

Cluster Headaches

DNA Health Report

REPORT CATEGORY —



HEADACHES &
MIGRAINES

Sample Client

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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

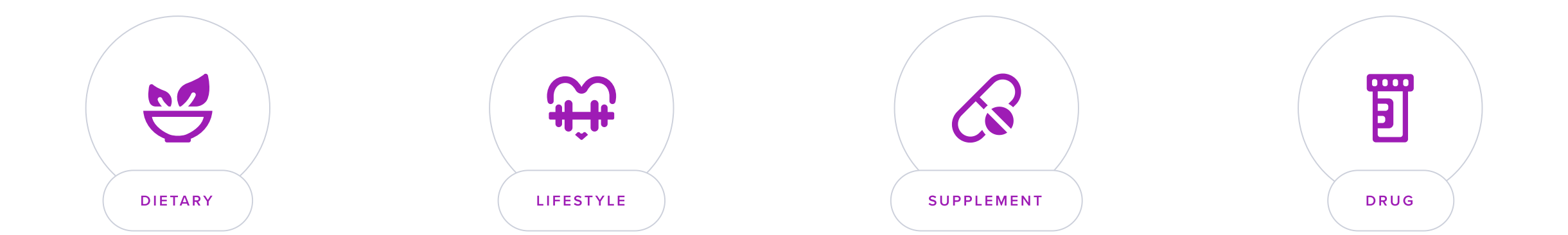
You have 2 risk alleles

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

A cluster headache is a type of severe headache with bouts of frequent attacks, known as cluster periods. Attacks can last from weeks to months, and they are focused on one side of the head, usually around the eye or temple [\[R\]](#).

The attacks can last anywhere from **15 minutes to 3 hours**, often occurring at night. Besides the intense pain, other signs and symptoms can include [\[R\]](#):

- Tears and eye redness
- Droopy eyelid on the affected side
- Stuffy nose
- Sweating

Cluster headaches are relatively rare, affecting about 1 in 1,000 people, and should not be confused with other types of headaches [\[R\]](#).

Doctors do not know exactly what causes cluster headaches. Research indicates they may be related to **histamine or serotonin release** affecting a particular nerve in the face (trigeminal nerve).

Triggers and Risk Factors

A cluster headache is a type of severe headache with bouts of frequent attacks, known as cluster periods.

Attacks may be triggered by [\[R\]](#):

- Alcohol
- High altitudes
- Bright light
- Heavy physical activity
- Heat
- Eating foods high in nitrites
- Certain medicines
- Illicit drugs like cocaine

Some of the risk factors for cluster headaches include [\[R\]](#):

- Male sex
- Age 20 to 40
- Smoking
- **Genetics**

Genetics may explain about **25%** of the differences in people’s odds of cluster headaches [\[R\]](#), [\[R\]](#).



MORE LIKELY

More likely to have cluster headaches based on 980 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
MERTK	rs4519530	CC
SATB2	rs113658130	TC
UFL1	rs11153082	AG
ACOX3	rs532676091	CC
FAM83F	rs147178151	GG
ZFHX4	rs143338229	CC
GLIS3	rs17701298	AA
FSHR	rs150773296	GG
MPHOSPH6	rs74032638	GG
PDCD1LG2	rs56072800	CC
CASZ1	rs187005173	GG
/	rs940585704	AA
NBPF4	rs181656519	GG
ZNF536	rs192460713	GG
STK36	rs184611112	GG
ARHGAP22	rs4838415	GG
COLEC12	rs34395012	CC
/	rs56816776	GG
RASGEF1B	rs67356218	AG
HLA-DQA2	rs9296023	GA
MADCAM1	rs3745925	AC
DUSP10	rs12121134	CC
TYRP1	rs16928666	GG
/	rs147175757	GG

GENE	SNP	GENOTYPE
/	rs183913359	GG
GLIS3	rs6476837	CC
PKP3	rs148636348	GG
DMAC1	rs114095814	GG
RFX3	rs41314211	GG
GTPBP10	rs866362543	GG
SH3GL2	rs117975737	AA
THEG	rs10422863	GG
PTPRD	rs4636255	AA
NBEA	rs78579461	AA
ODF3L2	rs12610594	AA
PTPRD	rs117879428	AA
DOCK8	rs34627722	GG
KANK1	rs78052481	GG
PTPRD	rs7026937	GG
NDST4	rs116665498	AA

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	Nerve Stimulation	30 minutes	2	Deep Brain Stimulation	
3	Maintain a Regular Meal Schedule		4	Occipital Nerve Stimulation	
5	Sleep for 7+ Hours		6	Vagal Nerve Stimulation	5 minutes
7	Intranasal Capsaicin		8	Normobaric Oxygen Therapy (NBOT)	1 hour
9	Avoid Secondhand Smoke		10	Melatonin	500 mcg
11	Acupuncture	1 hour	12	Magnesium	350 mg

1



Nerve Stimulation

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Nerve stimulation can be implemented by daily sessions of 15-30 minutes using a device specifically designed for this purpose. These devices often use electrical currents to stimulate nerves through the skin, which can be adjusted in intensity according to comfort. It's important to consult a healthcare provider for guidance on the specific type of nerve stimulation that may be most beneficial for your condition.

TYPICAL STARTING DOSE

30 minutes

Description

Nerve stimulation techniques involve the use of electrical impulses, like transcutaneous electrical nerve stimulation (TENS) or other methods to activate nerves, potentially providing relief from chronic pain, improving muscle function, and aiding in physical therapy.

Health professionals can stimulate your nerves using different strategies [\[R\]](#).

Many strategies use magnetic fields or electric currents. Examples include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- [Transcutaneous electrical nerve stimulation](#) (TENS)
- Transcranial direct current stimulation (tDCS)
- Transcranial magnetic stimulation (TMS)
- Transcutaneous auricular vagus nerve stimulation (taVNS)

Nerve stimulation may improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Cognition
- Mood
- Pain
- Seizures
- Tinnitus

How it helps

Vagus nerve stimulation (VNS) may reduce pain intensity in people with cluster headaches. However, it may only help with **episodic**, not chronic cluster headaches [\[R\]](#), [\[R\]](#), [\[R\]](#).

Occipital nerve stimulation (ONS) may help with cluster headache frequency and intensity. Its benefits may last longer. This procedure is more often used for people who don't respond to medication [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Nerve stimulation may help with headaches by inhibiting specific headache triggers and limiting pain signals in the brain [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *Nerve stimulation may not be safe for everyone. Consult your doctor before using nerve stimulation devices of any kind* [\[R\]](#), [\[R\]](#).

2

i

Deep Brain Stimulation

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Deep brain stimulation is a medical procedure performed by healthcare professionals. It involves surgical implantation of electrodes into specific areas of the brain, connected to a pulse generator placed under the skin in the chest. The device settings are adjusted by a doctor to optimize patient outcomes.

Description

Deep brain stimulation (DBS) is a medical procedure that can help alleviate symptoms of certain neurological conditions, such as Parkinson's disease and essential tremor. It involves the implantation of electrodes in the brain and can significantly improve motor control and overall quality of life for some patients with these conditions.

How it helps

Two meta-analyses (the largest one with 16 studies) concluded that deep brain stimulation (DBS) provides long-term pain relief in up to 70% of patients with chronic cluster headaches [R, R].

DBS may help by sending electrical signals to the specific parts of the brain that cause pain.

3



Maintain a Regular Meal Schedule

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Eat your meals at the same times each day, for instance, breakfast at 7 AM, lunch at 12 PM, and dinner at 6 PM. Stick to this schedule every day, including weekends, to help regulate your body's internal clock and improve digestion.

Description

Maintaining a regular meal schedule helps regulate blood sugar levels, supports digestion, and promotes a healthy metabolism. Consistency in meal timing can contribute to overall energy balance and long-term weight management.

Blood sugar ([glucose](#)) is the body’s main source of energy. It increases after a meal. Skipping meals may reduce this energy supply and lead to [\[R\]](#) [\[R\]](#):

- Poor cognitive performance
- Headaches

A regular meal schedule means eating the same number of meals at about the same times every day. Doing so may help [\[R\]](#) [\[R\]](#):

- Balance the internal clock
- Maintain a healthy body weight
- Support healthy cholesterol levels
- Prevent migraines

How it helps

A study of 800 adolescents and preadolescents associated an irregular pattern of meals (especially breakfast) with headaches [\[R\]](#).

Similarly, 23.1% of patients with migraines and tension headaches had missing meals as a trigger in a study of 684 patients [\[R\]](#).

Religious fasting, such as during Ramadan or Yom Kippur, caused headaches (of tension-type in most cases) in 39-50% of the participants in 3 studies of 373 people [\[R\]](#) [\[R\]](#) [\[R\]](#).

Hypoglycemia, caffeine withdrawal, dehydration, and poor sleep have been proposed as the main mechanisms of fasting-induced headaches [\[R\]](#).

4



Occipital Nerve Stimulation

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Occipital nerve stimulation involves the surgical implantation of a small device near the occipital nerves at the base of the skull. The device delivers electrical impulses to the occipital nerves. This procedure should be discussed and performed by a medical professional specialized in pain management or neurosurgery. The frequency and duration of the electrical impulses will be adjusted based on the patient's response and should be overseen by your healthcare provider.

Description

Occipital nerve stimulation is a medical procedure that involves the implantation of a device to provide electrical stimulation to the occipital nerves, potentially relieving chronic headaches and pain conditions.

How it helps

Occipital nerve stimulation relieved drug-resistant cluster headaches and the effects were sustained for an average of 15 months in 4 uncontrolled trials of 71 patients. This technique (30% and 100%) reduced attack frequency in a non-placebo-controlled trial of 150 patients with medically intractable chronic cluster headache [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Occipital nerve stimulation probably acts through modulation of the trigemino-cervical complex, namely the convergence of sensory inputs from C1–C2 roots on the nociceptive spinal trigeminal nucleus, by a “gate control theory-like” mechanism. ONS has also been suggested to act through central non-headache-specific pain control mechanisms [\[R\]](#).

5



Sleep for 7+ Hours

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

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

Description

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

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

- Support brain health [\[R\]](#) [\[R\]](#)
- Maintain a healthy weight and appetite [\[R\]](#) [\[R\]](#) [\[R\]](#)
- Regulate blood pressure [\[R\]](#) [\[R\]](#)
- Balance blood sugar [\[R\]](#) [\[R\]](#)

Ways to sleep better include [\[R\]](#):

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

How it helps

Both **poor sleep and changes in sleep patterns** may trigger cluster headaches. The association may be stronger in **women** [\[R\]](#) [\[R\]](#) [\[R\]](#).

Because cluster headache attacks typically strike at night, they tend to worsen sleep quality [\[R\]](#).

A good night’s sleep is essential for brain health. In fact, sleep may help calm parts of the brain responsible for headaches [\[R\]](#) [\[R\]](#).

6

Vagal Nerve Stimulation

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Engage in activities that stimulate the vagal nerve, such as deep and slow breathing exercises for 5-10 minutes daily, practicing meditation or yoga regularly, and incorporating cold exposure by ending your showers with 30 seconds to 1 minute of cold water. Try to include these practices into your daily routine for ongoing benefits.

TYPICAL STARTING DOSE

5 minutes

Description

Vagal nerve stimulation is a medical procedure involving the implantation of a device that sends electrical impulses to the vagus nerve. It is used as a treatment for epilepsy and may also have potential applications in mood disorders and obesity management.

How it helps

Two meta-analyses (the largest one with 6 trials and 983 patients) found vagus nerve stimulation effective at reducing pain intensity and medication use in people with cluster headaches. According to one of them, vagus nerve stimulation is only effective for episodic but not chronic cluster headaches [\[R\]](#), [\[R\]](#).

Vagus nerve stimulation may help with headaches by inhibiting cortical spreading depression (a headache trigger) [\[R\]](#) and lowering extracellular glutamate concentrations in the pars caudalis of the spinal trigeminal nucleus [\[R\]](#).

7



Intranasal Capsaicin

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Apply a capsaicin nasal spray into each nostril, typically starting with one spray per nostril, up to three times a day. Adjust frequency based on symptom relief and tolerance, not exceeding the maximum dosage recommended by the product. Consult with a healthcare provider for duration of use tailored to individual needs.

Description

Intranasal capsaicin is a therapy that involves applying capsaicin (a compound found in chili peppers) to the nasal passages. It is used in some cases to relieve certain types of headache or sinus symptoms, although its efficacy can vary.

How it helps

The acute intranasal application of capsaicin (300 µg/100 µL) reduced headache severity in 4 placebo-controlled trials of 114 people suffering from cluster headaches [R, R, R, R].

Capsaicin may desensitize the brain cells responsive to substance P and CGRP [R].

 PERSONALIZED TO YOUR GENES

The [TRPM8](#) gene codes for the major cold-sensing receptor in our bodies. It responds to both cold temperatures and to *menthol*, a compound found in mint [R].

Your genotype has been associated with increased incidence of migraines [R, R].

Topical preparations of [capsaicin](#) (the “spicy” compound in hot peppers) applied through the nose may help relieve cluster headaches. Capsaicin stimulates the [TRPV1](#) heat receptor and reduces *TRPM8* activity [R].

To learn more about this gene and how you may be able to counteract its effects, check out the SelfDecode blog post on this gene [here](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
TRPM8	rs10166942	TT	

8



Normobaric Oxygen Therapy (NBOT)

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

For normobaric oxygen therapy (NBOT), inhale 100% oxygen under normal atmospheric pressure. This can be done using an oxygen mask or nasal cannula. Typically, sessions last for about 60-90 minutes and are recommended daily for a prescribed number of days, depending on the specific condition being treated.

TYPICAL STARTING DOSE

1 hour

Description

Normobaric oxygen therapy involves breathing oxygen at normal atmospheric pressure. It is used in medical settings to treat conditions like altitude sickness and carbon monoxide poisoning and is being explored for potential benefits in various medical conditions.

How it helps

A Cochrane review of 11 trials with 209 participants suggested that hyperbaric oxygen therapy may be beneficial for acute migraine termination, and normobaric oxygen therapy may help with cluster headaches [R, R].

Normobaric oxygen therapy may help by increasing oxygen supply to the brain, which helps to narrow, or constrict, the blood vessels.

Please note: Hyperbaric oxygen therapy is a potentially dangerous procedure that should only be performed under medical supervision. People with pneumothorax or congestive heart failure are at especially high risk of adverse effects. Because highly concentrated oxygen can easily catch on fire, avoid potential fire sources around hyperbaric oxygen chambers, oxygen gas cylinders, tanks, and concentrators [R, R].

9



Avoid Secondhand Smoke

IMPACT

1 / 5

EVIDENCE

2 / 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

Experts agree that smoking is linked to cluster headaches. People with cluster headaches are up to **5 times** more likely to smoke [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Smokers with **cluster headaches** may have attacks that last for longer and occur more often. However, another study didn't find this link [\[R\]](#), [\[R\]](#).

Passive smoking may also increase the risk of cluster headaches [\[R\]](#).

Despite the short-term relief from nicotine, long-term smoking may stimulate pain signals in the brain and thus contribute to headaches [\[R\]](#), [\[R\]](#).

10



Melatonin

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

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

TYPICAL STARTING DOSE

500 mcg

Description

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

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

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

How it helps

People who have lower levels of melatonin at night may be more prone to **cluster headaches**. Melatonin supplements may help, but the evidence is mixed [\[R, R, R, R, R\]](#).

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

- Reducing inflammation and oxidative stress
- Calming the brain
- Restoring the internal clock

Please note: *Melatonin may interact with medications. Consult your doctor before taking melatonin* [\[R\]](#).

11



Acupuncture

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [[R](#), [R](#), [R](#), [R](#), [R](#)]:

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

In a non-placebo-controlled trial of 180 patients with episodic cluster headaches, acupuncture at the sphenopalatine ganglion combined with conventional acupuncture reduced the degree of pain, number and duration of attacks, and quality of life better than conventional acupuncture alone [[R](#)].

Acupuncture may help by reducing pain intensity and frequency.

12



Magnesium

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take up to 350 mg of magnesium daily as a supplement, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

350 mg

Description

Magnesium is an essential mineral involved in various bodily functions, including muscle contractions, nerve signaling, and bone health. Maintaining adequate magnesium levels through diet or supplements can support overall well-being and reduce the risk of magnesium deficiency-related health issues.

[Magnesium](#) is an essential mineral. Your body needs it for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [\[R\]](#).

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [\[R\]](#).

How it helps

In an uncontrolled trial of 22 patients with cluster headaches, infusion with magnesium sulfate relieved pain in those with low blood levels of ionized magnesium [\[R\]](#).

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 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.

