controlled environment. It is believed to have potential respiratory benefits and is used as a complementary therapy for respiratory conditions such as asthma and allergies.

How it helps

In an uncontrolled trial of 49 patients with chronic bronchitis, adding halotherapy to the conventional treatment improved the course of the disease, corrected their inhibited blood function, and increased lipid peroxidation [\[R\]](#).

Halotherapy may help by reducing inflammation and mucus build-up within the bronchial tubes. Inhalation of salt particles may also help to eliminate bacteria and allergens, improving breathing and overall lung function.

13



Wear Facemasks

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Place a clean facemask over your nose and mouth before going into public spaces, especially indoor or crowded areas, making sure it fits snugly against the sides of your face without gaps. Keep it on throughout your exposure to these areas and replace the mask with a new one if it becomes damp or after each use. For cloth masks, wash them after a day’s use.

Description

Wearing facemasks is a preventive measure to reduce the transmission of infectious diseases, particularly respiratory illnesses. It is used to protect individuals and communities from viral infections by preventing the spread of respiratory droplets.

How it helps

Wearing a mask can help protect the respiratory system from inhaling irritants that may aggravate bronchitis symptoms.

14



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

Using air purifiers can remove particulates and irritants from the air, helping to reduce symptoms of bronchitis.

15



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

Adequate fluid intake helps to thin mucus, making it easier to cough up and clearing the airways.

16



Diaphragmatic Breathing

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice diaphragmatic breathing for 10-15 minutes per day. Sit or lie down in a comfortable position, place one hand on your chest and the other on your belly. Breathe in slowly through your nose, ensuring your belly moves out more than your chest. Exhale slowly through your mouth or nose, consciously relaxing the belly. Repeat this process, focusing on the movement of your belly rather than your chest.

TYPICAL STARTING DOSE

10 minutes

Description

Diaphragmatic breathing, also known as deep breathing, can help reduce stress and anxiety by activating the body's relaxation response. It promotes better oxygen exchange, reduces muscle tension, and supports overall mental and physical well-being.

How it helps

This breathing technique encourages full oxygen exchange and is beneficial for strengthening the diaphragm and improving ventilation.

17



Gargling

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Gargle with warm salt water for 30 seconds, two to three times a day, especially after meals and before bed. Dissolve half a teaspoon of salt in a cup of warm water for the solution.

TYPICAL STARTING DOSE
30 seconds

Description

Gargling with salt water or certain antiseptic solutions is a simple practice that can help soothe a sore throat, reduce inflammation, and promote oral hygiene. It is often recommended as a natural remedy for minor throat discomfort and respiratory health.

Gargling is the act of bubbling some liquid in the throat and spitting it afterwards. The most common gargling solution is water with table salt, but you can use other salts or add ingredients such as honey, lemon, or herbs to improve the taste.

Salt water gargling has been used as a safe, affordable home remedy for sore throat since before modern medicine. People also use salt water gargles to improve [R](#), [R](#), [R](#), [R](#):

- Respiratory infections
- Mouth ulcers
- Allergies
- Dental problems

How it helps

Gargling with salt water can help soothe a sore throat, which is a common symptom associated with bronchitis.

18



Exercise At Least One Hour a Day

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

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

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Regular exercise can improve overall lung function and help clear the airways, which is beneficial for those with bronchitis.

19



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 has antibacterial and soothing properties that may help in relieving cough and throat irritation associated with bronchitis.

20



Avoid Exposure to Solvents

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Wear protective gloves and masks when using solvent-based products such as paint thinners, degreasers, or nail polish removers. Ensure adequate ventilation by working outdoors or in well-ventilated areas whenever possible. Seek solvent-free or low-VOC (Volatile Organic Compounds) alternatives for household and professional use.

Description

Avoiding exposure to organic solvents, often found in cleaning products and industrial settings, can reduce the risk of potential health issues such as respiratory problems and skin irritation. Implementing safety measures and proper ventilation helps minimize contact with these chemicals.

How it helps

Avoiding solvents and other respiratory irritants can prevent exacerbation of bronchitis symptoms and promote healing.

21



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 has been shown to have immunostimulatory effects and may help lessen the severity of symptoms in acute bronchitis.

Next Steps

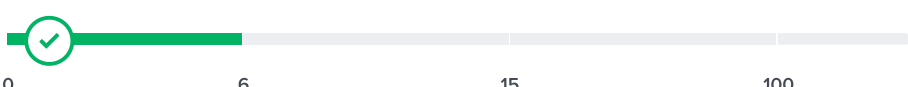
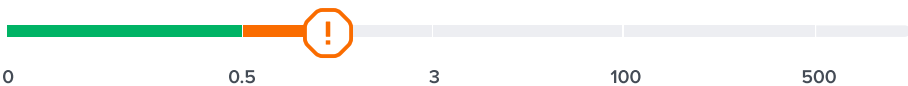
Remember, your genes only tell one important part of your health story!

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.

	ESR	1 mm/hr		9 Nov 2025
	WBC	6.92 x10^3/mm3		9 Nov 2025
	hs-CRP	1.6 mg/L		9 Nov 2025