

CNR1 (Cannabinoids)

Gene Report

REPORT CATEGORIES —



PAIN



MENTAL HEALTH

Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

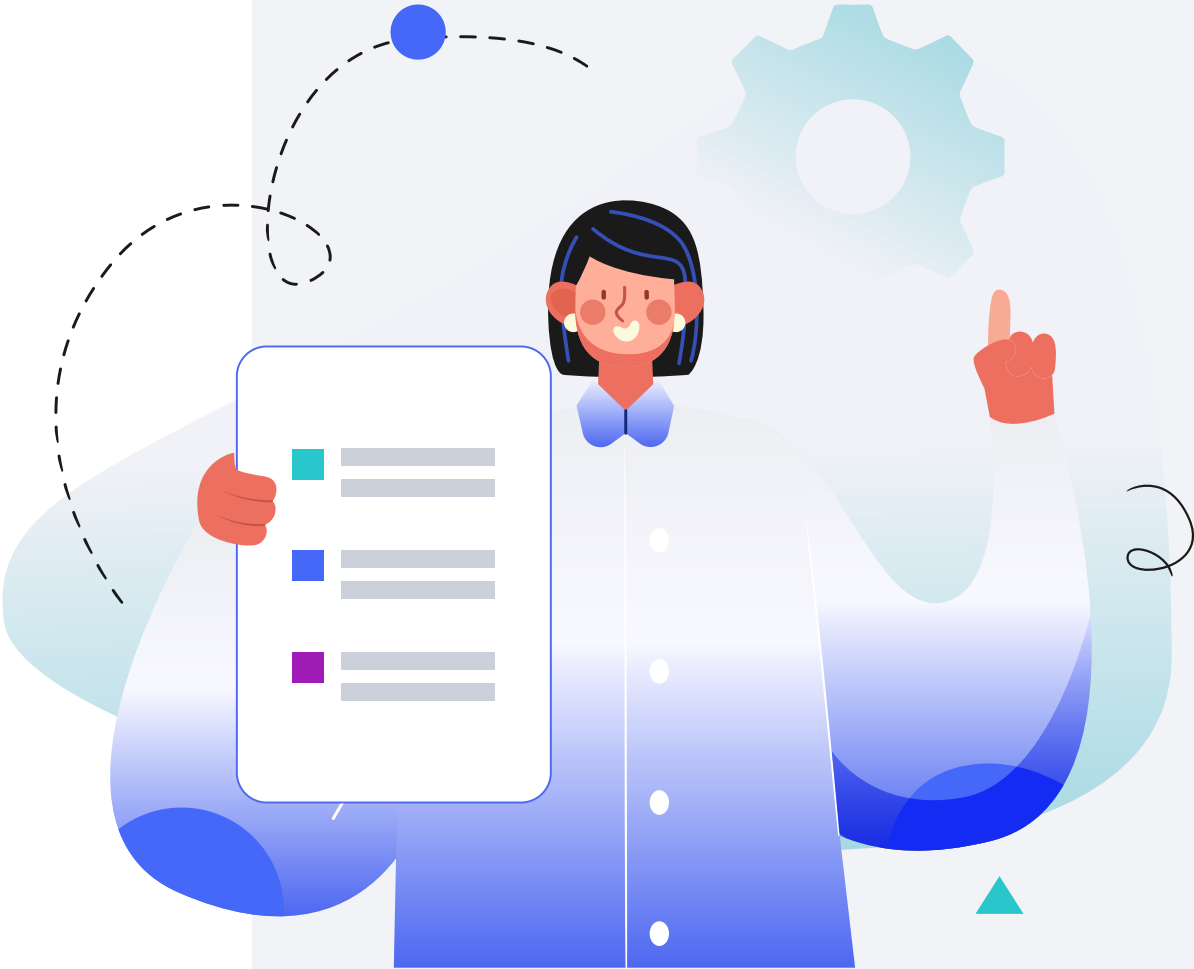
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

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



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



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

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



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

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

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



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

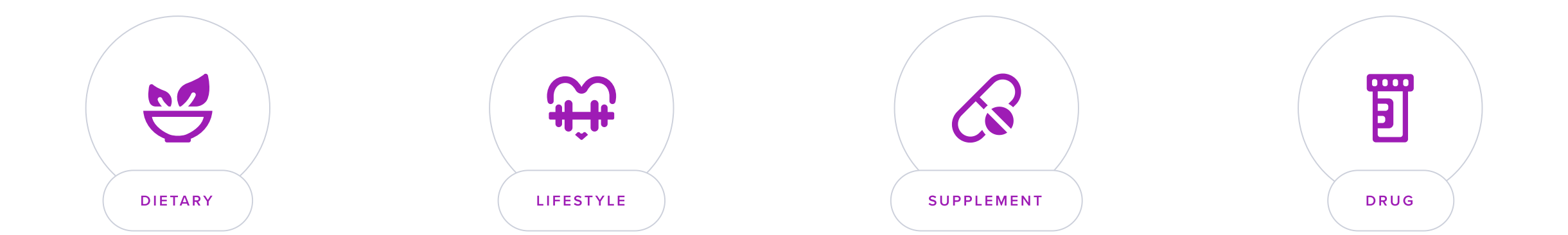
You have 2 risk alleles

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

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

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

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



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

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



Impact

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

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

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

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

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

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

Introduction

The endocannabinoid system is a complex network of pathways that involves internal and external cannabinoids, their receptors, and the enzymes that break them down. This system is deeply involved in a myriad of processes, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- [Mood](#) control
- Wakefulness
- [Stress response](#)
- Cognition/[synaptic plasticity](#)
- Metabolism
- Inflammation

Some cannabinoids — such as the “bliss molecule” [anandamide](#) and 2-AG — are naturally produced in the body. Others, such as marijuana’s [THC](#) and [CBD](#), are compounds that resemble endocannabinoids, but which are not normally produced naturally in the body. Both types can bind to and activate cannabinoid receptors [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are two major types of endocannabinoid receptors: CB1 and [CB2](#). While CB1 is found in a wide variety of tissues including the brain, spinal cord, and gut, CB2 is most abundant in the immune system. The [CNR1](#) gene encodes the type-1 cannabinoid receptor (CB1) [\[R\]](#), [\[R\]](#), [\[R\]](#).

CB1 activation by cannabinoids in the brain can have multiple effects, including:

- Improving, mood, stress, and [anxiety](#) [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Inducing [sleep](#) [\[R\]](#)
- Promoting the development and preventing the damage of brain cells [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Relieving [pain](#) [\[R\]](#), [\[R\]](#)
- Impairing some cognitive aspects (memory, executive function, decision-making, and attention) [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Disrupting [circadian](#) rhythms [\[R\]](#)
- Causing psychotic symptoms, such as delusions, hallucinations, paranoia, and disorganized thinking [\[R\]](#)
- Increasing food intake and promoting [insulin resistance](#) [\[R\]](#), [\[R\]](#)

In other tissues, CB1 activation can:

- Reduce inflammation [\[R\]](#), [\[R\]](#)
- Inhibit intestinal flow [\[R\]](#)
- Alter intestinal barrier function [\[R\]](#), [\[R\]](#)
- Alter blood pressure and circulation [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Cause the loss of bone mass [\[R\]](#)
- Increase insulin resistance, fat buildup, and tissue scarring [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)

CNR1 Genetics

The most studied SNP in this gene is [rs1049353](#) or 1359G/A. Its minor ‘T’ allele doesn’t change the CB1 receptor structure, but is believed to impair gene expression and receptor activity [\[R\]](#), [\[R\]](#). This variant has been associated with:

- Lower BMI, belly fat, and [weight gain](#) [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Increased risk of major depression and PTSD but better response to antidepressants [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Increased [risk of brain fog](#)
- Reduced risk of risky gambling, cannabis use, and heroin addiction [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Increased risk of [lectin sensitivity](#)
- Reduced risk of ulcerative colitis and young-onset Crohn’s disease but worse gut inflammation in people with IBD [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Reduced risk of heart disease in people with type 2 diabetes [\[R\]](#), [\[R\]](#)

Another polymorphism, ‘G’ at [rs6454674](#), seems to lower blood CB1 levels. This variant has been linked to [\[R\]](#):

- Increased odds of childhood obesity [\[R\]](#)
- Increased susceptibility to anxiety disorders and, possibly, depression [\[R\]](#)
- Increased dependence to alcohol, cannabis, and cocaine [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)

The minor ‘C’ allele of [rs2023239](#) seems to increase CB1 levels, especially in people using marijuana. This variant has been associated with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Decreased odds of childhood obesity [\[R\]](#)
- Increased impulsivity, cigarette smoking, and cannabis rewarding, craving, and withdrawal [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Decreased odds of major depression in opiate-dependent outpatients on methadone therapy [\[R\]](#)
- Increased risk of metabolic syndrome [\[R\]](#)

The minor ‘T’ variant of [rs806378](#) is believed to increase CNR1 activity. This allele has been associated with [\[R\]](#), [\[R\]](#):

- Faster colonic transit and gassiness in people with diarrhea-predominant IBS [\[R\]](#), [\[R\]](#)
- Weight gain in people treated with antipsychotics [\[R\]](#)

Another minor variant believed to decrease CB1 levels is ‘G’ at [rs806380](#). This variant has been associated with:



TYPICAL ACTIVITY

Likely typical CNR1 activity based on 7 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CNR1	rs1049353	TT
CNR1	rs806378	CC
CNR1	rs2180619	GG
CNR1	rs806380	AA
CNR1	rs806374	TT
CNR1	rs6454674	TT
CNR1	rs2023239	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

- Decreased risk of unsafe sex behavior, alcohol use, and cannabis dependence [R, R]
- Repeated episodes of severe nausea and vomiting [R]

The minor ‘C’ variant of [rs806374](#), which seems to reduce CB1 levels in the gut and fatty tissues, has been linked to frequent marijuana use around the age of 18 [R, R].

Finally, a variant that seems to decrease CB1 levels in the brain, ‘G’ at [rs2180619](#), has been linked to substance abuse in European Americans but not in African Americans [R, R].

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	CBD	10 mg	2	Exercise At Least One Hour a Day	1 hour
3	Avoid Cannabis		4	Relaxation Techniques	30 minutes
5	Limit Calorie Intake		6	Limit Saturated Fat	
7	Avoid Exposure to Heavy Metals		8	Cold Exposure	1 minutesute
9	Avoid Food Triggers				

1



CBD

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Take a CBD supplement in a dosage ranging from 10 to 40 milligrams per day. Start with the lowest dose and gradually increase it based on your body's response. This can be taken orally in the form of capsules, edibles, or oil drops under the tongue. For ongoing issues, such as anxiety or chronic pain, it may be used daily, while for acute issues, it might be used as needed.

TYPICAL STARTING DOSE

10 mg

Description

CBD is a non-psychoactive compound found in cannabis plants and is used in various forms, including oils and creams. It may have potential benefits for pain relief, anxiety reduction, and overall relaxation, although more research is needed to fully understand its effects.

[Cannabidiol](#) (CBD) is a compound found in cannabis. Unlike its cousin THC, CBD is not psychoactive and can’t get you “high” [\[R\]](#).

People use CBD to:

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

How it helps

While CBD has little or no effect on behavior, [mood](#), and anxiety in the absence of stress, moderate doses reduced anxiety in several trials of people exposed to stressful situations [\[R, R, R, R, R\]](#).

Other limited studies report that CBD may help with anxiety related to:

- Anxiety (especially social phobia) and sleep disorders [\[R, R, R\]](#)
- PTSD [\[R, R\]](#)
- Autism [\[R\]](#)
- Fragile X syndrome [\[R\]](#)
- THC use and withdrawal [\[R, R, R\]](#)
- Heroin addiction [\[R\]](#)

CBD has also been shown to reduce the psychotic symptoms of schizophrenia and make the gut less “leaky” in response to inflammation, possibly helping with IBD and other digestive issues [\[R, R, R\]](#).

Therefore, CBD oil may help reduce symptoms of anxiety, schizophrenia, and gut inflammation —especially in carriers of *CNR1* variants linked to reduced CB1 activity.

Please note: The legal status of CBD may vary depending on the country or state where you live. Consult [this post](#) to make sure you’re not breaking any laws by using CBD products.

2



Exercise At Least One Hour a Day

IMPACT

4 / 5

EVIDENCE

4 / 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

In addition to its multiple, proven benefits to overall health, [exercise](#) can increase CB1 activity. For instance, exercise increased CB1 levels in the muscles of patients recovering from heart failure in a clinical trial [\[R\]](#).

In animal studies, exercise has been reported to increase the production and sensitivity of CB1, as well as anandamide levels. Interestingly, the CB1 receptor was involved in the cognitive-enhancing effects of exercise in one of these studies [\[R, R, R, R\]](#).

Exercise has the potential to improve [mood](#) and alleviate [anxiety](#) [\[R, R\]](#), which may be connected to increased CB1 activity. However, exercise can also counteract some of the negative effects of high CB1 activity, by:

- Reducing the risk of [cardiovascular disease](#), such as heart disease and stroke [\[R, R, R\]](#)
- [Improving overall cognitive function](#) [\[R, R, R\]](#)
- Helping [lose weight](#) [\[R, R\]](#)

That's why exercise is important for people with both underactive and overactive *CNR1* variants.

3



Avoid Cannabis

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Stop any form of cannabis use, including smoking, vaping, edibles, and topical applications. If you currently use cannabis, it's recommended to cease usage immediately and seek support or counseling if necessary for cessation.

Description

Avoiding cannabis is advised in situations where its use is prohibited by law or poses health risks, particularly for individuals with a history of substance abuse or mental health conditions. Responsible use and adherence to local regulations are essential to minimize potential negative consequences.

[Cannabis](#) (marijuana) is a plant used for its medicinal and recreational properties. It contains substances called *cannabinoids*, such as [CBD](#) and THC [\[R\]](#).

Cannabis misuse can have long-term consequences, such as [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Lung damage
- Mental health problems
- Cognitive impairment

How it helps

While many people smoke cannabis because they enjoy its psychoactive effects or for therapeutic purposes (especially to relieve spasms and nerve pain from [multiple sclerosis](#)), its use can also cause [\[R\]](#):

- [Headache](#)
- Dizziness
- Drowsiness
- Fatigue
- Dry mouth
- Increased appetite and weight gain
- Nausea
- Paranoid thinking and dissociation

Less common effects, often associated with long-term use, include schizophrenia-like symptoms, altered perception, increased [anxiety](#), delayed recall time, impaired mental performance, and addiction [\[R\]](#), [\[R\]](#).

Even if marijuana is legal in the state where you live, we strongly advise against an elevated exposure to THC from frequent use or THC-rich varieties and extracts. Carriers of certain *CNR1* variants should be especially cautious with this drug.

 PERSONALIZED TO YOUR GENES

Your [CNR1](#) variant, linked to increased CB1 levels, has been associated with increased anger and hostility after cannabis use [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
CNR1	rs2023239	CC	

4



Relaxation Techniques

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

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

TYPICAL STARTING DOSE

30 minutes

Description

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

We all get stressed from time to time.

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

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

People use relaxation techniques to improve conditions like [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Depression
- Chronic pain

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

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

How it helps

Animal research suggests that prolonged exposure to stress decreases the production and activity of CB1. Adding to this effect, chronic stress reduces anandamide levels by increasing FAAH in the amygdala [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Relaxation techniques that may improve anxiety include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- **Applied relaxation:** teaches you to recognize anxiety triggers and relax when they occur [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- **Mindfulness meditation:** helps you be non-judgmental and aware of the present moment [\[R\]](#), [\[R\]](#), [\[R\]](#)
- **Yoga:** combines breathing, stretching, and meditation to achieve calmness [\[R\]](#), [\[R\]](#)
- **Massage:** relaxes your body and mind by applying pleasant physical touch [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)



PERSONALIZED TO YOUR GENES

Your **CNR1** variant has been associated with reduced CB1 levels in the brain and an increased susceptibility to anxiety and depression [R].
Practicing relaxation techniques may improve mood and anxiety in people with your gene variant.

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
CNR1	rs2180619	GG	



Limit Calorie Intake



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

Calorie restriction seems to have a complex interaction with the [cannabinoid system](#). A clinical trial found that calorie restriction alone reduced the production of both CB1 and FAAH in the muscles [R].

Certain **CNR1** variants may increase weight loss in response to a low-fat, low-calorie diet. However, the evidence is mixed [R, R, R].

6



Limit Saturated Fat

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Reduce your intake of saturated fats by choosing lean cuts of meat, opting for low-fat or fat-free dairy products, and using cooking oils high in unsaturated fats (like olive or canola oil) instead of butter or lard. Aim to keep saturated fat to less than 10% of your total daily calories. For someone consuming 2000 calories a day, this means 20 grams or less of saturated fat per day.

Description

Limiting saturated fat intake is crucial for managing cholesterol levels and reducing the risk of heart disease. Choosing lean protein sources and incorporating unsaturated fats into the diet supports cardiovascular health and overall well-being.

How it helps

A diet rich in saturated fats, such as the Western diet, promotes weight gain because these fats are calorie-dense and cause excessive appetite. Animal studies show that high-fat diets increase CB1 production and endocannabinoid levels, which may in part explain their effects on weight and appetite [\[R, R, R, R\]](#).

Certain [CNR1](#) variants may affect dietary preference for fatty foods. However, the evidence is mixed [\[R, R\]](#).

7



Avoid Exposure to Heavy Metals

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

To avoid exposure to heavy metals, ensure you're not using cosmetic products with heavy metals, opt for organic foods to minimize pesticide exposure, and use filters for drinking water to remove possible contaminants. Check for lead-based paints in older homes and avoid cooking or storing food in uncoated metal containers. When possible, choose glass or BPA-free plastics instead.

Description

Heavy metals are elements naturally found in the environment. They are also used for agricultural, industrial, and medicinal purposes. Some can even be found in small amounts in your body [\[R, R\]](#).

Long-term exposure to high amounts of heavy metals can be harmful to your health [\[R, R\]](#).

Heavy metals that are most often linked to health problems include [\[R, R\]](#):

- Lead
- Cadmium
- Arsenic
- Chromium
- Mercury

How it helps

Heavy metals build up in the body and can cause heart disease, respiratory issues, mood and cognitive problems, kidney damage, metabolic syndrome, and cancer [\[R, R, R, R, R\]](#).

8



Cold Exposure

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Gradually expose yourself to cold temperatures for short periods, starting with 1-2 minutes and increasing up to 5-10 minutes. This can be achieved through cold showers, outdoor exposure in cold weather, or ice baths. Aim to do this 2-3 times per week.

TYPICAL STARTING DOSE

1 minutesute

Description

Cold exposure, when done safely and gradually, can have potential health benefits like increased calorie burn, improved circulation, and enhanced resilience to cold temperatures. Cold exposure techniques, such as cold showers or outdoor winter activities, may help boost metabolism and promote overall well-being when practiced mindfully.

Please note: rapid instead of gradual cold exposure causes dangerous, and even fatal, changes in the breath and heart rates, known as the cold shock response. Be cautious with any form of sudden temperature change in your environment, especially if you have heart disease or other chronic conditions [\[R\]](#).

How it helps

In the fatty tissue of humans and mice, exposure to [cold](#) increased both CB1 and endocannabinoid levels. Similarly, cold exposure increased the number of brain cells producing CB1 in the amygdala of rats [\[R, R, R\]](#).

Exposure to cold, such as from cold showers and baths, or *cryotherapy*, has several potential health benefits, including:

- Improving mood in people with anxiety or depression [\[R, R, R\]](#)
- Alleviating pain [\[R, R, R, R\]](#).
- [Weight loss](#). Cold exposure promotes calorie expenditure by increasing brown fat metabolism and [adiponectin](#) levels, both of which stimulate fat burning [\[R, R, R\]](#).

Please note: The rapid immersion into cold water is highly unrecommended! It may cause dangerous (or even fatal) changes in breathing and heart rates, known as the cold shock response. People suffering from heart disease or any other chronic conditions should be especially cautious with any form of sudden temperature change [\[R\]](#).

9



Avoid Food Triggers

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Identify foods that trigger negative reactions in your body, such as digestive issues, allergies, or headaches, and eliminate them from your diet entirely. This may require keeping a food diary for a few weeks to observe patterns and might involve cutting out common triggers like dairy, gluten, soy, or certain additives. Continuously monitor and adjust your diet to avoid these triggers as long as the symptoms persist.

Description

Food triggers are specific substances or ingredients in one's diet that can exacerbate or induce adverse reactions, such as allergies, sensitivities, or digestive issues, often leading to symptoms like inflammation, bloating, or discomfort.

A "trigger" is something that prompts or worsens the symptoms of a health condition.

Food triggers can lead to a wide range of symptoms in people who are sensitive to them. These may include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Gut problems
- Skin problems
- Migraines

How it helps

Although [lectin sensitivity](#) is poorly understood, animal research shows that these proteins are resistant to digestion and can damage the gut lining, thus causing “leaky gut” and interfering with nutrient absorption. If [lectins](#) enter the blood, they can worsen autoimmune conditions and allergies by stimulating the immune system to produce antibodies [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

 PERSONALIZED TO YOUR GENES

Your **CNR1** gene variant may be more common in people with lectin sensitivity.

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
CNR1	rs1049353	TT	

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.