

Cortisol

DNA Health Report

REPORT CATEGORY —



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

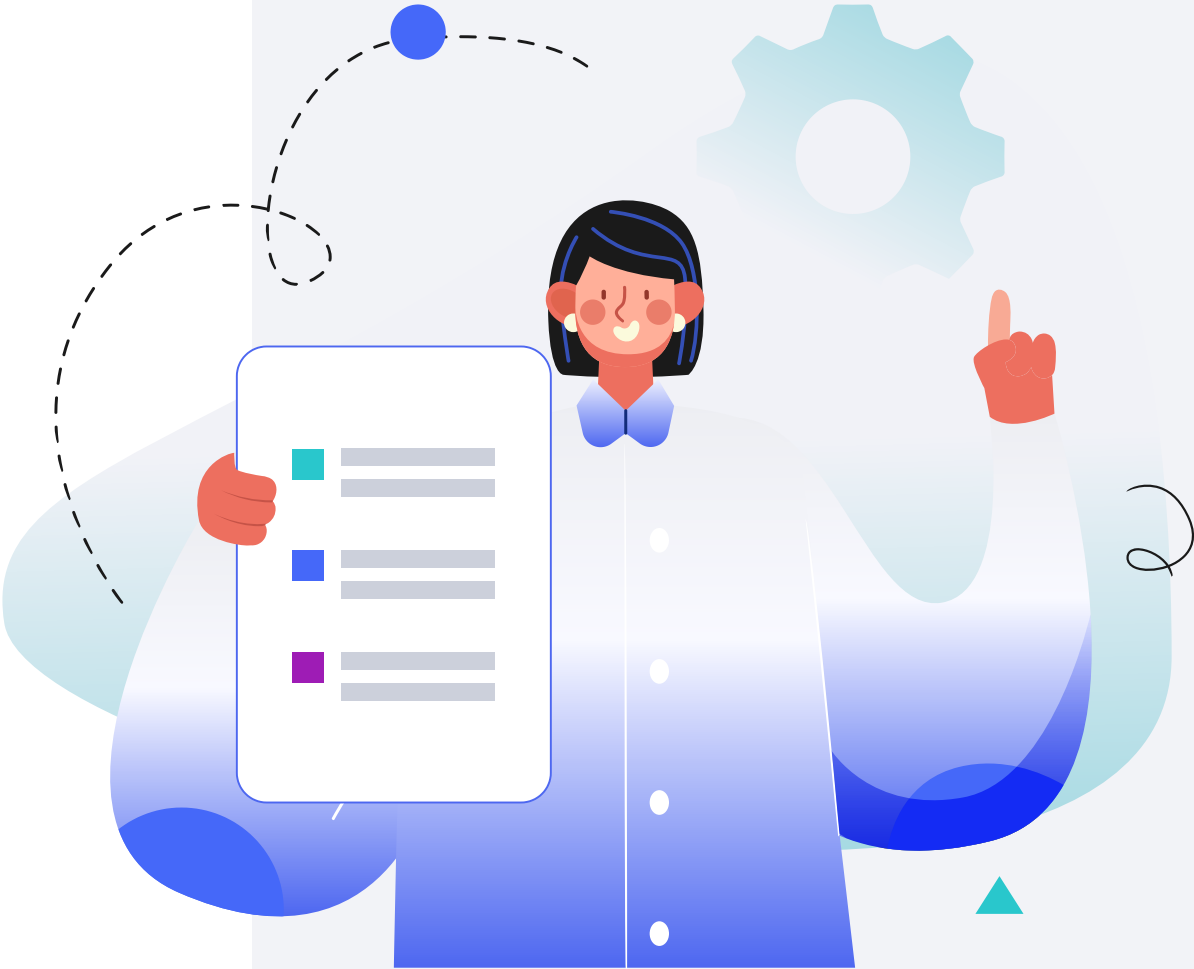
Male

HEIGHT

5ft 5" 165cm

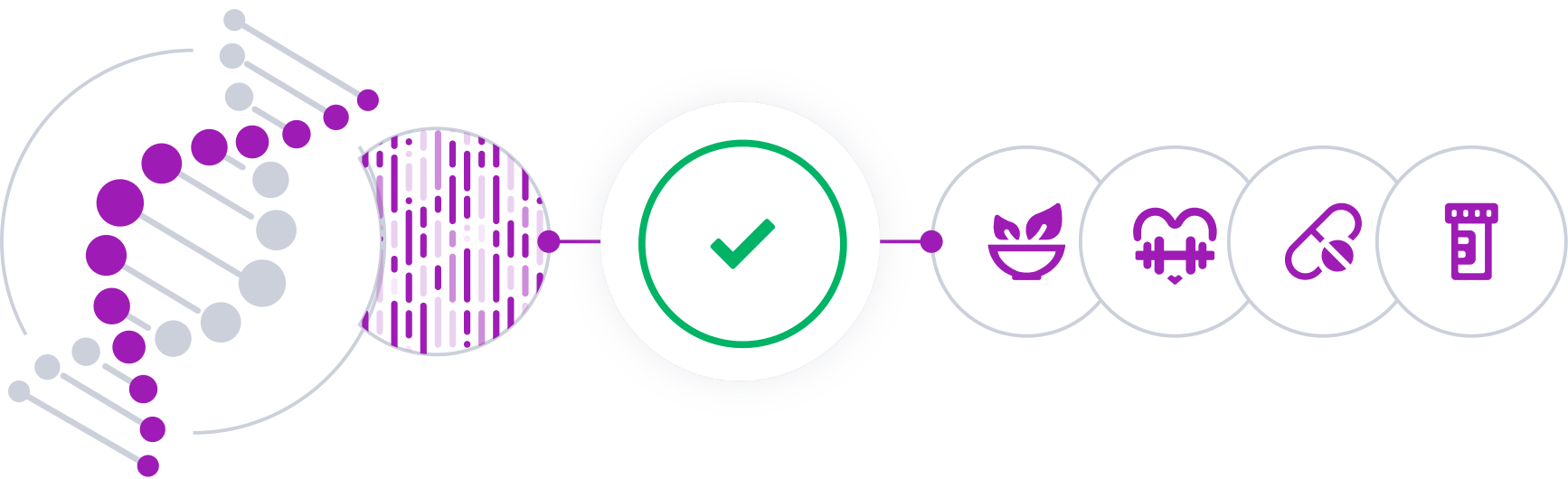
WEIGHT

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.

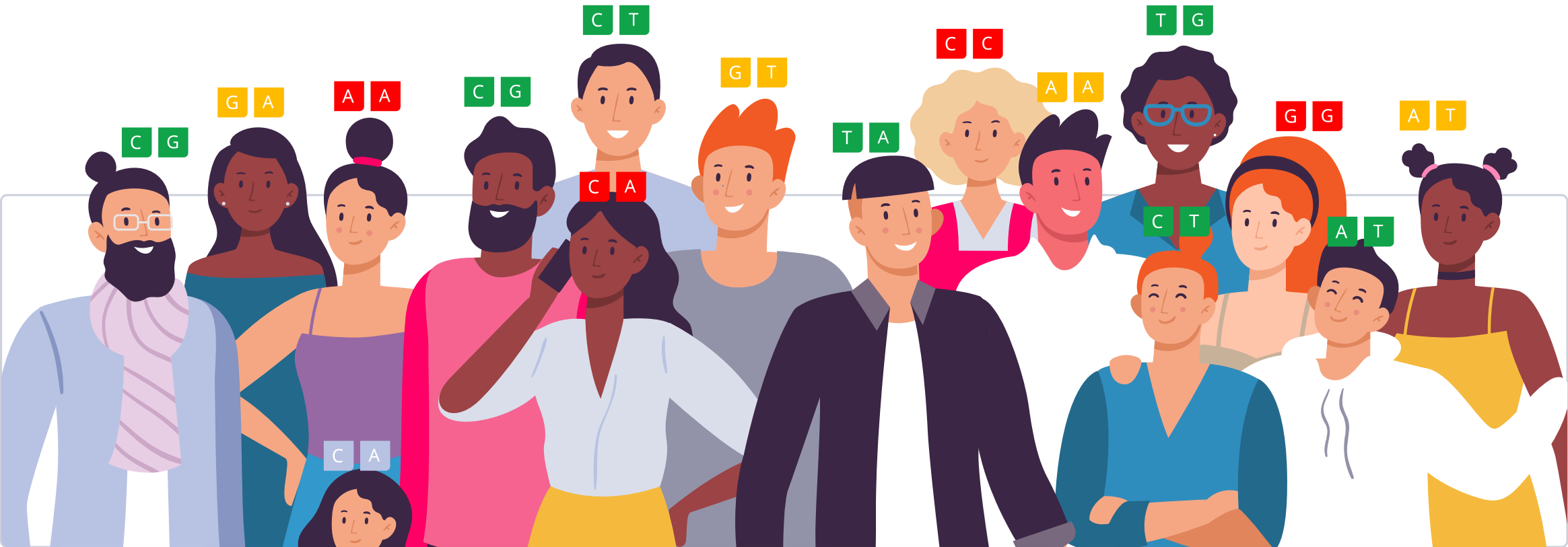


Similarly, our Trait Reports look at how your DNA influences your traits.



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

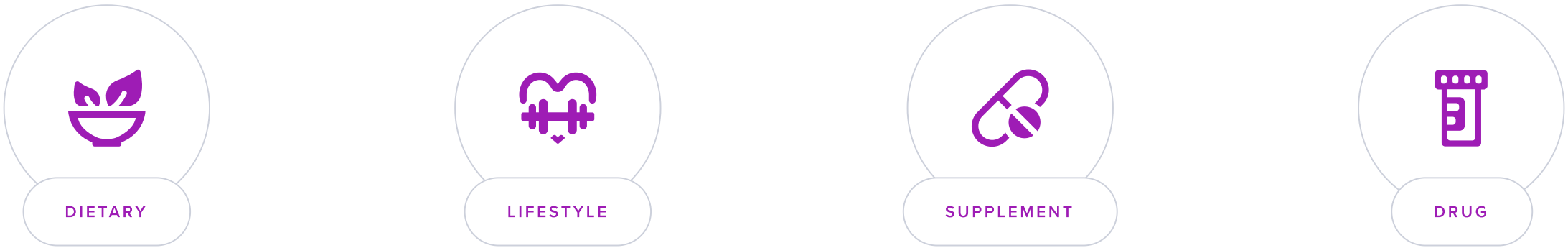
You have 2 risk alleles

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

Cortisol is a hormone produced by the adrenal glands — small glands on top of the kidneys. It is most widely known as a “**stress hormone**” that initiates the body’s “fight-or-flight” response.

This helps the body react to stress by shifting into an “emergency mode” where non-critical functions are put on hold. In other words, cortisol makes your body focus on urgent matters [\[R\]](#), [\[R\]](#).

Cortisol is also involved in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Metabolism of fats, proteins, and carbs
- Blood pressure control
- Immunity and inflammation

Cortisol can be measured in blood or saliva. Salivary cortisol levels are closely related to blood levels and are easier to collect [\[R\]](#), [\[R\]](#).

Factors Influencing Cortisol Levels

Cortisol is a hormone produced by the adrenal glands — small glands on top of the kidneys. It is most widely known as a “**stress hormone**” that initiates the body’s “fight-or-flight” response. This helps the body react to stress by shifting into an “emergency mode” where non-critical functions are put on hold [R, R].

Genetics influence cortisol levels. Up to 60% of people’s differences in blood cortisol levels may be due to genetics. **Please note that this report is looking at your genetics of salivary cortisol**, which is closely related to blood cortisol [R, R].

Cortisol levels vary naturally throughout the day. They are generally highest in the morning after waking and gradually decrease throughout the day [R, R].

Cortisol levels also rise naturally:

- After eating [R]
- After physical activity [R, R, R, R, R]
- In response to physical and psychological stress [R, R, R, R, R]

Very high or low cortisol levels may be indicative of chronic health conditions such as [R]:

- Hypercortisolism or high cortisol (e.g. Cushing syndrome)
- Hypocortisolism or low cortisol (e.g. Addison’s disease)

Genetically higher cortisol may be causally associated with:

- Depression [R]
- Heart disease [R, R, R]
- Atrial fibrillation [R, R]
- Muscle mass (women) [R]
- Strength (women) [R]
- Cognitive decline [R]
- Alzheimer’s (lower risk) [R]



TYPICAL LEVELS

Predisposed to typical cortisol levels based on 10 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CNTNAP5	rs11899245	TC
TULP1	rs9470080	CC
FKBP5	rs1360780	CC
FKBP5	rs7748266	CC
DGKH	rs1170109	GT
PDE10A	rs2983496	AG
LDLR	rs5927	GA
SPC24	rs11557092	CT
/	rs6768297	AA
ZFP42	rs6849009	CC
INHBA	rs10244501	CC
TFAP2C	rs6069930	GG
TMPRSS9	rs7248779	TT

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

- Parkinson’s (lower risk) [\[R\]](#)
- Overweight [\[R\]](#)
- High blood pressure [\[R\]](#)

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	Laughter Yoga	30 minutes	2	Drink at Least 8 Glasses of Water a Day	
3	Yoga	30 minutes	4	Aerobic Exercise (Cardio)	1 hour
5	Aromatherapy	30 minutes	6	Lavender Oil Aromatherapy	2 drops
7	Ashwagandha	120 mg	8	Chewing	
9	Iyengar Yoga	1 hour	10	Laughter Therapy	30 minutes
11	Asparagus	300 mg	12	DHEA (Dehydroepiandrosterone)	25 mg
13	Holy Basil (Tulsi)	300 mg	14	EFT Tapping	20 minutes
15	Restorative Yoga	30 minutes	16	L-Ornithine	
17	Chair Yoga	30 minutes	18	Whole-Body Cryotherapy	2 minutes
19	Walking Meditation	30 minutes	20	Orange Blossom Aromatherapy	
21	Open Monitoring Meditation	20 minutes	22	Rhodiola	500 mg
23	Guided Imagery	30 minutes	24	Deep Breathing	5 minutes
25	Ashwagandha Shoden	125 mg	26	Ashwagandha Sensoril	125 mg
27	Probiotic Yogurt		28	Mindfulness Meditation	30 minutes
29	Acceptance and Commitment Therapy (ACT)		30	Progressive Muscle Relaxation	10 minutes
31	Limit Caffeine Intake		32	Regular Sleep Schedule	

33	Cold Exposure	1 minutesute
34	Fish	
35	Vitamin C	2000 mg
36	Phosphatidylserine	300 mg
37	Magnolia Bark	
38	Green Tea	400 mg

1

Laughter Yoga

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Attend a laughter yoga session for at least 30 minutes, three times a week. These sessions can be found in local community centers or online classes tailored for various ages and physical abilities.

TYPICAL STARTING DOSE

30 minutes

Description

Laughter yoga combines laughter exercises and deep breathing to promote mental and emotional well-being. It is believed to reduce stress, improve mood, and boost overall mental health.

How it helps

In 2 non-placebo-controlled trials of 155 healthy volunteers, a single 30-minute session of laughter yoga reduced cortisol levels and the cortisol/DHEA ratio. Participating in laughter yoga sessions before a clinical simulation scenario reduced cortisol levels in 2 non-placebo-controlled trials of 165 undergraduate nursing students [R, R, R, R].

2



Drink at Least 8 Glasses of Water a Day

IMPACT

3 / 5

EVIDENCE

3 / 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

A meta-analysis of 21 studies associated insufficient hydration with higher cortisol levels [\[R\]](#).

Staying hydrated may help by aiding adrenal health, as dehydration can overwork adrenals and affect cortisol production.

3



Yoga

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R, R, R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Relaxation techniques aim to improve stress and anxiety. They may be effective for both daily stress and stress from major health problems [\[R, R, R\]](#).

For instance, yoga may reduce stress and lower cortisol levels in various populations including healthy subjects and patients with type 2 diabetes or major depressive disorder [\[R, R, R\]](#).

4



Aerobic Exercise (Cardio)

IMPACT

3 / 5

EVIDENCE

3 / 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

Regular exercise, especially aerobic, may lower cortisol levels. Exercise may also lower cortisol in older adults and people with depression people [\[R, R, R, R\]](#).

Exercise may help by reducing stress.

5



Aromatherapy

IMPACT2 / 5

EVIDENCE3 / 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

Lavender aromatherapy reduced serum cortisol and improved coronary flow velocity rate in a non-placebo-controlled trial of 30 healthy men. In 2 non-placebo-controlled trials of over 22 patients with essential hypertension, aromatherapy with lavender oil or its combination with lemon and ylang ylang essential oils reduced blood pressure, heart rate, serum cortisol, and anxiety [\[R\]](#), [\[R\]](#), [\[R\]](#).

6



Lavender Oil Aromatherapy

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Place 2-3 drops of lavender essential oil in a diffuser filled with water. Use the diffuser in your bedroom or workspace for 30-60 minutes, especially before bedtime or during periods of stress.

TYPICAL STARTING DOSE

2 drops

Description

Lavender oil aromatherapy involves inhaling the soothing scent of lavender essential oil. It is used to promote relaxation, reduce anxiety, and improve overall mental well-being.

How it helps

Lavender aromatherapy reduced serum cortisol and improved coronary flow velocity rate in a non-placebo-controlled trial of 30 healthy men. In 2 non-placebo-controlled trials of over 22 patients with essential hypertension, aromatherapy with lavender oil or its combination with lemon and ylang ylang essential oils reduced blood pressure, heart rate, serum cortisol, and anxiety [\[R\]](#), [\[R\]](#), [\[R\]](#).

7



Ashwagandha

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 250-600 mg of ashwagandha supplement daily. It can be consumed with water or a meal, depending on your preference or as advised by a healthcare provider.

TYPICAL STARTING DOSE

120 mg

Description

[Ashwagandha](#) (*Withania somnifera*) is an herb used in traditional Indian medicine. This herb is known as an *adaptogen* because it helps people adapt to stress.

This herb is known as an *adaptogen* because it helps people adapt to stress [\[R\]](#), [\[R\]](#).

How it helps

Supplementation with ashwagandha (240-600 mg/day) may lower morning salivary cortisol in stressed adults. However, a study on aging, overweight men didn't find this benefit [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

A blend of ashwagandha root and okra fruit extracts also lowered cortisol in a trial of 48 adults with functional constipation [\[R\]](#).

It may help by:

- Calming brain regions involved in anxiety [\[R\]](#), [\[R\]](#)
- Reducing stress hormones [\[R\]](#)
- Reducing [oxidative stress](#) [\[R\]](#), [\[R\]](#)

8



Chewing

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate chewing thoroughly into your daily eating habits by ensuring each bite is chewed 20-30 times before swallowing. Practice this technique at every meal and with snacks to improve digestion and satiety.

Description

Chewing can help to reduce the tendency to overeat by keeping your mouth busy and providing a sense of fullness. It can also help to improve your metabolic rate and increase your energy levels. Additionally, chewing can help to improve your attention span and reduce stress levels.

How it helps

Chewing gum has been associated with beneficial effects on stress and cortisol levels in several studies. A study with 492 participants linked chewing gum to reduced stress levels. A trial with 40 participants showed reduced anxiety, stress, and salivary cortisol during a multitasking experiment. Among 100 students, gum chewing for up to 19 days improved anxiety and stress scores. Chewing paraffin wax for 10 minutes after a task reduced salivary cortisol in 17 volunteers. Additionally, chewing gum decreased perceived stress and stress at work and outside in 2 trials of 72 students and 101 healthy volunteers [R, R, R, R, R, R].

Chewing slowly and mindfully helps reduce stress, which in turn lowers cortisol levels in the body.

9



Iyengar Yoga

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Attend a 90-minute Iyengar yoga class at least once a week. Choose a class led by a certified Iyengar yoga instructor to ensure proper guidance and technique adherence.

TYPICAL STARTING DOSE

1 hour

Description

Iyengar yoga is a style of yoga that emphasizes proper alignment and the use of props to support poses. It can help improve flexibility, balance, and mental well-being through precise and controlled movements.

How it helps

In a non-placebo-controlled trial of 18 breast cancer survivors, practicing Iyengar yoga (90 min, 2x/week for 8 weeks) reduced morning and 5 PM salivary cortisol, and improved emotional well-being [R].

Iyengar yoga may help by promoting relaxation and reducing anxiety.

10



Laughter Therapy

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Dedicate at least 15-30 minutes a day to watch, listen to, or participate in activities that make you laugh, such as watching a comedy show, attending a stand-up comedy event, or engaging in laughter yoga sessions. Consistently incorporate these laughter-inducing activities into your daily routine for an ongoing period to harness the health benefits of laughter.

TYPICAL STARTING DOSE

30 minutes

Description

Laughter therapy has been shown to improve cardiovascular health, reduce stress, and boost the immune system. It can also help to improve mood, relieve pain, and increase social bonding.

How it helps

Laughter therapy has shown variable results in reducing stress and physiological markers in several non-placebo-controlled trials. Studies involving mothers caring for young children during the COVID-19 pandemic, obese women, pediatric inpatients, healthy adults, and adolescents indicate reduced stress and cortisol levels. However, results were mixed among office workers and negative in nursing students. In children in the emergency department, laughter therapy reduced distress but not cortisol levels [\[R, R, R, R, R, R, R, R, R\]](#).

Laughter therapy triggers the release of endorphins, which are the body's natural feel-good chemicals that can lower stress, and in turn cortisol.

11



Asparagus

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take a standardized asparagus extract supplement, typically available in capsules or tablets, in doses of 300-500 mg per day. It is best taken with meals to maximize absorption and minimize potential digestive discomfort. Continue this regimen daily as part of your supplement routine.

TYPICAL STARTING DOSE

300 mg

Description

Asparagus is a low calorie source of nutrients, including folate, fiber, and vitamins A, C and K. A serving of four asparagus spears provides 89 mcg of folate or 22%DV.

How it helps

Asparagus is rich in compounds that help lower cortisol levels, which is a stress hormone that can negatively impact the body's physiological balance. Including it in your diet can potentially mitigate symptoms associated with elevated cortisol, such as anxiety, sleep disorders, and weight gain.

In 2 placebo-controlled trials of 43 healthy volunteers, consuming enzyme-treated asparagus extract (150 mg/day) for 28 days reduced dysphoria and fatigue, improved sleep quality, enhanced stress-load performance, prevented serum and salivary cortisol elevation, and increased salivary sIgA levels [\[R\]](#), [\[R\]](#).

Asparagus extract may help by increasing the levels of the stress-related protein HSP70, as seen in an uncontrolled trial of healthy volunteers consuming up to 150 mg/day [\[R\]](#).

12



DHEA (Dehydroepiandrosterone)

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take 25-50 mg of DHEA orally with water daily, preferably in the morning to mimic the body's natural rhythm of DHEA production. It is advisable to start at the lower dose to assess tolerance and adjust as needed. Consult a healthcare provider for personalized advice and before starting a new supplement regimen.

TYPICAL STARTING DOSE

25 mg

Description

DHEA is a hormone produced by the adrenal glands and has been used as a dietary supplement for various purposes, including supporting hormonal balance and energy levels. It may have potential benefits for specific individuals, but its use should be supervised by a healthcare professional due to its hormonal nature.

DHEA is a steroid hormone produced primarily by the adrenal glands. It is also produced to a much lesser extent by the testes and ovaries and, possibly, the brain [\[R, R\]](#).

DHEA helps make the sex hormones [testosterone](#) and [estrogen](#). DHEA is important for [\[R, R, R, R\]](#):

- Mood
- Immunity
- Muscle strength
- Bone health
- Skin health

DHEA is released in response to stress. In fact, one of DHEA's important roles is to protect against the adverse effects of prolonged and excessive exposure to cortisol, the stress hormone [\[R, R, R\]](#).

How it helps

A meta-analysis of 10 studies found that DHEA supplementation lowered serum cortisol levels (by 53.581 nmol/L) [\[R\]](#).

DHEA may help lower cortisol levels by acting as a counter-hormone.

Please note: *DHEA has been banned by sport associations and anti-doping agencies. DHEA should not be used at high doses or long-term and is contraindicated in patients with hormone-responsive cancers. DHEA supplements should only be used with the prescription of a medical professional. Discuss risks and side effects with your doctor* [\[R\]](#).

13



Holy Basil (Tulsi)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 300-600 mg of a holy basil extract daily, divided into two doses, with meals. Continue this supplementation for at least one month to observe benefits.

TYPICAL STARTING DOSE

300 mg

Description

Holy basil, also known as Tulsi, is an adaptogenic herb traditionally used in Ayurvedic medicine for its potential to reduce stress, boost immunity, and support overall well-being. It contains compounds believed to have anti-inflammatory and antioxidant properties.

How it helps

A placebo-controlled study found that capsules of ethanolic leaf extracts of Ocimum sanctum (300 mg/day for 30 days) and placebo procured improvement although for the placebo it stabilized after day 15. Holy basil caused improvement in the following cognitive parameters: **reaction time (RT) and error rate (ER) of the Sternberg test, the reaction time of neutral task of Stroop, reaction time and error rate of the interference task of Stroop, P300 latency, salivary cortisol, and State-Trait Anxiety Inventory**. However, it **did not change heart rate (HR), AHR, or galvanic skin response (GSR) or AGSR** [\[R\]](#).

14



EFT Tapping

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Perform EFT (Emotional Freedom Technique) tapping daily for about 15 to 20 minutes. Focus on a specific issue while tapping with your fingertips on 9 specific meridian points on the body in a sequence: karate chop (side of the hand), top of the head, eyebrow, side of the eye, under the eye, under the nose, chin, beginning of the collarbone, and under the arm. Repeat the process 3 to 5 times or until you feel relief.

TYPICAL STARTING DOSE

20 minutes

Description

EFT Tapping is a mind-body technique that involves tapping on specific acupressure points while focusing on emotional issues or physical discomfort. Some individuals find it helpful for managing stress, anxiety, and emotional well-being.

How it helps

Non-placebo-controlled trials demonstrated EFT tapping's effectiveness. In one study with 83 healthy volunteers, a 1-hour session reduced psychological distress and cortisol levels. Another trial with 159 women who experienced prenatal loss found EFT tapping lowered anxiety, promoted psychological growth, improved well-being, and reduced cortisol levels, similar to music therapy [\[R, R, R\]](#).

EFT tapping helps manage stress, which can lower cortisol levels.

15



Restorative Yoga

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Engage in restorative yoga sessions for 20-30 minutes, at least three times a week. Choose a quiet, comfortable space where you won't be disturbed, using props such as yoga mats, bolsters, and blankets to support your body in relaxing poses.

TYPICAL STARTING DOSE
30 minutes

Description

Restorative yoga is a gentle and therapeutic form of yoga that involves holding poses for extended periods to promote relaxation, reduce stress, and improve flexibility and joint mobility.

How it helps

In a non-placebo-controlled trial of 140 patients with metabolic syndrome, practicing restorative yoga for 6 months decreased salivary cortisol levels and stress [R].

Restorative yoga promotes relaxation, which triggers the body's natural relaxation response, therefore reducing stress hormones like cortisol.

16



L-Ornithine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500mg to 2g of L-ornithine supplement daily before bed or as directed by your healthcare provider. This regimen can be continued on a long-term basis to support liver health and to potentially aid in improving sleep quality.

Description

L-ornithine is an amino acid often used in sports supplements for its potential to reduce exercise-related fatigue and support muscle recovery. It is also studied for its role in promoting detoxification processes in the body.

How it helps

In a study with 52 participants, L-ornithine supplementation (400 mg/day) over 8 weeks reduced serum cortisol levels, lowered the cortisol/DHEA-S ratio, decreased anger, and improved perceived sleep quality compared to the placebo group in healthy adults [R].

17

Chair Yoga

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice chair yoga for at least 20 minutes, three times a week. Find a comfortable chair without arms, wear loose clothing, and follow a guided chair yoga session focusing on gentle stretches and breathing exercises.

TYPICAL STARTING DOSE

30 minutes

Description

Chair yoga is a modified form of yoga designed for individuals with limited mobility or physical challenges. It offers a range of physical and mental health benefits, including improved flexibility, reduced stress, and enhanced relaxation, making it accessible to a wide range of individuals.

How it helps

Chair yoga prevented cortisol rises in a non-placebo-controlled trial of 35 older women [\[R\]](#).

Chair yoga may help by promoting relaxation and reducing stress.

18

Whole-Body Cryotherapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Participate in whole-body cryotherapy sessions by entering a cryotherapy chamber for 2-3 minutes, where temperatures drop to between -100°C to -140°C (-148°F to -220°F). These sessions should be performed 2-3 times a week for optimal benefits.

TYPICAL STARTING DOSE

2 minutes

Description

Whole-body cryotherapy involves brief exposure to extreme cold temperatures in a controlled chamber. It is used to reduce inflammation, alleviate muscle soreness, and promote recovery in athletes and individuals seeking pain relief.

How it helps

Twenty-five professional rugby players, belonging to the Italian National Team, underwent a 7-day cryotherapy protocol consisting of 2 daily sessions in a study. Cortisol and DHEA showed a reduction after the 2 sessions of the first day. After 14 consecutive sessions, cortisol, DHEA, and estradiol levels decreased while testosterone and the testosterone to cortisol ratio increased [\[R\]](#).

Please note: Rapid cold exposure can cause life-threatening changes to your breathing and heart rate. This is called the cold-shock response. Be cautious of any form of sudden temperature change to your environment, especially if you have heart disease or other health conditions [\[R\]](#).

19

Walking Meditation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Dedicate 10-20 minutes daily to practice walking meditation, ideally in a quiet space where you can walk back and forth. Focus on the sensation of each step, maintaining a slow pace that allows you to be fully aware of the movement and feeling in your feet and body. It can be done indoors or outdoors.

TYPICAL STARTING DOSE

30 minutes

Description

Walking meditation is a mindfulness practice that combines the physical activity of walking with focused awareness and deep breathing. It is used to reduce stress, enhance mental clarity, and cultivate mindfulness.

How it helps

In 2 non-placebo-controlled trials on elderly participants with depressive symptoms and patients with type 2 diabetes, practicing walking meditation yielded positive outcomes. on cortisol levels [\[R\]](#), [\[R\]](#).

Walking meditation enables mindfulness, which helps lower stress levels. Lesser stress leads to a decrease in cortisol, the body's main stress hormone.

20



Orange Blossom Aromatherapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Diffuse orange blossom essential oil in your living area or bedroom for 15-30 minutes at a time, ideally 2-3 times a day. Ensure the room is well-ventilated, and avoid direct inhalation from the bottle. Discontinue if any allergic reactions occur.

Description

Orange blossom is the fragrant flower of the bitter orange tree (*Citrus aurantium*). Its delicate, sweet scent has made it a popular ingredient in perfumes, cosmetics, and culinary creations.

Orange blossom is known for its potential to reduce anxiety when inhaled as an essential oil, making it a calming choice for aromatherapy.

People also use aromatherapy with orange blossom to help with:

- Sleep complaints
- Menopausal symptoms
- Premenstrual syndrome (PMS)
- High blood pressure

How it helps

In a non-placebo-controlled trial of 63 postmenopausal women, inhaling orange blossom oil (0.1-0.5%) for 5 minutes 2x/day for 5 days reduced cortisol levels [\[R\]](#).

An essential oil blend with orange blossom, lavender, ylang-ylang, and marjoram significantly reduced salivary cortisol levels and blood pressure in a placebo-controlled trial of 83 prehypertensive and hypertensive individuals [\[R\]](#).

21



Open Monitoring Meditation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside 10-20 minutes daily in a quiet, comfortable spot to practice open monitoring meditation. Focus on being aware of your thoughts, feelings, and sensations without attachment or judgment, allowing your mind to flow freely.

TYPICAL STARTING DOSE

20 minutes

Description

Open monitoring meditation is a mindfulness practice that involves non-judgmental awareness of thoughts, feelings, and sensations. It can enhance emotional regulation, reduce stress, and improve overall mental well-being.

How it helps

This study assessed the effects of focused-attention (FA) and open-monitoring (OM) meditation on 41 healthy adults. FA meditation promoted physiological relaxation by decreasing heart rate, while OM meditation heightened physiological arousal and reduced stress, evidenced by changes in heart rate variability and cortisol levels [\[R\]](#).

22



Rhodiola

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500 mg of rhodiola supplement daily, preferably in the morning to avoid potential interference with sleep.

TYPICAL STARTING DOSE

500 mg

Description

Rhodiola is a plant native to the arctic regions of Europe and Asia, where it's traditionally used to enhance stamina, combat stress and fatigue, and improve mental performance and resilience in harsh environments. Its main compounds include rosavins and salidroside.

[Rhodiola](#) (*Rhodiola rosea*) is a plant that grows in the mountains of eastern Europe and Asia [\[R\]](#).

Rhodiola is an *adaptogen*, meaning that it may help you adapt to stress. According to early research, this herb may help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Fatigue
- Burnout
- Low mood

How it helps

In a placebo-controlled trial of 60 individuals with stress-related fatigue, supplementation with rhodiola extract (576 mg/day) for 28 days decreased cortisol response to awakening stress [\[R\]](#).

23



Guided Imagery

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Find a quiet, comfortable place to sit or lie down where you can spend 20 to 30 minutes without interruptions. Close your eyes and take deep breaths to relax. Then, listen to a guided imagery audio recording or follow a script where you imagine a peaceful scene or scenario in detail. Do this practice daily, ideally at the same time each day, to reduce stress and improve well-being.

TYPICAL STARTING DOSE

30 minutes

Description

Guided imagery is a relaxation technique that involves using mental images to promote relaxation, reduce stress, and manage pain. It can have a positive impact on mental well-being and overall stress management.

Guided imagery is a relaxation technique that involves visualizing positive, peaceful settings. Guided imagery aims to [\[R\]](#), [\[R\]](#):

- Improve mind-body connection
- Enhance well-being
- Reduce stress and anxiety
- Improve immunity

How it helps

Guided imagery lowered salivary cortisol in 2 trials of 28 healthy adults and 12 overweight adolescents [\[R\]](#), [\[R\]](#).

24



Deep Breathing

IMPACT

1 / 5

EVIDENCE

1 / 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 trial of 29 nurses (22 with PTSD symptoms), 8 weeks of semiweekly mindfulness-based stretching and deep breathing exercises significantly improved PTSD scores and lowered serum cortisol levels. These benefits were sustained at the 16-week follow-up [R].

Deep breathing techniques can activate your body's relaxation response, which could lead to decreased levels of the stress hormone cortisol.

25



Ashwagandha Shoden

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 125-250 mg of Ashwagandha Shoden extract once daily, preferably with a meal to enhance absorption. This should be continued for at least 8 weeks to observe beneficial effects.

TYPICAL STARTING DOSE

125 mg

Description

[Ashwagandha](#) (*Withania somnifera*) is an herb used in traditional Indian medicine. This herb is known as an *adaptogen* because it helps people adapt to stress.

This herb is known as an *adaptogen* because it helps people adapt to stress [R, R].

Shoden is a standardized extract of ashwagandha with potential health benefits. It is believed to support stress management, cognitive function, and overall well-being.

How it helps

In a placebo-controlled trial of 60 volunteers, supplementation with ashwagandha Shoden (240 mg/day) for 60 days reduced stress and morning cortisol [R].

Ashwagandha Shoden may help by lowering cortisol levels and modulating the stress response in the body.

26



Ashwagandha Sensoril

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 125 to 250 mg of ashwagandha Sensoril, in capsule form, once or twice daily. It is best taken with meals or a glass of water to improve absorption. Continue for at least one month to observe effects on stress and anxiety reduction.

TYPICAL STARTING DOSE
125 mg

Description

Sensoril is a specific standardized extract of the herb ashwagandha. It is used as a dietary supplement and is associated with potential benefits for stress reduction, mood improvement, and overall vitality.

How it helps

In a placebo-controlled trial of 60 volunteers, supplementation with ashwagandha Shoden (240 mg/day) for 60 days reduced stress and morning cortisol [\[R\]](#).

Ashwagandha Sensoril may help by modulating the stress response in the body.

27



Probiotic Yogurt

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Probiotics in yogurt can improve gut health, which is linked to cortisol regulation and the stress response.

28



Mindfulness Meditation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice mindfulness meditation for 10-20 minutes daily. Find a quiet, comfortable place to sit or lie down, then focus on your breath, observing thoughts and sensations without judgment. Consistency is key, so try to incorporate it into your daily routine, perhaps in the morning or before bed.

TYPICAL STARTING DOSE
30 minutes

Description

Mindfulness meditation involves focused attention on the breath or a specific point of focus to cultivate mindfulness and reduce stress. Regular meditation practice is associated with improved mental clarity, emotional regulation, and overall well-being.

How it helps

Mindfulness meditation can decrease stress and anxiety, which in turn can lower cortisol levels by reducing the physiological response to stress.

29



Acceptance and Commitment Therapy (ACT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in Acceptance and Commitment Therapy (ACT) sessions with a licensed therapist weekly for a minimum of 8 to 12 weeks. During this period, engage in daily ACT exercises at home as recommended by your therapist, such as mindfulness practices and writing exercises that help you connect with your values and accept your thoughts without judgment.

Description

ACT is a type of psychotherapy that focuses on accepting one's thoughts and feelings while committing to actions that align with personal values. It is used to improve mental well-being and treat conditions like anxiety and depression.

How it helps

ACT helps by promoting psychological flexibility and teaching skills to detach from unhelpful thoughts, which can reduce stress and thus lower cortisol levels.

30



Progressive Muscle Relaxation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Set aside at least 10-15 minutes daily in a quiet, comfortable spot where you won't be disturbed. Start by tensing the muscles in your feet for 5 seconds, then relax for 30 seconds, and progressively work your way up through the major muscle groups of your body, tensing then relaxing each for 5 and 30 seconds respectively.

TYPICAL STARTING DOSE
10 minutes

Description

Progressive Muscle Relaxation is a relaxation technique involving the systematic tensing and releasing of muscle groups to reduce muscle tension, stress, and anxiety. Regular practice can lead to improved physical and mental relaxation.

Progressive muscle relaxation is a relaxation technique focused on releasing muscle tension. In this technique, you focus on tensing and relaxing different parts of your body, one after the other, to relieve stress [R](#), [R](#)].

It is common to start with the toes and slowly work your way up to the neck and head. Try to focus on a single muscle group at a time (for example, the calf muscles). Tense these muscles for 5-10 seconds, then relax for 20-30 seconds before moving on to the next muscle group [R](#), [R](#)].

How it helps

This technique helps to systematically relax muscles, reduce physical tension and stress, which may help in reducing cortisol levels.

31



Limit Caffeine Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Limit your caffeine consumption to less than 200 milligrams per day, equivalent to about two 6-ounce cups of coffee. Aim to avoid caffeine-containing foods and beverages such as tea, chocolate, and some soft drinks, especially in the late afternoon and evening to minimize sleep disturbances.

Description

Although caffeine is the world's most popular stimulant, some people choose to limit or avoid it due to potential adverse effects on their sleep, mood, or blood pressure.

How it helps

Decreasing caffeine can prevent cortisol spikes associated with caffeine consumption.

32



Regular Sleep Schedule

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Go to bed and wake up at the same time every day, even on weekends and holidays. This helps regulate your body's internal clock, leading to better sleep quality. Aim for 7-9 hours of sleep per night.

Description

Maintaining a regular sleep schedule involves going to bed and waking up at consistent times each day. This practice helps regulate the body's internal clock and promotes better sleep quality, mood, and cognitive function.

How it helps

Maintaining a consistent sleep schedule contributes to better quality sleep, which is important for regulating cortisol production.

33



Cold Exposure

IMPACT

0 / 5

EVIDENCE

0 / 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

Cold exposure can help lower cortisol levels. This happens as the body adapts to cold conditions, improving stress tolerance and decreasing the stress hormone cortisol.

34



Fish

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate two servings of fish into your diet each week, focusing on oily fish like salmon, mackerel, or sardines for their high omega-3 fatty acid content. Each serving should be about 3.5 ounces cooked, or about ¾ cup of flaked fish.

Description

Fish, particularly fatty fish like salmon and mackerel, is an excellent source of omega-3 fatty acids, which support cardiovascular health, brain function, and inflammation management. Regular consumption of fish can promote heart health and overall well-being.

Fish is a great source of [omega-3s](#), protein, and other essential nutrients. Omega-3s from fish (EPA and DHA) are some of the healthiest fats we can eat. They help reduce inflammation and **protect the heart, brain, and eyes** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don’t eat fish regularly [\[R\]](#).

How it helps

Fish are high in omega-3 fatty acids which can lower inflammation and help regulate cortisol levels.

35



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 known to help reduce cortisol levels and can be an effective way to manage stress responses.

36



Phosphatidylserine

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 100 mg of phosphatidylserine three times daily with meals. Continue this regimen for up to 6 months to evaluate its effectiveness.

TYPICAL STARTING DOSE

300 mg

Description

Phosphatidylserine is a naturally occurring phospholipid found in cell membranes, primarily in animal-based sources such as meat and fish. It is commonly used as a dietary supplement to potentially support cognitive function and memory, as well as age-related cognitive decline and improving focus and mental clarity.

[Phosphatidylserine](#) is a major component of all cell membranes. It’s found in high amounts in the brain, and it helps support brain function.

People use phosphatidylserine as a supplement to improve mental focus, memory, and mood.

How it helps

Phosphatidylserine is known to play a role in mitigating stress responses by helping to decrease the amount of cortisol released during stressful situations.

37



Magnolia Bark

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a magnolia bark supplement containing 200-400mg of magnolol and honokiol, the active compounds, once or twice daily. It is best taken with food to improve absorption. Usually, magnolia bark supplements are taken for several weeks to months to experience the full benefits.

Description

Magnolia bark is used in traditional medicine for its potential to reduce stress and anxiety due to its compounds that interact with the brain's neurotransmitters. Incorporating magnolia bark supplements or herbal preparations may support mental well-being and relaxation.

How it helps

Magnolia bark extract contains compounds that can act on cortisol pathways and may help to reduce stress and associated cortisol levels.

38



Green Tea

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume 400 mg of green tea extract daily. This can be taken in the form of capsules or tablets available that specify the amount of green tea extract. Ensure the supplement is taken according to the product's specific instructions, usually once a day with water.

TYPICAL STARTING DOSE

400 mg

Description

Tea is a beverage made by steeping the leaves of the *Camellia sinensis* plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to antioxidants and other bioactive compounds.

[Green](#) and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [\[R, R\]](#).

Tea contains antioxidants called **flavonoids**, which may help prevent [\[R, R, R, R\]](#):

- Heart disease
- Cancer
- Diabetes

How it helps

The L-theanine and catechins found in green tea may help lower cortisol levels.

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.