

Burns

DNA Health Report

REPORT CATEGORY —



Sample Client

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

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.



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

Burns are injuries to the skin and underlying tissues caused by various external sources such as heat, chemicals, electricity, sunlight, or radiation. Depending on the severity, burns are classified into first, second, and third degrees, each indicating the depth of injury. First-degree burns affect only the outermost layer of the skin, causing redness and pain.

As the severity increases, second-degree burns involve the outer layer and the underlying layer, leading to blistering and more intense pain. Third-degree burns are the most severe, going through the dermis and affecting deeper tissues, which may lead to numbness due to nerve damage.

Consequences and Management

The consequences of burns extend beyond the immediate physical damage. Serious burns can lead to complications such as infections, dehydration, and hypothermia, due to the skin's role in regulating body temperature and fluid balance.

In the long-term, burns can result in scarring and the need for skin grafts; they may also lead to psychological challenges stemming from the trauma of the injury and its aftermath on body image. Treatment for burns varies depending on the severity but can include pain management, topical antibiotics, dressing changes, and for more serious cases, surgery or rehabilitation therapies.



TYPICAL LIKELIHOOD

Typical likelihood of burns based on 346,195 genetic variants we looked at



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	Topical Aloe Vera	2	Music Therapy30 minutes
3	Aromatherapy30 minutes	4	Rose Oil Aromatherapy30 minutes
5	Topical Honey	6	Topical Gotu Kola
7	Bifidobacterium Infantis 35624	8	Deep Breathing5 minutes
9	Bromelain	10	Sea Buckthorn
11	Lactobacillus Plantarum10 billion CFU	12	Topical Licorice Root
13	Turmeric	14	Vitamin C2000 mg
15	Cold Applications15 minutes	16	Topical Tea Tree Oil
17	Vitamin A700 mcg	18	Pomegranate
19	Topical Chamomile	20	Topical Coconut Oil

1



Topical Aloe Vera

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Apply a thin layer of pure aloe vera gel extracted directly from the aloe plant or an aloe vera-based product directly to the affected area. Gently rub it in until it is absorbed. Repeat this application 2-3 times daily until the symptoms improve.

Description

Aloe vera is a plant-derived gel known for its skin-soothing and healing properties. Topical applications of aloe vera are commonly used to relieve sunburn, minor burns, and skin irritation, promoting faster healing and reducing discomfort.

[Aloe vera](#) lives in the desert, and its thick leaves store water in the form of a gel [\[R\]](#).

Topical aloe vera may help soothe burns and skin conditions [\[R\]](#).

Oral aloe vera may help with blood sugar and gut health [\[R\]](#).

How it helps

Topical *Aloe vera* may speed up the healing of second-degree burns according to a meta-analysis of 28 studies [\[R\]](#).

2



Music Therapy

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Engage in music therapy sessions for at least 30 minutes a day, three times a week. These sessions can involve listening to music, playing an instrument, singing, or writing songs, facilitated by a certified music therapist if possible.

TYPICAL STARTING DOSE

30 minutes

Description

Music therapy is a therapeutic approach that uses music to address physical, emotional, cognitive, and social needs. It can improve mental health, enhance emotional expression, and support overall well-being.

[Music](#) therapy is a form of therapy that involves making, reflecting on, and/or listening to music. It can be applied individually or in groups and may not require the presence of a therapist [\[R\]](#).

Music therapy provides tools for body relaxation and positive imagery. It aims to improve communication, quality of life, and well-being [\[R\]](#), [\[R\]](#).

How it helps

In patients with burn injuries, music therapy may improve psychological outcomes, relaxation, heart rate, and pain. Music may be most effective at the beginning of the treatment and before changing the dressing [\[R\]](#), [\[R\]](#), [\[R\]](#).

3



Aromatherapy

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Select essential oils like lavender, peppermint, or eucalyptus. Use a diffuser to disperse the scent into your room for 30-60 minutes at a time, up to 3 times a day. Alternatively, apply a few drops diluted in a carrier oil directly to your skin, such as on your temples or wrists, twice a day.

TYPICAL STARTING DOSE

30 minutes

Description

Aromatherapy is a holistic practice that uses the scents and aromas of essential oils to promote physical, mental, and emotional well-being. It is often used for relaxation, stress reduction, and to address various health concerns through inhalation or topical application of essential oils.

Aromatherapy uses concentrated plant extracts known as **essential oils**. They can be inhaled using a diffuser (a device that releases small amounts of oil into the air) or applied to the skin using a roller [\[R\]](#).

[Lavender](#) is a decorative flower and a calming herb and its essential oil is commonly used in aromatherapy. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce anxiety [\[R\]](#)
- Improve sleep quality [\[R\]](#), [\[R\]](#)
- Relieve pain [\[R\]](#), [\[R\]](#)

Essential oils can be harmful if not used properly. Tips for using them safely include [\[R\]](#), [\[R\]](#):

- Diluting them properly using a plant-based carrier oil (such as olive oil or almond oil)
- Using diffusers in a well-ventilated area for a maximum of 1 hour
- If using on the skin, testing a small area first and waiting a day before using more
- Keeping essential oils away from candles or other heat sources

How it helps

Two meta-analyses concluded that aromatherapy reduces pain and anxiety in burn patients. It may help both alone and as an add-on to routine care. Damask rose oil may be particularly effective [\[R\]](#), [\[R\]](#).

4



Rose Oil Aromatherapy

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Use a diffuser to distribute the rose oil aroma in your living space for 30 minutes to an hour daily. Alternatively, add 2-3 drops of rose oil on a cotton ball or a small piece of fabric, and inhale directly for a few minutes, whenever you feel stressed or anxious.

TYPICAL STARTING DOSE

30 minutes

Description

Rose oil aromatherapy involves the use of essential oil extracted from rose petals for its potential calming and mood-enhancing effects. It's often used to reduce anxiety, promote emotional well-being, and enhance relaxation.

How it helps

Two meta-analyses concluded that aromatherapy reduces pain and anxiety in burn patients. It may help both alone and as an add-on to routine care. Damask rose oil may be particularly effective [\[R\]](#), [\[R\]](#).

5



Topical Honey

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Apply a thin layer of raw, unpasteurized honey directly to the affected area of the skin. Cover it with a sterile bandage and leave it on for at least 1 hour, or overnight for best results. Repeat daily until improvement is seen.

Description

Honey is a natural topical application known for its moisturizing, antibacterial, and wound-healing properties. It is used to soothe dry skin, promote skin repair, and address minor burns and cuts.

[Honey](#) is a thick, sweet substance. It’s made by honeybees from the nectar of flowering plants. There are many different types of honey. For example, kanuka honey is made from the flowers of the New Zealand kanuka tree [\[R\]](#), [\[R\]](#).

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 may help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart problems
- Gut problems
- Cough
- Skin problems

How it helps

Honey is effective for treating burns due to its antibacterial, anti-inflammatory, and wound-healing properties. Applying honey to burns can help prevent infection, reduce pain and inflammation, and promote healing.

Meta-analysis shows honey dressings significantly enhance the healing of superficial or partial thickness burns compared to silver sulphadiazine dressings. However, due to the poor quality of the studies involved, further research is necessary [\[R\]](#).

6

Topical Gotu Kola

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a cream or gel containing gotu kola extract directly to the affected skin area twice daily, typically in the morning and evening. Continue this application regularly for up to 4-8 weeks to notice improvements.

Description

Gotu kola extracts, containing triterpenoids as the primary bioactive compounds, are used topically to support wound healing, reduce scars, and improve skin elasticity. This herb originates from Southeast Asia and is commonly found in skincare products.

[Gotu kola](#) or Pennywort (*Centella asiatica*) is an herb used in Tai-Chi tradition and Ayurvedic and Chinese Traditional Medicine.

Gotu kola is used as an antioxidant and anti-inflammatory. Traditional uses include:

- Wound healing [\[R\]](#)
- Improving leg circulation [\[R\]](#)

How it helps

In a study at Velayat Burning Hospital in Rasht, Iran, burn victims treated with Centiderm ointment experienced faster and more effective healing compared to those using SSD cream, with no infections reported in the Centiderm group [\[R\]](#).

7



Bifidobacterium Infantis 35624

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Bifidobacterium infantis 35624 is available in several forms, including capsules, tablets, powder, and liquid. The recommended dosage may vary depending on the specific product and individual health needs, but a common dosage range is between 1 to 10 billion CFU/day. Probiotic supplements should generally be taken with or after meals to improve stability and absorption. If taking the powder form, it can be mixed with water or food. For specific health concerns, such as gut issues or IBS, dosage recommendations may differ, so professional guidance is recommended.

Description

Bifidobacterium infantis 35624 is a specific strain of beneficial bacteria that is naturally found in the human gut, particularly in infants.

This strain is known for its ability to support digestive health and immune function. Research suggests that *B. infantis* 35624 can help maintain a healthy balance of gut microbiota, alleviate symptoms of irritable bowel syndrome, reduce inflammation, and improve overall gut function. It has also been studied for its potential to promote the development of the gut microbiome in infants, particularly in those born via C-section or who are not breastfed.

As a probiotic supplement, *B. infantis* 35624 is commonly used to support digestive health and improve symptoms of gut-related disorders.

How it helps

In a placebo-controlled trial of 16 burn patients, supplementation with *B. infantis* 35624 for 14 days increased secretory immunoglobulin A production in the gut [R].

8



Deep Breathing

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Practice deep breathing exercises for 5-10 minutes at least twice a day, ideally in the morning and before bed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose.

TYPICAL STARTING DOSE

5 minutes

Description

Deep breathing techniques, such as diaphragmatic or abdominal breathing, can promote relaxation, reduce stress, and improve lung capacity. Regular deep breathing exercises can contribute to overall mental and physical well-being by reducing tension and increasing oxygen supply to the body.

How it helps

In a study on second-degree inhalation burn patients completing 14 sessions of deep breathing (2x/day with 5-10 repetitions for a period of 15-30 minutes) improved pulmonary complications [\[R\]](#).

9



Bromelain

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500mg of bromelain supplement two to three times daily, preferably with food to reduce the risk of gastrointestinal discomfort. It is recommended to use for short-term relief, typically not exceeding several months, unless supervised by a healthcare provider.

Description

Bromelain is an enzyme found in pineapple that may have anti-inflammatory and digestive benefits. It's often used as a dietary supplement to aid digestion and reduce swelling associated with injuries or surgery.

[Bromelain](#) is an extract from pineapples. It’s rich in enzymes that break down proteins [\[R\]](#).

Bromelain may have some health benefits. People use it to [\[R\]](#):

- Maintain joint health
- Help with burns
- Support heart health

How it helps

A clinical trial treated 20 patients with severe hand burns using EDNX, finding it effective in 90% of cases but challenging for wound evaluation. Simplified protocols reduced costs, and Suprathel® proved suitable for post-EDNX treatment [\[R\]](#).

A study describes Debridase (bromelain-derived) use in 130 patients with deep burns, applied for 4 hours under occlusive dressing, achieving significant removal of damaged skin. No adverse events were noted [\[R\]](#).

A multi-center trial compared NXB (bromelain-based) to a standard of care (SOC) in deep burns. NXB led to faster débridement, reduced surgery need, and area excised, with similar scar quality and adverse events [\[R\]](#).

A study compared EDNX (bromelain-based) with traditional surgical debridement for deep hand burns. EDNX significantly reduced time to complete debridement, treatments needed, and wound closure time. Superior in burn depth evaluation and tissue preservation [\[R\]](#).

10



Sea Buckthorn

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 500mg of sea buckthorn oil capsules twice daily with meals for at least 3 months to see beneficial effects on skin hydration and elasticity.

Description

Sea buckthorn is a deciduous shrub native to Europe and Asia, and its fruits are rich in vitamins, particularly vitamin C, and antioxidants. It is used for its potential health benefits, including immune support and skin health.

How it helps

In a non-placebo-controlled trial of 55 subjects with second-degree burns, applying sea buckthorn cream healed them faster than using 1% sulfadiazine dressings [\[R\]](#).

11



Lactobacillus Plantarum

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a probiotic supplement containing *Lactobacillus plantarum* 299V daily. The typical dosage is 10 billion colony-forming units (CFUs). Continue for at least 4 weeks to assess benefits on digestive health.

TYPICAL STARTING DOSE
10 billion CFU

Description

[Lactobacillus plantarum](#) is a [probiotic](#) bacterium found in many fermented plant products such as sauerkraut, pickles, brined olives, and Korean kimchi [\[R\]](#).

People take *L. plantarum* supplements to improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Diarrhea
- Skin appearance
- IBD
- High cholesterol

How it helps

Patients with various degrees of burns were grouped into those with delayed infection and those with early infection. The study found that *L. plantarum* showed similar or slightly better results compared to SD-Ag in terms of decreasing bacterial load, promoting granulating tissue, graft taking, and wound healing. While the sample size limited statistical analysis, the study suggests that *L. plantarum* could be a promising alternative for topical burn treatment [\[R\]](#).

12



Topical Licorice Root

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Apply a thin layer of licorice root extract cream or gel directly to the affected skin areas twice daily, morning and evening, for at least two to four weeks to see improvements.

Description

Licorice root, derived from the Glycyrrhiza plant, is used topically for its anti-inflammatory and soothing properties. Its main compound, glycyrrhizin, can help alleviate skin conditions such as eczema, psoriasis, and dermatitis.

[Licorice](#) (*Glycyrrhiza glabra*) is a plant used to flavor candy and drinks [\[R\]](#).

Its root has long been used in folk medicine. Today, people use it for sore throats, digestive problems, and itchy skin. Its compound *licochalcone A* may also help with rosacea [\[R\]](#).

How it helps

In a placebo-controlled trial of 50 patients with second-degree burns, receiving hydrogel with licorice root hydroalcoholic extract for 15 days reduced inflammation, redness, pain, and burning of the wound and sped up healing [\[R\]](#).

13



Turmeric

IMPACT0 / 5

EVIDENCE0 / 5

How to implement

Incorporate 500-1000 mg of turmeric into your daily diet, either by adding ground turmeric spice to your food, such as in curries, soups, and smoothies, or by taking a dietary turmeric supplement. This should be done daily for at least 8 weeks to observe potential health benefits.

Description

Turmeric is a bright yellow spice derived from the root of the Curcuma longa plant. It contains curcumin, a potent antioxidant and anti-inflammatory compound. Turmeric is used for various health conditions, including reducing inflammation, alleviating joint pain, and supporting digestive health.

How it helps

Turmeric contains curcumin, which is known for its anti-inflammatory and antioxidant properties. Including turmeric in the diet of someone with burns could help in reducing inflammation and promoting healing.

14



Vitamin C

IMPACT

0 / 5

EVIDENCE

0 / 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

Vitamin C is crucial for the synthesis of collagen, which is important in the healing of burns. Supplementation can help improve wound healing and potentially reduce the chance of scar formation. Vitamin C also has antioxidant properties that can protect the skin during the healing process.

15



Cold Applications

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a cold pack or a bag of frozen peas wrapped in a towel to the affected area for 15-20 minutes, every 2-3 hours during the first 48 hours of experiencing pain or swelling.

TYPICAL STARTING DOSE

15 minutes

Description

Cold applications, such as ice packs, can help reduce inflammation, alleviate pain, and promote muscle recovery after injuries or intense physical activity. Applying cold can provide temporary relief from discomfort and support the body's natural healing processes.

People use cold applications to relieve pain, reduce inflammation, and more [\[R, R\]](#).

Types of cold applications include [\[R, R\]](#):

- Ice packs
- Ice baths
- Cryotherapy

How it helps

Applying cold water or cold compresses immediately after a burn can help cool the area, reduce pain, and limit the depth of the burn. This should be done for minor burns only and for the initial treatment within the first few minutes of injury.

16



Topical Tea Tree Oil

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a few drops of 100% tea tree oil to a cotton swab or ball and gently dab onto the affected area of the skin. Do this 1-2 times daily until improvements are noticeable, usually for a period of 1-4 weeks. Avoid applying tea tree oil to large areas of the skin and test on a small patch of skin first to ensure no allergic reaction occurs.

Description

Tea tree oil is used topically for its antimicrobial and antifungal properties, commonly applied to treat skin conditions like acne, fungal infections, and insect bites. Its main chemical compound of interest is terpinen-4-ol, and it is sourced from the leaves of the tea tree, *Melaleuca alternifolia*.

[Tea tree oil](#) is derived mostly from steaming the leaves of *Melaleuca alternifolia*, a tree native to Australia [\[R\]](#).

It’s used to treat a number of conditions, such as [\[R\]](#):

- Acne
- Dandruff
- Nail fungus
- Lice
- Athlete's foot

How it helps

Tea tree oil has antimicrobial properties that can help prevent infection in burn wounds. It also has anti-inflammatory properties that can reduce swelling and promote healing.

17



Vitamin A

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a vitamin A supplement daily with a fat-containing meal to enhance absorption. The recommended daily allowance (RDA) for most adults is 700-900 micrograms (mcg) for men and women, respectively. Ensure not to exceed the upper intake level (UL) of 3000 mcg per day to avoid toxicity.

TYPICAL STARTING DOSE

700 mcg

Description

Vitamin A is a fat-soluble vitamin essential for various bodily functions, including vision, immune system support, and skin health. It is found in foods like carrots, sweet potatoes, and spinach and is important for maintaining overall health.

Vitamin A is a nutrient important for [\[R\]](#), [\[R\]](#):

- Vision
- Immunity
- Gut health
- Skin health

Foods rich in vitamin A include [\[R\]](#):

- Beef liver
- Sweet potato
- Spinach
- Carrots
- Cheese

Vitamin A is also available in supplement form.

Women should be getting 700 micrograms of vitamin A per day, while men should be getting 900 micrograms [\[R\]](#).

How it helps

Vitamin A is essential for skin regeneration and has been shown to be beneficial in the treatment of burns. It helps by stimulating the growth of skin cells, reducing inflammation, and improving wound healing. Supplementing with Vitamin A can accelerate the regeneration of the skin and may also decrease the risk of infection at the burn site. Its role in enhancing skin integrity and immune function makes it valuable for burn recovery.

18



Pomegranate

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate pomegranate into your diet by consuming fresh pomegranate seeds, drinking pure pomegranate juice, or adding pomegranate extract to smoothies or yogurts. Aim for at least one serving per day, which could be about half a cup of seeds or a glass (8 ounces) of juice, to gain its health benefits.

Description

Pomegranate is a fruit native to regions of the Middle East and Mediterranean. It is rich in antioxidants and nutrients such as vitamin C, vitamin K, and dietary fiber. It contains punicalagins, anthocyanins, and ellagic acid, which give it anti-inflammatory effects and potential heart health benefits.

[Pomegranates](#) are red fruits that contain seeds covered by edible sweet coats. They are rich in antioxidants [\[R, R\]](#).

Pomegranate may reduce inflammation and support heart health. People use pomegranate seed oil and peel in cosmetics and traditional medicine [\[R, R\]](#).

How it helps

Pomegranate can be very helpful for patients with burns. It has strong anti-inflammatory and antioxidant properties that aid in the healing process. Consuming pomegranate or its juice can help improve wound healing and reduce the inflammation.

19



Topical Chamomile

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a chamomile cream or ointment directly to the affected area of the skin 2-3 times daily. Ensure the skin is clean before application. Continue use for as long as symptoms persist or according to the product's specific instructions.

Description

Chamomile extract, obtained from the flowers of the Matricaria chamomilla plant, is used topically for its anti-inflammatory and calming properties. It is commonly applied to soothe irritated skin and alleviate conditions like dermatitis.

How it helps

Chamomile contains anti-inflammatory and antimicrobial properties which can soothe the skin, reduce irritation from burns, and prevent infection.

20



Topical Coconut Oil

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a small amount of coconut oil directly to the skin area you wish to treat, gently massaging it in until absorbed. Do this process 1-2 times daily, preferably after showering to help retain moisture. The duration of use depends on the condition being treated but generally ranges from a few days to ongoing as needed for skin hydration and protection.

Description

Coconut oil is a natural plant-derived topical application obtained from coconuts. It is used for its moisturizing and antimicrobial properties, making it suitable for skincare, haircare, and as a general moisturizer.

How it helps

A topical nanoemulsion with coconut oil reduced burn diameter, inflammation, and colonization by *Staphylococcus aureus* in a rat study [\[R\]](#).

However, research in humans is lacking.

Coconut oil can help by moisturizing the skin, reducing inflammation, and providing a protective barrier against environmental damage and infection.

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.

	Urea	30.5 mg/dL		9 Nov 2025
	Protein, Total	7.4 g/dL		9 Nov 2025
	WBC	6.92 x10^3/mm3		9 Nov 2025
	Neutrophils (%)	69.3 %		9 Nov 2025
	Hematocrit	51.8 %		9 Nov 2025
	Albumin	4.3 g/dL		9 Nov 2025
	Hemoglobin	17.1 g/dL		9 Nov 2025
	Creatinine	1.08 mg/dL		9 Nov 2025
	Creatine Kinase	173 IU/L		9 Nov 2025

