

Crohn's Disease

Disease Report

REPORT CATEGORIES —



GUT HEALTH



INFLAMMATION &
AUTOIMMUNITY

Sample Client

Report date: 15 January 2026

Powered by

 omicsege

Table of Contents

03 How this works

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

07 Introduction

08 Longevity Screener

09 Your genetics

11 Your recommendations

66 Next Steps

- 66 Your Lab Results

DISCLAIMER

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

Personal information

NAME

Sample Client

SEX AT BIRTH

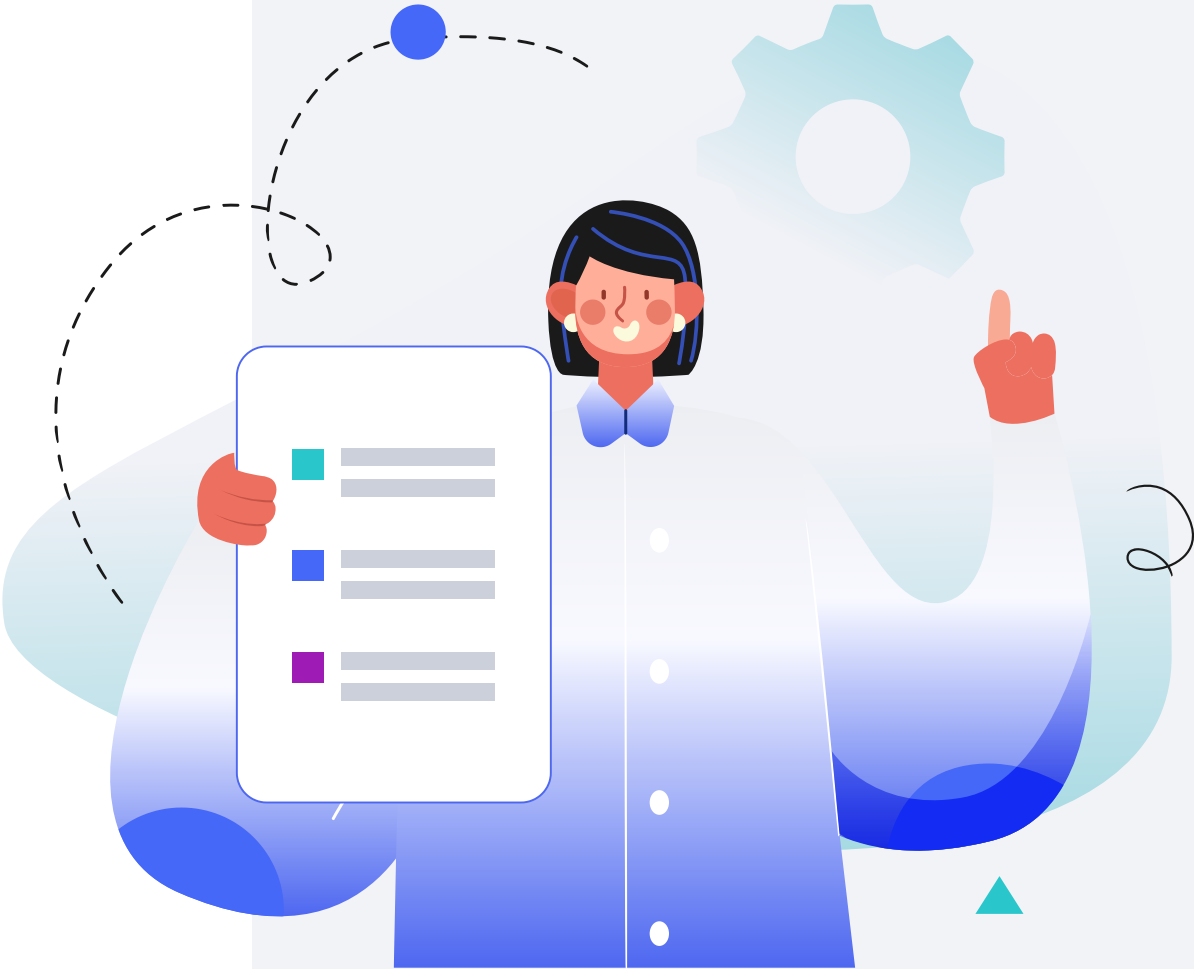
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

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



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



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

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



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

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

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



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

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

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

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

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



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

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



Impact

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

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

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

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

Recommendation Evidence

5 / 5

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

4 / 5

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

3 / 5

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

2 / 5

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

1 / 5

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

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

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

Medium-quality

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

Low-quality

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

Indirect

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

In theory

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

Some things to keep in mind:

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

Introduction

Crohn’s disease is a chronic inflammatory condition of the gastrointestinal tract, which is a part of a group of conditions known as Inflammatory Bowel Disease (IBD). The inflammation caused by Crohn’s can involve different areas of the digestive tract in different people, and it often spreads deep into the affected tissues.

The disease can be both painful and debilitating, and sometimes may lead to life-threatening complications. Symptoms can range from mild to severe and can include diarrhea, abdominal pain, and weight loss.

Longevity Screener

Longevity Screener analyzes your DNA and biometric data to holistically determine your risk of developing serious medical conditions.

✓

Your lifetime risk is **Normal**

✓

Your 10-year risk is **Normal**

Summary or results

Your results are indicating a Normal risk of developing Crohn’s Disease in your lifetime and within the next decade.

Monitor your risk by regularly checking your related labs and implementing the recommendations provided.

What to do if you get a High risk

Analyze your labs

Analyze your lab results to establish a baseline and track any changes or improvements in your health markers over time.

Find out your out-of-optimal labs

We will pinpoint any values that fall outside the optimal range, allowing you to focus on what matters most.

Optimize labs

Aim to bring all your lab results to optimal levels through lifestyle changes, treatments, and ongoing monitoring for the best health outcomes.

Disclaimer

The Longevity Screener feature is designed to provide insights based on genetic predispositions and basic health data to help you understand factors that may influence your longevity. This tool is for informational purposes only and does not constitute medical advice, diagnosis, or treatment. Always consult with a qualified healthcare provider before making any decisions related to your health, lifestyle, or medical treatments. The information provided by the Longevity Screener is based on current scientific research and should be used as a supplementary tool in conjunction with professional medical advice.

About Crohn’s Disease

Aside from gastrointestinal symptoms, Crohn's Disease can also have systemic effects on the body, leading to issues such as anemia, skin rashes, arthritis, and eye inflammation. The cause of Crohn's Disease is not fully understood, but it involves an abnormal immune response to the microorganisms in the intestine, in genetically susceptible individuals.

There's no known cure for Crohn's Disease, but therapies can greatly reduce its signs and symptoms and even bring about long-term remission and healing of inflammation.



MORE LIKELY

More likely to get Crohn's disease based on 1,031,499 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
SLC23A1	rs10063949	CC
ATG16L1	rs2241880	GG
STAT3	rs744166	AA
SLC22A5	rs12521868	TT
JAK2	rs10758669	CA
IL23R	rs11465804	TT
IRGM	rs1000113	TC
PPM1M	rs5743836	GG
NKX2-3	rs10883365	GG
AGT	rs5051	TT
CUL1	rs7807268	GG
IL23R	rs11805303	CT
PTPN22	rs2476601	GG
IRGM	rs4958847	AG
IRGM	rs13361189	CT
ATG16L1	rs3828309	GG
LRRK2	rs11175593	TC
BTBD8	rs34856868	GG
SLC22A5	rs17622378	GG
NKX2-3	rs11190140	TT
IRF8	rs2361755	GG
PTGER4	rs1992660	TC
KLF6	rs6601764	CC
SLC22A5	rs2188962	TT

GENE	SNP	GENOTYPE
IRGM	rs11741861	GA
NRIP1	rs2823286	GG
ITLN1	rs2274910	CC
MFSD4B	rs3851228	AA
ADO	rs10995271	GC
IRGM	rs11747270	GA
RNASET2	rs2301436	CT
ADO	rs10761659	AG
IL12B	rs56167332	AC
CARD9	rs13300218	GA
CARD9	rs10781499	AG
CACNA1S	rs11584383	TC
IL19	rs3024505	AG
INAVA	rs7554511	CA
CUL2	rs17582416	TG
GPX4	rs2024092	AG
ICAM5	rs11879191	AG
CCL13	rs3091315	GA
CUL2	rs11010067	CG
HLA-DQB1	rs9469220	AG
IKZF3	rs2872507	AG
C1ORF141	rs17375018	GA
CDKAL1	rs6908425	CT
UBLCP1	rs10045431	CA
TRIB1	rs1551398	GA
NOD2	rs2066844	CC

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	Low-FODMAP Diet	2	Aerobic Exercise (Cardio)1 hour
3	Exercise At Least One Hour a Day1 hour	4	Dietary Iron
5	Mindfulness30 minutes	6	Hyperbaric Oxygen Therapy90 minutes
7	Maintain Optimal Vitamin D Levels1000 iu	8	Avoid Processed Foods
9	Avoid Food Triggers	10	Fruits And Vegetables
11	Dietary Omega-3 Fatty Acids	12	Resistant Starch40 g
13	Eat Fiber-Rich Foods	14	Relaxation Techniques30 minutes
15	Lactobacillus Rhamnosus GG10 billion CFU	16	Limit Red Meat Intake
17	Probiotics30 billion CFU	18	Prebiotics125 mg
19	Mediterranean Diet	20	Cycling
21	Running	22	Omega-3 (Fish Oil)2000 mg
23	VSL#3 Probiotic	24	Lactobacillus Rhamnosus10 billion CFU
25	Butyrate300 mg	26	Avoid High-Impact Exercise
27	Avoid Refined Sugar	28	Meditation30 minutes
29	Methylfolate400 mcg	30	Curcumin Theracurmin180 mg
31	Autoimmune Protocol (AIP) Diet	32	Wormwood200 mg

33	Yoga	30 minutes	34	Saccharomyces Boulardii	10 billion CFU
35	Moxibustion	10 minutes	36	Hypnosis	20 minutes
37	Guided Imagery	30 minutes	38	Mastic Gum	350 mg
39	Bacillus Clausii		40	Aromatherapy	30 minutes
41	Boswellia	350 mg	42	Probiotic Yogurt	
43	N-Acetyl-Glucosamine (NAG)	500 mg	44	Avoid Magnesium Supplements	
45	Riboflavin (Vitamin B2)	25 mg	46	Beta-Glucans	
47	Digestive Enzymes		48	Inositol	2 g
49	Curcumin	500 mg	50	Gluten-Free Diet	
51	Zinc	15 mg	52	Avoid Betaine (TMG) Supplements	
53	Lycopene	10 mg	54	Dietary Vitamin K1	
55	Avoid Cannabis		56	Limit Dairy Intake	
57	Carnivore Diet		58	Dietary Lycopene	

1



Low-FODMAP Diet

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Eliminate foods high in FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols) from your diet for 4 to 6 weeks. This includes certain fruits, vegetables, dairy products, grains, and sweeteners. After the elimination phase, gradually reintroduce foods one at a time to identify triggers.

Description

The low FODMAP diet is used to manage symptoms of irritable bowel syndrome (IBS) and other gastrointestinal disorders. It involves restricting certain fermentable carbohydrates to reduce digestive discomfort and improve gut health.

FODMAPs are a group of carbs that are hard to digest. Rather than being absorbed by the intestines, these carbs are fermented by your gut bacteria. A product of fermentation is gas [\[R\]](#), [\[R\]](#).

FODMAPs also pull fluid into your gut. This may promote diarrhea [\[R\]](#).

Foods high in FODMAPs include [\[R\]](#):

- High-fructose corn syrup
- Artificial sweeteners
- Apples
- Corn
- Dairy
- Beans

A **[low-FODMAP diet](#)** limits the intake of **FODMAPs**. Some health experts recommend it for IBS and other digestive issues [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Experts suggest a low-FODMAP diet to help with some symptoms of IBD. This is because FODMAPs tend to irritate the gut [\[R\]](#), [\[R\]](#).

For example, fructans may worsen pain, bloating, gas, and bathroom urgency in people with IBD. Other FODMAPs such as [sorbitol](#) may not have the same effects [\[R\]](#).

Following a low-FODMAP diet for 1-2 months may improve IBD symptoms. It may decrease pain, bloating, flatulence, and diarrhea [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

A low-FODMAP diet may also reduce inflammation and boost “good” gut bacteria. However, the evidence is mixed [\[R\]](#), [\[R\]](#), [\[R\]](#).



PERSONALIZED TO YOUR GENES

The JAK2 gene creates a protein that activates the growth, development, and activity of immune cells in response to signals from cytokines [\[R, R, R, R, R\]](#).

Your genotype for this SNP has been associated with somewhat higher rates of ulcerative colitis and Crohn’s disease [\[R, R\]](#).

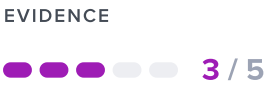
Dietary FODMAPs may cause gut irritation in people with IBD, in part by activating the JAK2 pathway [\[R, R, R, R, R\]](#).

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
JAK2	rs10758669	CA	



Aerobic Exercise (Cardio)



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

Exercising regularly may lower the odds of developing Crohn’s disease by **37%**. This may be especially true for Europeans [\[R\]](#).

Experts agree that moderate exercise can support gut health in people with IBD. It likely helps by reducing inflammation. Aerobic exercise such as running or biking may also improve the composition of gut bacteria [\[R, R, R, R\]](#).

Some people with severe IBD may need to avoid long or intense exercise. In this case, even **low-moderate intensity exercise (2-3 times/week)** may help improve quality of life [\[R, R, R, R\]](#).

3

Exercise At Least One Hour a Day

IMPACT

3 / 5

EVIDENCE

3 / 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

Exercising regularly may lower the odds of developing Crohn’s disease by **37%**. This may be especially true for Europeans [\[R\]](#).

Experts agree that moderate exercise can support gut health in people with IBD. It likely helps by reducing inflammation. Aerobic exercise such as running or biking may also improve the composition of gut bacteria [\[R, R, R, R\]](#).

Some people with severe IBD may need to avoid long or intense exercise. In this case, even **low-moderate intensity exercise (2-3 times/week)** may help improve quality of life [\[R, R, R, R\]](#).

PERSONALIZED TO YOUR GENES

The ITLN1 gene codes for intelectin-1, a protein that reduces inflammation, combats pathogens, and supports metabolism [\[R, R, R\]](#).

Your genotype for this SNP has been associated with relatively reduced ITLN1 expression, and has been correlated with higher rates of Crohn’s disease [\[R, R\]](#).

Moderate exercise can help boost intelectin-1 levels [\[R, R, R, R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
ITLN1	rs2274910	CC	

4



Dietary Iron

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Incorporate iron-rich foods into your daily meals, such as red meat, chicken, turkey, fish, beans, lentils, tofu, cooked spinach, and fortified cereals. Aim for at least 18 mg of iron per day for adult women and 8 mg per day for adult men. It's also beneficial to pair these foods with vitamin C-rich foods like oranges, strawberries, or bell peppers to enhance iron absorption.

Description

Iron (Fe) is an essential mineral. It helps make [hemoglobin](#), a protein that carries oxygen to cells. In this way, iron **increases energy** and supports **brain and immune system function** [\[R, R, R\]](#).

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

- Oysters
- White beans
- Beef
- Chocolate
- Spinach
- Fortified cereals

Women should be getting **8-18 mg** of iron per day, while **men** should be getting **8 mg** [\[R\]](#).

Groups at risk of iron deficiency include [\[R\]](#):

- Menstruating women
- Children
- Vegetarians
- Routine blood donors

How it helps

Experts say that 1 in 3 people with IBD may not be getting enough iron. This is because IBD can reduce nutrient absorption in the gut. In addition, people with IBD may follow diets that limit iron intake [\[R, R\]](#).

People with IBD often become anemic. In these cases, doctors usually prescribe iron supplements. Because iron supplements may worsen gut inflammation when taken by mouth, your doctor may prescribe intravenous iron [\[R, R, R, R, R\]](#).

It is best to get iron only from foods, unless a supplement is recommended by your doctor [\[R, R, R, R\]](#).

Please note: *A high dose of iron can be toxic. In addition, oral iron supplements have the potential to worsen ulcerative colitis. Talk to your doctor before taking iron supplements* [\[R, R\]](#).

Please note: *Increased iron intake from meat is linked to higher odds of diabetes and heart disease. Try to find a balance between plant and animal iron sources* [\[R, R, R, R\]](#).

5

Mindfulness

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [R].

Mindfulness and other types of [meditation](#) may improve [R]:

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

Mindfulness-based stress management improved IBD quality of life in patients with IBS-type symptoms in a non-placebo-controlled trial of 66 people. Similarly, a breath-body-mind workshop combining breathing, movement, and meditation improved physical and psychological symptoms, quality of life, and CRP levels in a non-placebo-controlled trial of 29 IBD patients [R, R].

A meta-analysis of 8 studies found mindfulness-based interventions effective at reducing stress (in the long and short term), depression (in the long term), and quality of life (in the long term) but not anxiety or physical symptoms in people with IBD [R].

6



Hyperbaric Oxygen Therapy

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Schedule and attend sessions in a hyperbaric oxygen therapy chamber as your doctor prescribes, typically for about 60 to 90 minutes per session. The exact number of sessions required can vary based on the condition being treated, but it often ranges from 20 to 40 sessions, which may be conducted daily or a few times a week.

TYPICAL STARTING DOSE

90 minutes

Description

Hyperbaric oxygen therapy increases the amount of oxygen in the blood and tissues, which can help to improve circulation, reduce inflammation, and promote healing.

How it helps

Two meta-analyses (the largest one with 19 studies and 809 patients) found that hyperbaric oxygen therapy causes remission rates of 83.2-87% for ulcerative colitis, 81.9-88% for luminal Crohn’s disease, 60% for perianal Crohn’s disease, 31% for pouch disorders, 92% for pyoderma gangrenosum, and 65% for perianal sinus/metastatic Crohn’s disease, and healing rates of 47.64% (complete healing) and 34.29% (partial healing) of fistulas. However, the authors warned about the low quality of the included studies [R, R].

Hyperbaric oxygen therapy may help by reducing tissue swelling and promoting the healing of the damaged intestinal wall.

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].

7



Maintain Optimal Vitamin D Levels

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R, R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Experts recommend **vitamin D supplements (800 IU/day)** to some people with IBD. This is because IBD may interfere with nutrient absorption. In addition, people with IBD who follow a limited diet may not be getting enough vitamins from the food they eat [\[R, R\]](#).

Unsurprisingly, **IBD has been linked to vitamin D deficiency**. Those with low vitamin D may have worse IBD symptoms and reduced quality of life. They may also have more flare-ups [\[R, R, R\]](#).

Vitamin D supplements may boost the levels of this vitamin and prevent IBD flare-ups [\[R, R\]](#).

Vitamin D may support gut health by helping to [\[R, R, R\]](#):

- Repair and maintain the gut barrier
- Balance the immune response

Genetically predicted lower vitamin D levels may be causally associated with an increased risk of ulcerative colitis and Crohn's disease [\[R\]](#).

Please note: *Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day* [\[R\]](#).

8



Avoid Processed Foods

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Eliminate foods such as packaged snacks, sugary drinks, ready-made meals, and anything with ingredients you can't pronounce from your daily diet. Focus on consuming whole foods like fruits, vegetables, lean meats, and whole grains instead.

Description

Processed foods often contain high amounts of sugar, fat, and salt, which can lead to diseases like obesity and heart problems. They also have fewer nutrients than fresh foods. It's healthier to eat fresh fruits, vegetables, and lean proteins instead. This improves our overall health by giving our body the nutrients it needs.

How it helps

A meta-analysis of 9 studies associated eating a Western diet (one of whose features is the abundance of processed foods) with a 92% higher risk of IBD. This diet increased the risk of both Crohn's disease (by 72%) and ulcerative colitis (by 115%). In line with this, a meta-analysis of 5 studies and over 1M participants associated high consumption of ultra-processed foods with a 75% higher risk of Crohn's disease, but not ulcerative colitis [\[R\]](#), [\[R\]](#).

9



Avoid Food Triggers

IMPACT

3 / 5

EVIDENCE

3 / 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

Experts agree that limiting certain foods can help manage some symptoms of IBD. However, they urge people to eat a healthy and varied diet [\[R\]](#), [\[R\]](#), [\[R\]](#).

The most common food **triggers for IBD** include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Hot and spicy foods (like mustard and wasabi)
- Fatty and fried foods
- Dairy (lactose)
- High-fiber foods (like raw vegetables)
- Nightshades (like tomatoes and potatoes)
- Sweets and sugary drinks
- Coffee and alcohol

Increased intake of some foods is linked to higher odds of IBD. These include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Margarine and cooking oils with omega-6 fatty acids
- Animal protein, especially red and processed meat
- Cheese
- Alcohol

If you have IBD, your doctor may advise you to avoid certain foods to see if symptoms improve. Please work with a healthcare professional to find the best diet to manage the condition.

10



Fruits And Vegetables

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Increase your intake of fruits and vegetables to at least five servings per day, aiming for a variety of types and colors to ensure a broad range of nutrients. Each serving size should roughly be the amount you can fit in one hand. Try to incorporate at least one serving of fruits or vegetables into every meal and snack throughout the day.

Description

A diet rich in fruits and vegetables provides essential nutrients, antioxidants, and dietary fiber. This combination supports overall health, helps maintain a healthy weight, and reduces the risk of chronic diseases such as heart disease and certain cancers.

How it helps

Two meta-analyses (the largest one with 14 studies) found that a high intake of fruits reduces the risk of Crohn's disease (by 75-112%) and ulcerative colitis (by 45%), while vegetables reduce the risk by 92-177% (especially in Europeans) and 40-78%, respectively [\[R\]](#), [\[R\]](#).

A diet high in fruits and vegetables provides fiber and antioxidants that support gut health and may help reduce inflammation.

11



Dietary Omega-3 Fatty Acids

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Incorporate foods high in omega-3 fatty acids into your diet daily. This includes eating fish such as salmon, mackerel, and sardines at least twice a week. Alternatively, include a tablespoon of flaxseed oil or chia seeds in your daily diet.

Description

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA. **EPA and DHA are vital for mental and heart health** [\[R\]](#), [\[R\]](#), [\[R\]](#).

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

- Salmon
- Tuna
- Herring
- Sardines

For optimal health, 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

A meta-analysis of 12 studies and over 28k participants associated a high dietary intake of fish and long-chain omega-3 fatty acids with a reduced incidence of Crohn’s disease and ulcerative colitis [\[R\]](#).

Omega-3 fatty acids may help through their anti-inflammatory effects.

12



Resistant Starch

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Incorporate 40g of Jo's resistant starch into your daily diet. This can be done by adding it to smoothies, yogurt, or baked goods. Ensure to spread the intake throughout the day for better tolerance.

TYPICAL STARTING DOSE

40 g

Description

Resistant starch is a type of starch that resists digestion in the small intestine, making it a prebiotic fiber that can benefit gut health. It can be found in foods like green bananas, legumes, and certain grains.

[Resistant starch](#) is starch that doesn’t get digested in the small intestine [\[R\]](#) [\[R\]](#).

Some types of resistant starch include [\[R\]](#):

- **Type 1** occurs naturally in foods such as whole grains
- **Type 2** can be isolated from foods such as corn and green banana
- **Type 3** is created during the cooking and cooling process of starchy foods like potatoes

Resistant starch doesn’t increase blood sugar like typical digestible starches do [\[R\]](#) [\[R\]](#).

Instead, it feeds good bacteria in the colon that [\[R\]](#) [\[R\]](#):

- Support healthy gut function
- Support immunity
- Reduce inflammation

How it helps

Resistant starch (5-20 g/day for up to 12 months) may promote remission in people with IBD. However, the quality of the evidence is low [\[R\]](#).

Resistant starch may help by favoring the growth of beneficial bacteria and reducing inflammation in the gut [\[R\]](#).

13



Eat Fiber-Rich Foods

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Incorporate foods high in fiber, such as fruits, vegetables, whole grains, and legumes, into your daily meals. Aim for a total dietary fiber intake of 25 to 30 grams per day, spread out over all meals.

Description

Fiber is a type of carb that your body can’t digest which supports digestion, heart health, and blood sugar control. You can get fiber by eating things like whole grains, fruits, nuts, seeds, and leafy greens.

Fiber is a type of carb that your body can’t digest. It supports digestion, heart health, blood sugar control, and more [\[R, R\]](#).

Adults should get 28 g of fiber every day. Most people in the US don’t get enough fiber [\[R, R\]](#).

You can get more fiber by eating [\[R, R\]](#):

- Whole grains
- Fruits
- Leafy greens
- Nuts and seeds
- Beans
- Broccoli

Fiber supplements, such as [psyllium husk](#), are available for people who don’t get enough fiber from their diets [\[R, R\]](#).

How it helps

Experts recommend fiber as part of a healthy diet for people with IBD, unless it is triggering their symptoms [\[R\]](#).

Dietary fiber is linked to lower odds of **Crohn’s disease**. The risk may decrease by **13% for every 10 g increase in fiber intake per day**. However, dietary fiber may not protect against ulcerative colitis [\[R, R\]](#).

In some people with IBD, **fiber-rich foods** and supplements like **oat bran (60 g/day for 3 months)** may [\[R, R, R\]](#):

- Support “good” gut bacteria
- Reduce hospital visits
- Improve quality of life

Please note: *People with IBD who follow a [low-FODMAP diet](#) should avoid some types of fiber. Consult your doctor or dietitian for more information* [\[R, R\]](#).

14



Relaxation Techniques

IMPACT

2 / 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

Stress has a negative impact on gut health. It may [\[R, R, R\]](#):

- Increase inflammation
- Increase leaky gut
- Disturb gut bacteria

People with IBD tend to have more flare-ups when they’re stressed. Stress may even contribute to the onset and progression of IBD. However, the evidence is limited [\[R, R, R, R, R, R, R\]](#).

Experts recommend managing stress to increase the quality of life in people with IBD [\[R, R, R, R\]](#).

Relaxation techniques based on mindfulness and meditation may help reduce stress. They may also improve IBD symptoms, but the evidence is mixed [\[R, R, R, R\]](#).



PERSONALIZED TO YOUR GENES

The AGT gene helps make angiotensinogen, a protein that helps control inflammation, wound healing, and scarring in the gut [R, R, R].

Your genotype for this SNP has been associated with higher rates of Crohn’s disease [R, R].

Adopting stress-relief practices may reduce AGT-related inflammation [R, R, R].

TLR9 (toll-like receptor 9) senses the presence of bacteria or viruses, and triggers an immune response against them [R, R, R, R].

Your genotype for this SNP has been associated with somewhat higher TLR9 expression, increased gut inflammation, and relatively increased rates of Crohn’s disease [R].

Chronic stress may activate TLR9 receptors [R, R].

YOUR GENETIC VARIANTS

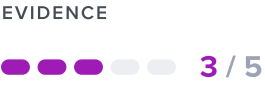
GENE	SNP	GENOTYPE	EVIDENCE
AGT	rs5051	TT	

GENE	SNP	GENOTYPE	EVIDENCE
GLYCTK	rs352139	CC	

15



Lactobacillus Rhamnosus GG



How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus rhamnosus GG (LGG) is a probiotic that has been shown to have a number of health benefits, including reducing the risk of diarrhea, improving gut health, and boosting the immune system. LGG can be taken as a supplement or found in some yogurts and other fermented foods.

How it helps

A meta-analysis of 6 trials and 359 participants concluded that supplementation with *Lactobacillus rhamnosus* GG increases relapse rates in Crohn’s disease by 68% [R].

16



Limit Red Meat Intake

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Limit your red meat consumption to no more than three portions per week, with each portion being about 3-4 ounces (85-113 grams), roughly the size of a deck of cards. Opt for leaner cuts of meat and consider replacing some red meat meals with poultry, fish, or plant-based protein sources.

Description

Limiting red meat intake involves reducing the frequency and portion sizes of beef, pork, and lamb in your diet. The recommendation encourages choosing alternative protein sources such as poultry, fish, beans, and legumes. It emphasizes moderation to improve health outcomes--including lower risks of heart disease and cancer--and promotes a balanced and varied diet.

How it helps

Studies suggest that red meat consumption is associated with an increased risk of developing IBD, both ulcerative colitis and Crohn's disease, and may also be linked to higher mortality and flare occurrence in IBD patients [\[R, R, R, R, R\]](#).

17



Probiotics

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Take a probiotic supplement containing 10 billion or more live cultures once daily, preferably with a meal or as directed by the packaging or a healthcare provider.

TYPICAL STARTING DOSE

30 billion CFU

Description

Probiotics are live beneficial bacteria and yeasts that can support gut health and digestive function when consumed as supplements or found in fermented foods like yogurt and sauerkraut. They may be beneficial to gut health, immune function, blood sugar, and mood.

[Probiotic bacteria](#) are “good” bacteria found mainly in the large intestine. They support your body and mind by [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

Prebiotics are certain types of fiber and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of “good” bacteria** [\[R\]](#), [\[R\]](#).

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [\[R\]](#), [\[R\]](#):

- Oligo-fructose
- Oligo-galactose
- [Inulin](#)

Mixtures of probiotics and prebiotics are known as **synbiotics** [\[R\]](#).

How it helps

According to experts, probiotics may be helpful for some people with IBD. This is because people with IBD often lack “good” gut bacteria [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Probiotic supplements that contain *Lactobacillus*, *Bifidobacterium*, and *Streptococcus* species may support gut health in people with ulcerative colitis [\[R\]](#), [\[R\]](#), [\[R\]](#).

Probiotics may be less effective for Crohn's disease [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *Talk to your doctor before taking probiotics* [\[R\]](#).



PERSONALIZED TO YOUR GENES

Your ***IL23R*** gene variant is linked to IBD. It likely increases the activity of IL-23, an inflammatory protein. Probiotics may reduce gut inflammation by blocking IL-23 [R, R, R, R].

The AGT gene helps make angiotensinogen, a protein that helps control inflammation, wound healing, and scarring in the gut [R, R, R].

Your genotype for this SNP has been associated with higher rates of Crohn’s disease [R, R].

Probiotics may reduce AGT-related inflammation [R, R, R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
IL23R	rs11209026	GG	
GENE	SNP	GENOTYPE	EVIDENCE
AGT	rs5051	TT	

18



Prebiotics

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 125 mg of a prebiotic supplement daily. Consistent daily intake is key for maintaining gut health.

TYPICAL STARTING DOSE
125 mg

Description

Prebiotics are primarily plant-based sources of dietary fiber that provide nourishment for beneficial gut bacteria. These foods, like garlic, onions, and asparagus, promote a healthy gut microbiome, support digestion, and enhance nutrient absorption.

Prebiotics are certain fibers and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of “good” bacteria** [\[R, R\]](#).

Some natural sources of prebiotics include [\[R, R\]](#):

- Whole grains
- Bananas
- Onions
- Soybeans

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [\[R, R\]](#):

- Oligo-fructose
- Oligo-galactose
- [Inulin](#)

Combined mixtures of probiotics and prebiotics are known as **synbiotics** [\[R\]](#).

How it helps

Prebiotics may improve quality of life in people with IBD. They may reduce stomach cramps, improve diarrhea and boost “good” gut bacteria [\[R, R, R, R, R, R\]](#).

Studied prebiotics include:

- **Germinated barley foodstuff:** 20-30 g/day for 1-6 months [\[R, R, R\]](#)
- **Psyllium seeds:** 20 g/day for 12 months [\[R\]](#)
- **Psyllium husk:** 7 g/day for 2 months [\[R\]](#)
- **Oligofructose-enriched inulin:** 12 g/day for 2 weeks [\[R\]](#)

Prebiotics may help with IBD by reducing inflammation [\[R, R\]](#).

Please note: People with IBD who follow a [low-FODMAP diet](#) should avoid some fiber-based prebiotics. Consult your doctor or dietitian for more information [\[R, R\]](#).



PERSONALIZED TO YOUR GENES

Your [IL10](#) gene variant is linked to IBD. It likely reduces the levels of IL-10, an anti-inflammatory protein. Prebiotics may reduce gut inflammation by increasing IL-10 levels [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
IL19	rs3024505	AG	

19



Mediterranean Diet

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

People who follow the Mediterranean diet may be at a **58% lower risk of Crohn’s disease**. However, this diet may not help prevent ulcerative colitis [\[R\]](#).

The Mediterranean diet is high in fish and other sources of [omega-3 fatty acids](#). A diet high in fish and omega-3s may help prevent IBD [\[R\]](#).

In people with IBD, following the Mediterranean diet may improve [\[R, R\]](#):

- Quality of life
- Flare-ups
- Nutrition

The Mediterranean diet may help with IBD by reducing inflammation [\[R, R, R, R\]](#).



PERSONALIZED TO YOUR GENES

In people with your **FADS1** gene variant, the Mediterranean diet may help reduce gut inflammation [R, R, R, R].

The ITLN1 gene codes for intelectin-1, a protein that reduces inflammation, combats pathogens, and supports metabolism [R, R, R].

Your genotype for this SNP has been associated with relatively reduced ITLN1 expression, and has been correlated with higher rates of Crohn’s disease [R, R].

A Mediterranean diet rich in olive oil may combat gut inflammation by increasing intelectin-1 levels [R, R, R, R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
FADS1	rs174556	CC	

GENE	SNP	GENOTYPE	EVIDENCE
ITLN1	rs2274910	CC	

20



Cycling



How to implement

Begin cycling with moderate rides to build up your stamina, targeting 2 to 4 times a week for 30 to 60 minutes per session. Ensure your bicycle is the right size and properly adjusted for your comfort. Safety gear, including helmets, is essential. Mix up your routes for interest and challenge, and consider joining a cycling group for social and motivational benefits. Maintenance of your bicycle will ensure a smooth ride and prolong its life.

Description

Cycling is a low-impact, environmentally friendly exercise that offers significant cardiovascular benefits, muscle strengthening, and flexibility improvement. It's suitable for all fitness levels and can be enjoyed both recreationally and competitively. Cycling promotes weight loss, decreases stress levels, and improves joint mobility. It's also a convenient mode of transportation that encourages outdoor exploration and reduces air pollution.

How it helps

Exercising regularly may lower the odds of developing Crohn’s disease by **37%**. This may be especially true for Europeans [R].

Experts agree that moderate exercise can support gut health in people with IBD. It likely helps by reducing inflammation. Aerobic exercise such as running or biking may also improve the composition of gut bacteria [R, R, R, R].

Some people with severe IBD may need to avoid long or intense exercise. In this case, even **low-moderate intensity exercise (2-3 times/week)** may help improve quality of life [R, R, R, R].

21



Running

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

To implement running into your routine, start with shorter distances and gradually increase as your endurance improves. Aim for 3 to 5 sessions per week, each lasting 20 to 30 minutes. Wear appropriate running shoes to prevent injuries and choose varied routes to keep the activity engaging. Incorporate warm-up exercises before running and cool down with stretches afterward to enhance flexibility and recovery.

Description

Running is a versatile and accessible form of aerobic exercise that improves cardiovascular health, strengthens muscles, and enhances mental well-being. It requires minimal equipment, can be done almost anywhere, and is effective for weight management. Regular running can increase endurance, reduce stress, and boost overall physical fitness, making it a popular choice for maintaining an active lifestyle.

How it helps

Exercising regularly may lower the odds of developing Crohn’s disease by **37%**. This may be especially true for Europeans [\[R\]](#).

Experts agree that moderate exercise can support gut health in people with IBD. It likely helps by reducing inflammation. Aerobic exercise such as running or biking may also improve the composition of gut bacteria [\[R, R, R, R\]](#).

Some people with severe IBD may need to avoid long or intense exercise. In this case, even **low-moderate intensity exercise (2-3 times/week)** may help improve quality of life [\[R, R, R, R\]](#).

22



Omega-3 (Fish Oil)

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

2000 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA [\[R\]](#), [\[R\]](#).

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

Many studies have used omega-3 supplementation to induce and maintain remission in people with Crohn’s disease and ulcerative colitis but their quality was low and the results are mixed. Meta-analyses found insufficient evidence to support omega-3 supplementation in people with IBD [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

 PERSONALIZED TO YOUR GENES

TLR9 (toll-like receptor 9) senses the presence of bacteria or viruses, and triggers an immune response against them [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Your genotype for this SNP has been associated with somewhat higher TLR9 expression, increased gut inflammation, and relatively increased rates of Crohn’s disease [\[R\]](#).

Fish oil is an anti-inflammatory supplement that may reduce TLR9 activity [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
GLYCTK	rs352139	CC	

23



VSL#3 Probiotic

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take one capsule of VSL#3 probiotics daily, preferably on an empty stomach, at least 30 minutes before a meal. For best results, continue this supplementation for at least one month.

Description

VSL#3 is a specific probiotic supplement containing a combination of beneficial bacterial strains, including Bifidobacterium and Lactobacillus species. It is used to support digestive health and manage conditions such as irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD).

How it helps

Three meta-analyses analyzing the effects of all types of probiotics on IBD only found benefits for VSL#3 [\[R, R, R\]](#).

VSL#3 may help by restoring the balance of good bacteria in the gut, which may reduce inflammation.

24



Lactobacillus Rhamnosus

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a probiotic supplement containing Lactobacillus rhamnosus. Typically, the suggested dose is 10 billion CFUs (colony-forming units) per day. This can be taken as a single daily dose or divided into two doses, morning and evening, with or without food. Continue this regimen for at least 4 weeks to observe benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus rhamnosus is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

[Lactobacillus rhamnosus](#) is a [probiotic](#) bacterium, part of the normal gut microflora. Various foods may have added *L. rhamnosus*, including yogurt, cheese, and fermented legumes [\[R, R\]](#).

People take *L. rhamnosus* supplements to balance their immune system and help with infections, allergies, and dermatitis [\[R\]](#).

How it helps

A meta-analysis of 6 trials and 359 participants concluded that supplementation with *Lactobacillus rhamnosus* GG increases relapse rates in Crohn’s disease by 68% [\[R\]](#).

25



Butyrate

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take butyrate supplements orally with a full glass of water, typically starting with a dose of 300 to 600 mg per day. It can be taken with or without food, but if stomach upset occurs, try taking it with meals. The specific dosage and duration of use should be based on the guidance of a healthcare professional, tailored to individual health needs.

TYPICAL STARTING DOSE
300 mg

Description

Butyrate is a short-chain fatty acid produced by gut bacteria during the digestion of dietary fiber. It plays a crucial role in maintaining gut health, supporting the integrity of the intestinal lining, and contributing to overall digestive well-being.

[Butyrate](#) is a short-chain fatty acid produced when the gut bacteria ferment indigestible fibers. It prevents inflammation in the gut and is essential for maintaining a healthy barrier between the large bowel and the bloodstream [\[R\]](#).

People take butyrate to support gut health, improve insulin sensitivity, and promote weight loss.

How it helps

Supplementation with butyrate (1.8-4 g/day for 8-12 weeks) may cause remission in people with both Crohn’s disease and ulcerative colitis. Butyrate may also help as an add-on to conventional medication [\[R\]](#), [\[R\]](#), [\[R\]](#).

Butyrate may help by reducing inflammation [\[R\]](#).

26



Avoid High-Impact Exercise

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Opt for low-impact activities such as swimming, cycling, or walking instead of running or jumping exercises. Engage in these alternative exercises for at least 150 minutes per week, spread out over several days to ensure rest periods between sessions.

Description

For individuals with certain medical conditions or joint issues, avoiding high-impact exercise can help prevent injuries and joint strain. Choosing lower-impact activities like swimming or cycling can provide similar cardiovascular benefits while minimizing the risk of overuse injuries.

How it helps

Some people with severe IBD may not be able to exercise as strenuously as healthy peers. If the intensity of exercise is limited, then physical activity is believed to be beneficial for IBD patients. In 2 trials (non-placebo-controlled and uncontrolled) of 62 people with moderate IBD, moderate-to-low-intensity exercise 2x-3x/week improved IBD quality of life [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

27

Avoid Refined Sugar

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Eliminate foods and beverages high in refined sugars, such as sodas, candies, pastries, and white bread, from your diet. Replace them with natural sugars found in fruits and whole grains. Implement this change immediately and maintain it indefinitely for long-term health benefits.

Description

Reducing the consumption of refined sugar and high-sugar foods can help prevent dental problems, manage blood sugar levels, and support weight management.

How it helps

A meta-analysis of 9 studies associated eating a Western diet (one of whose features is the abundance of refined carbs) with a 92% higher risk of IBD. This diet increased the risk of both Crohn's disease (by 72%) and ulcerative colitis (by 115%) [\[R\]](#).

However, two meta-analyses found uncertain effects of limiting refined carbs on IBD remission rates [\[R\]](#), [\[R\]](#).

28



Meditation

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

Meditation is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [\[R\]](#):

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [\[R\]](#), [\[R\]](#):

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

Stress has a negative impact on gut health. It may [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Increase inflammation
- Increase leaky gut
- Disturb gut bacteria

People with IBD tend to have more flare-ups when they’re stressed. Stress may even contribute to the onset and progression of IBD. However, the evidence is limited [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Experts recommend managing stress to increase the quality of life in people with IBD [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Relaxation techniques based on mindfulness and meditation may help reduce stress. They may also improve IBD symptoms, but the evidence is mixed [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

29



Methylfolate

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Take an L-methyl folate supplement (400-800 micrograms daily), ideally with a meal, to improve absorption. This dosage is recommended for adults, including pregnant women, to support overall health, especially to reduce the risk of neural tube defects in developing fetuses. Continue daily use as part of your regular supplement routine.

TYPICAL STARTING DOSE

400 mcg

Description

Folate, a B-vitamin, is crucial for DNA synthesis, cell growth, and the formation of red blood cells. Adequate folate intake supports overall health and reduces the risk of neural tube defects during pregnancy.

Vitamin B9 (*folate*) plays an essential role in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Making DNA
- Metabolism
- Energy production

SelfDecode recommends L-methylfolate as the preferred folate supplement for those who need one. It is superior to folic acid because it doesn’t require activation, but the research is still ongoing [\[R\]](#), [\[R\]](#).

How it helps

An umbrella review of 57 meta-analyses identified high levels of folate among the protective factors for IBD. Similarly, a meta-analysis of 12 studies associated folate deficiency with IBD [\[R\]](#), [\[R\]](#).

Folate assists in repairing the gut lining by promoting cell growth and division, which can help reduce inflammation.

30

Curcumin Theracurmin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 90 mg of Theracurmin curcumin twice daily with meals. Continue this regimen for at least 8 weeks to observe potential benefits.

TYPICAL STARTING DOSE

180 mg

Description

Curcumin Theracurmin is another formulation of curcumin designed for enhanced absorption and bioavailability. It may offer various health benefits, including anti-inflammatory and antioxidant effects.

How it helps

In a placebo-controlled trial of 30 patients with Crohn’s disease, supplementation with curcumin Theracurmin (360 mg/day) for 12 weeks increased clinical remission rates (40% vs 0% in the placebo group) and endoscopic remission rates (15% vs 0% in the placebo group), and healed anal lesions [R].

Curcumin Theracurmin may help by blocking inflammatory pathways. It may also heal the damaged gut lining.

Please note: curcumin may interfere with iron absorption due to its iron-chelating properties, potentially exacerbating anemia or making it harder to manage. If you have anemia, consult your healthcare provider before using curcumin or turmeric supplements [R, R, R].

PERSONALIZED TO YOUR GENES

TLR9 (toll-like receptor 9) senses the presence of bacteria or viruses, and triggers an immune response against them [R, R, R, R].

Your genotype for this SNP has been associated with somewhat higher TLR9 expression, increased gut inflammation, and relatively increased rates of Crohn’s disease [R].

Curcumin is an anti-inflammatory supplement that may reduce TLR9 activity [R, R, R, R].

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
GLYCTK	rs352139	CC	

31



Autoimmune Protocol (AIP) Diet

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Eliminate grains, legumes, nuts, seeds, nightshades, dairy, eggs, coffee, alcohol, refined sugars, refined oils, food additives, and processed foods from your diet for a minimum of 30 days. After this elimination period, gradually reintroduce foods one at a time, every 5-7 days, to identify any that trigger symptoms.

Description

The Autoimmune Protocol (AIP) diet is a dietary approach designed to help individuals with autoimmune diseases identify and eliminate foods that may trigger inflammation and autoimmune responses. It focuses on nutrient-dense, anti-inflammatory foods while avoiding potential allergens and irritants.

How it helps

A dietary intervention involving a 6-week elimination and 5-week maintenance phase on 15 IBD patients improved disease scores but had no significant effects on CRP levels. Endoscopic improvements were observed in some cases [\[R\]](#).

The AIP diet may help by eliminating specific foods that may trigger gut inflammation.

32



Wormwood

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a wormwood supplement capsule, typically ranging from 200 to 500 mg, once daily before a meal. The exact dosage may depend on the specific condition being treated and the product's concentration, so consult the supplement's packaging or a healthcare professional for guidance. Use should generally not exceed four weeks consecutively without a break or medical advice.

TYPICAL STARTING DOSE

200 mg

Description

Wormwood is an herb used in traditional medicine for its potential digestive benefits and as an ingredient in herbal liqueurs. It may aid in relieving digestive discomfort and expelling intestinal parasites. The main compound of interest is thujone.

How it helps

In a placebo-controlled trial of 40 people with Crohn’s disease, taking wormwood herb (500 mg, 3x/day) for 10 weeks caused symptom improvement in 90% of the patients and total remission in 65%. In 10% of the patients, it made the administration of steroids unnecessary [\[R\]](#).

In a non-placebo-controlled trial of 20 people with this condition, dried wormwood powder (750 mg, 3x/day) improved disease activity and sped up healing [\[R\]](#).

Wormwood may help through its anti-inflammatory and antimicrobial properties.

33

Yoga

IMPACT

1 / 5

EVIDENCE

1 / 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

A 12-week yoga program improved quality of life and general self-efficacy in a non-placebo-controlled trial of 78 children with IBD [\[R\]](#).

PERSONALIZED TO YOUR GENES

TLR9 (toll-like receptor 9) senses the presence of bacteria or viruses, and triggers an immune response against them [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Your genotype for this SNP has been associated with somewhat higher TLR9 expression, increased gut inflammation, and relatively increased rates of Crohn’s disease [\[R\]](#).

Chronic stress may activate TLR9 receptors [\[R\]](#), [\[R\]](#).

The AGT gene helps make angiotensinogen, a protein that helps control inflammation, wound healing, and scarring in the gut [\[R\]](#), [\[R\]](#), [\[R\]](#).

Your genotype for this SNP has been associated with higher rates of Crohn’s disease [\[R\]](#), [\[R\]](#).

Adopting stress-relief practices may reduce AGT-related inflammation [\[R\]](#), [\[R\]](#), [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
GLYCTK	rs352139	CC	
AGT	rs5051	TT	

34



Saccharomyces Boulardii

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take Saccharomyces boulardii as an oral supplement, typically available in capsule or powder form, twice daily with a glass of water. Continue this regimen for 4-8 weeks, or as directed by a healthcare provider.

TYPICAL STARTING DOSE
10 billion CFU

Description

Saccharomyces boulardii is a beneficial yeast often used as a probiotic supplement to support digestive health and prevent or alleviate symptoms of diarrhea, including those caused by antibiotics or infections.

How it helps

Supplementation with *S. boulardii* improved gut barrier function in a placebo-controlled trial of 34 Crohn's disease patients in remission and reduced the frequency of bowel movements in a placebo-controlled trial of 20 people with active disease. Its ability to maintain remission remains unclear and 2 controlled trials of 197 people produced mixed results [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

S. boulardii may help by restoring the gut lining.

35



Moxibustion

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Place a moxa stick (a cigar-shaped stick made from mugwort leaves) approximately 1-2 inches away from the skin's surface over the area to be treated. Light one end of the moxa stick and let it burn slowly, moving it around in a small circular motion or holding it still, depending on the technique being used, for about 10 to 15 minutes per session. Repeat the process 1-3 times a week for several weeks, monitoring for any skin irritation or discomfort.

TYPICAL STARTING DOSE
10 minutes

Description

Moxibustion is a traditional Chinese medicine therapy that involves burning dried mugwort near the skin's surface to stimulate acupuncture points, promoting relaxation, pain relief, and overall well-being.

How it helps

In a 12-week placebo-controlled trial of 92 IBD patients, moxibustion combined with acupuncture improved quality of life, increased hemoglobin levels, and reduced CRP levels better than placebo (sham moxibustion combined with acupuncture) [\[R\]](#).

A meta-analysis of 5 trials concluded that moxibustion has 24% higher response rates than conventional therapy in people with IBD. However, the authors warned about the low quality and high risk of bias of the included studies [\[R\]](#).

36



Hypnosis

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Engage in a hypnosis session with a qualified practitioner for 20-30 minutes, 1-2 times per week. Consistency over several weeks to months is important for optimal benefits.

TYPICAL STARTING DOSE

20 minutes

Description

Hypnosis is a therapeutic technique that may help individuals manage stress, anxiety, and certain behavioral issues. It involves deep relaxation and focused attention and can be used to address various mental and emotional health concerns.

Hypnosis is a trance-like state meant to [\[R\]](#) [\[R\]](#):

- Promote relaxation
- Sharpen focus
- Make a person more open to suggestions

Despite the way it’s often portrayed in the media, hypnosis is a real practice used to support mental health [\[R\]](#) [\[R\]](#).

Only a licensed professional should help you achieve hypnosis.

How it helps

In a non-placebo-controlled trial of 40 adolescents with Crohn’s disease, clinical hypnosis improved abdominal pain and quality of life. Those practicing self-hypnosis improved their quality of life even more [\[R\]](#).

Self-hypnosis may help by inducing a state of relaxation and promoting a positive mindset, which can reduce the stress hormones that exacerbate inflammation. It can also enhance an individual's pain threshold.

37



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

In a study of 39 subjects with IBD, a relaxation-training intervention with guided imagery led to significant improvements in the treatment group compared to the control group. Anxiety decreased, quality of life and mood improved, and pain and stress levels decreased [\[R\]](#).

Guided imagery is a technique that reduces stress and induces relaxation, both of which can significantly alleviate gut inflammation symptoms.

38



Mastic Gum

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 350-1000 mg of mastic gum in capsule form daily, usually divided into two doses - morning and evening, with a glass of water. Follow these instructions for at least two weeks to see improvements in digestive health.

TYPICAL STARTING DOSE
350 mg

Description

Mastic gum is a natural resin with potential digestive health benefits. It's believed to support gastrointestinal comfort and may help alleviate symptoms of conditions like indigestion and acid reflux.

[Mastic](#) is a resin from the mastic tree. The mastic tree is native to the Greek island of Chios [\[R\]](#), [\[R\]](#).

Mastic is consumed as a chewing gum, used in cosmetics, and added to foods and drinks as a sweetener. People also take it to potentially help with gut problems [\[R\]](#).

How it helps

In a placebo-controlled trial of 60 IBD patients, mastic gum (2.8 g/day) improved the quality of life and IBD markers (lysozyme, lactoferrin, and calprotectin levels, but not CRP) [\[R\]](#).

Mastic gum (2.2 g/day) reduced symptoms of Crohn’s disease (liquid stools, stomach pain, and cramps), antidiarrheal drug use, and inflammatory markers (IL-6 and CRP) while improving general well-being in a 4-week uncontrolled trial of 18 people [\[R\]](#).

Mastic gum (2.8 g/day) also reduced blood levels of free amino acids in 2 placebo-controlled trials of 128 people with IBD in remission, suggesting its potential to maintain remission [\[R\]](#), [\[R\]](#).

Mastic gum has anti-inflammatory and antibacterial properties that may help soothe the gut lining and clear out harmful bacteria.

39



Bacillus Clausii

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take Bacillus clausii as an oral probiotic supplement, usually found in liquid or capsule form. For adults and children, the typical dosage is one or two capsules (or one or two vials of liquid, if using that form) daily. The duration of use can vary; some may take it for a few weeks during or after antibiotic treatment, while others might use it for longer periods to support digestive health.

Description

Bacillus causii is a type of beneficial bacteria that can be found in probiotic supplements, potentially contributing to digestive health and a balanced gut microbiome.

How it helps

In a placebo-controlled trial of patients with IBD, supplementation with *B. clausii* UBBC-07 for 4 weeks increased *Firmicutes*, *Lactobacillus*, *Bifidobacterium*, and *Faecalibacterium* bacteria while decreasing *Bacteroidetes*. The treatment also increased IL-10 while decreasing IL-1β, TNF-α, IL-6, IL-17 and IL-23 [\[R\]](#).

B. clausii is a type of probiotic that helps in maintaining a stable gut microbiota, which could lessen inflammation in the gut. It works by enhancing your natural gut flora, promoting a healthy immune response, and fighting harmful bacteria that can cause inflammation.

40



Aromatherapy

IMPACT

1 / 5

EVIDENCE

1 / 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

In a non-placebo-controlled trial of 70 patients with IBD, receiving aromatherapy through the skin and by inhalation for 8 weeks improved fatigue, sleep quality, and quality of life [\[R\]](#).

41



Boswellia

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 350 mg Boswellia supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

350 mg

Description

Boswellia is an herbal remedy derived from the resin of certain trees. It's known for its potential anti-inflammatory properties and is often used to support joint health.

[Boswellia](#), also known as frankincense, is the hardened sap of the *Boswellia serrata* tree [\[R\]](#).

In traditional medicine, boswellia is used for joint pain and gut conditions [\[R\]](#).

Today, some people use boswellia for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Osteoarthritis
- IBD
- Skin aging
- Asthma
- Gum health

How it helps

In 2 trials (1 non-placebo-controlled and 1 placebo-controlled) of 210 people with Crohn’s disease, taking boswellia extract (up to 2.4 g/day) for up to 52 weeks reduced disease activity as effectively as mesalazine. However, the extract wasn’t more effective than the placebo at maintaining remission [\[R\]](#), [\[R\]](#).

Boswellia may help through its anti-inflammatory properties.

42



Probiotic Yogurt

IMPACT

1 / 5

EVIDENCE

1 / 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

In a non-placebo-controlled trial of 20 healthy controls and 20 subjects with IBD, consuming yogurt with *Lactobacillus rhamnosus* GR-1 and *L. reuteri* RC-14 for 30 days showed anti-inflammatory effects in participants with IBD [\[R\]](#).

Probiotic yogurt introduces beneficial bacteria into your gut, which aids in maintaining a balanced gut flora and reduces inflammation.

Please note: *There is no evidence from controlled clinical trials to support this recommendation. It is included based on uncontrolled clinical trials, animal or cell studies, or non-scientific criteria. Please take this recommendation with a grain of salt until more research is available.*

 PERSONALIZED TO YOUR GENES

The AGT gene helps make angiotensinogen, a protein that helps control inflammation, wound healing, and scarring in the gut [\[R, R, R\]](#).

Your genotype for this SNP has been associated with higher rates of Crohn’s disease [\[R, R\]](#).

Probiotics may reduce AGT-related inflammation [\[R, R, R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
AGT	rs5051	TT	

N-Acetyl-Glucosamine (NAG)

1 / 5

0 / 5

Take 500-1000 mg of N-acetyl-glucosamine (NAG) orally with a glass of water, preferably with meals to minimize digestive discomfort. This should be done once daily for at least 2-6 months to evaluate its effectiveness on the intended condition.

500 mg

NAG is a compound derived from glucose and is often used in dietary supplements for its potential joint health benefits, particularly in combination with other compounds like chondroitin and glucosamine.

NAG may help by rebuilding the gut lining and promoting healthy gut bacteria.

Avoid Magnesium Supplements

1 / 5

0 / 5

Do not purchase or consume magnesium supplements, including tablets, capsules, or powders. If you are currently taking magnesium supplements, consider discontinuing their use, especially if not medically advised.

Magnesium supplements may not be necessary if you're eating a balanced diet, as it's found in many foods. Overuse can lead to stomach issues, irregular heartbeat, and even cardiac arrest. It's best to get your magnesium naturally through diet, unless a doctor recommends otherwise.

Genetically higher magnesium levels may be causally associated with Crohn's disease [R].

45



Riboflavin (Vitamin B2)

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take a riboflavin (vitamin B2) supplement daily, with a dose ranging from 5mg to 400mg, depending on the specific health concern or advice from a healthcare provider. Swallow the supplement with water, preferably with a meal to enhance absorption. This regimen can be continued long-term or as directed by a healthcare professional.

TYPICAL STARTING DOSE
25 mg

Description

Riboflavin is a water-soluble B vitamin found in various foods like dairy products, leafy greens, and lean meats. It plays a crucial role in energy production, metabolism, building red blood cells, and maintaining healthy skin and eyes.

[Vitamin B2](#) helps our cells create energy. It’s also known as riboflavin [\[R\]](#), [\[R\]](#).

This vitamin is important for [\[R\]](#), [\[R\]](#):

- Brain, liver, and gut health
- Building red blood cells

Riboflavin deficiency is rare in the US. People with gut, eating, or hormonal disorders may be at a higher risk. Alcohol abuse and certain medications can also deplete this vitamin [\[R\]](#), [\[R\]](#).

Good sources of riboflavin include [\[R\]](#), [\[R\]](#):

- Eggs
- Dairy
- Lean and organ meats
- Green vegetables
- Fortified cereals

How it helps

In an uncontrolled trial of 70 patients with Crohn’s disease, supplementation with riboflavin (100 mg/day) for 3 weeks decreased CRP and IL-2 [\[R\]](#).

How to implement

Description

How it helps

[SKIP TO NEXT SECTION](#)

47



Digestive Enzymes

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take one to two capsules of digestive enzymes with each meal. Start with the lower dosage and increase if necessary, based on your body's response and digestive needs. Continue this regimen daily, assessing your body's response over several weeks to determine long-term usage.

Description

Digestive enzymes aid in the breakdown of food, helping the body absorb nutrients more effectively. They can improve digestive comfort, reduce bloating, and support overall digestive health when taken as supplements or obtained from food sources.

How it helps

A study examined the effectiveness of the beta-glucan inositol and digestive enzyme mixture in alleviating gastrointestinal symptoms in IBD-IBS patients. Group A, receiving the mixture alongside standard mesalamine treatment, reported reduced abdominal pain, bloating, flatulence, and overall well-being improvement. Group B, with only mesalamine treatment, showed mild relief in evacuative urgency, without other improvements [\[R\]](#).

How to implement

TYPICAL STARTING DOSE

2 g

Description

Inositol is a type of sugar that our bodies need to function. It was considered a vitamin (vitamin B8) until it was discovered that our bodies can make it from another common sugar, glucose [R].

- Heart health
- Normal blood sugar levels
- Mental health
- Cognitive function
- Reproductive health

Myo-inositol can convert to [D-chiro-inositol](#) in the body. These two forms of inositol are often combined in supplements. People use them to improve blood sugar control and PCOS [[R](#), [R](#), [R](#)].

How it helps

A study examined the effectiveness of the beta-glucan inositol and digestive enzyme mixture in alleviating gastrointestinal symptoms in IBD-IBS patients. Group A, receiving the mixture alongside standard mesalamine treatment, reported reduced abdominal pain, bloating, flatulence, and overall well-being improvement. Group B, with only mesalamine treatment, showed mild relief in evacuative urgency, without other improvements [R].

49



Curcumin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 500 mg curcumin supplement daily with food. To enhance absorption, take it with a meal that contains fats or oils since curcumin is fat-soluble.

TYPICAL STARTING DOSE
500 mg

Description

Curcumin is a compound found in turmeric known for its anti-inflammatory and antioxidant properties. It has been studied for its potential to reduce inflammation, support joint health, and contribute to overall well-being.

[Turmeric](#) is a yellow spice from India. It may reduce inflammation and [oxidative stress](#) [R].

The most important active compound in turmeric is **curcumin**. People use curcumin for [R, R, R, R, R, R]:

- Joint pain
- Hay fever
- Mood
- High blood sugar
- Gut health
- Liver health

How it helps

Curcumin, a compound found in turmeric, has anti-inflammatory properties which can help reduce inflammation in the gut associated with Crohn's disease. It can help mitigate some symptoms and improve quality of life for some patients.

50



Gluten-Free Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Remove all foods containing wheat, barley, and rye from your diet. This includes obvious sources like bread and pasta, as well as hidden sources in sauces, soups, and processed foods. Check labels for gluten-free certification, and aim to maintain this diet consistently, as even small amounts of gluten can cause symptoms to recur in sensitive individuals.

Description

A gluten-free diet is essential for individuals with celiac disease or gluten sensitivity. It helps prevent digestive issues and promotes overall health by avoiding foods containing gluten, a protein found in wheat, barley, and rye.

Gluten is a protein found in wheat and some other grains. **People with celiac disease have to follow a gluten-free diet to prevent gut damage.** A gluten-free diet eliminates all foods containing [\[R\]](#), [\[R\]](#):

- Wheat
- Barley
- Rye
- Malt
- [Brewer’s yeast](#)

How it helps

While not all people with Crohn's disease are sensitive to gluten, some find that a gluten-free diet can help reduce symptoms like diarrhea and abdominal pain.

51



Zinc

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

15 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

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

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

Zinc supplementation may help people with Crohn's disease by promoting healing of the mucosal lining of the intestine, which can be damaged due to the chronic inflammation caused by the condition. Zinc also plays a role in maintaining immune function.

52



Avoid Betaine (TMG) Supplements

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Do not purchase or consume any dietary supplements that list betaine (also known as trimethylglycine or TMG) among their ingredients. Check the labels of supplements you currently use or plan to buy to ensure they are free of betaine.

Description

Avoiding excessive betaine supplements is recommended, as very high intake may have potential side effects. Betaine can be obtained naturally from foods like beets and spinach without the risk of overconsumption.

How it helps

Genetically higher levels of betaine may be associated with a 10% greater risk of Crohn’s disease [\[R\]](#).

53



Lycopene

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a lycopene supplement of 10 to 30 mg per day. It can be consumed with a fat-containing meal to enhance absorption. This supplementation can be ongoing daily to support overall health benefits such as heart health and antioxidant protection.

TYPICAL STARTING DOSE
10 mg

Description

Lycopene is a powerful antioxidant found in tomatoes and other red or pink fruits and vegetables. Consuming lycopene-rich foods may help reduce the risk of chronic diseases and support heart and prostate health.

[Lycopene](#) is a bright red substance that gives color to a number of fruits such as [\[R\]](#), [\[R\]](#):

- Tomato
- Watermelon
- Papaya
- Apricot

Lycopene has antioxidant properties. It may help support [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart health
- Prostate health
- Cognition

How it helps

Genetically higher lycopene levels may be protective against ulcerative colitis and Crohn’s disease [\[R\]](#).

54



Dietary Vitamin K1

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in Vitamin K1 into your daily diet. Include green leafy vegetables like kale, spinach, and broccoli, as well as other sources like soybeans and carrots. Aim for at least one serving of these foods per day to meet the recommended dietary allowance for Vitamin K1.

Description

Vitamin K1, primarily found in leafy green vegetables, is essential for blood clotting and supports overall cardiovascular health. It plays a crucial role in maintaining healthy blood vessels.

How it helps

Genetically higher vitamin K1 levels may be protective against Crohn’s disease [\[R\]](#).

55



Avoid Cannabis

IMPACT

0 / 5

EVIDENCE

0 / 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

Cannabis use has been found to potentially exacerbate Crohn's disease symptoms in some individuals. Its use can alter gut flora and immune responses, which might worsen inflammation in the digestive tract.

56



Limit Dairy Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Reduce your consumption of dairy products, such as milk, cheese, yogurt, and butter, to no more than one serving per day. A serving is equivalent to 1 cup (240 ml) of milk, 1 cup of yogurt, 1.5 ounces (42 grams) of natural cheese, or 2 ounces (56 grams) of processed cheese.

Description

Limiting dairy intake may benefit individuals who are lactose intolerant or have dairy allergies, as it helps prevent digestive discomfort and symptoms like bloating and diarrhea. Exploring dairy-free alternatives supports overall gastrointestinal comfort.

Dairy products are made from milk. They include [\[R\]](#):

- Cheese
- Yogurt
- Kefir
- Butter
- Cream

Dairy products contain high levels of [calcium](#). Calcium helps build strong bones. However, eating a lot of dairy products is linked to acne and certain health conditions like Parkinson's disease [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Many people with Crohn's disease find that dairy products can worsen their symptoms, possibly due to lactose intolerance. Limiting dairy intake may help reduce symptoms like diarrhea, abdominal pain, and gas.

57



Carnivore Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Choose high-quality meats and gradually reduce carbohydrates to help your body adapt. Keep meals simple by including a variety of meats and organ meats for essential nutrients. Stay hydrated and monitor electrolyte levels due to the lack of plant-based foods. Pay attention to how your body responds, adjusting as needed, and track your progress to stay motivated. Listening to your body and ensuring nutrient variety are key to successfully following the Carnivore diet.

Description

The carnivore diet, also called "zero carb", is exactly what it sounds like: **its adherents eat only meat**. Some people are more strict than others about what counts as meat; animal products like milk, cheese, and eggs are a topic of debate. Some people [salt](#) their food, while others claim not to need it.

Most people who eat a carnivore diet are likely to say that they eat this way to avoid the “toxins” or [antinutrients](#) in plant matter. They point to compounds like **gluten, oxalates, lectins, histamine**, and other [potentially inflammatory compounds found in plant-based foods](#), which may cause serious illness in people who are sensitive to them. **Many specialized diets, such as the [lectin avoidance diet](#), aim to eliminate specific antinutrients and potentially prevent certain inflammatory conditions** [\[R, R, R\]](#).

Critics of the carnivore diet say that it destroys the intestines and can’t provide all the nutrients the human body requires. Meanwhile, some proponents of the carnivore diet may point to people like **the Maasai and Inuit, who eat traditional diets of almost exclusively meat** [\[R, R\]](#).

How it helps

Anecdotal evidence has reported 10 cases of patients with IBD who improved their symptoms after adopting a ketogenic, mostly carnivore diet [\[R\]](#).

58



Dietary Lycopene

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in lycopene into your daily diet. This includes consuming at least one serving per day of tomatoes, watermelon, grapefruit, or papaya. Considering lycopene is better absorbed when cooked and with a small amount of healthy fats, include dishes like cooked tomato sauce with olive oil in your meals several times a week.

Description

Lycopene is a powerful antioxidant found in tomatoes and other red or pink fruits and vegetables. Consuming lycopene-rich foods may help reduce the risk of chronic diseases and support heart and prostate health.

[Lycopene](#) is a bright red substance that gives color to a number of fruits such as [R](#), [R](#):

- Tomato
- Watermelon
- Papaya
- Apricot

Lycopene has antioxidant properties. It may help support [R](#), [R](#), [R](#):

- Heart health
- Prostate health
- Cognition

How it helps

Genetically higher lycopene levels may be protective against ulcerative colitis and Crohn’s disease [R](#).

Next Steps

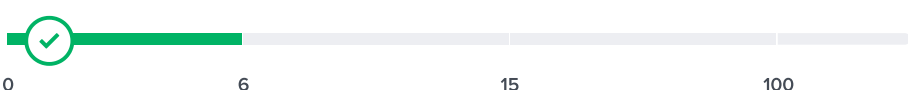
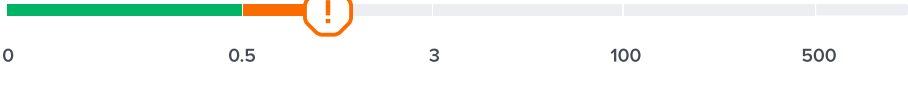
Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

	ESR	1 mm/hr		9 Nov 2025
	WBC	6.92 x10^3/mm3		9 Nov 2025
	Ferritin	102.2 ng/mL		9 Nov 2025
	Vitamin B12	687 pg/mL		9 Nov 2025
	Vitamin D, 25-Hydroxy, Total	58.59 ng/mL		9 Nov 2025
	Hematocrit	51.8 %		9 Nov 2025
	Albumin	4.3 g/dL		9 Nov 2025
	Hemoglobin	17.1 g/dL		9 Nov 2025
	hs-CRP	1.6 mg/L		9 Nov 2025