

Diverticular Disease

Disease Report

REPORT CATEGORY —



GUT HEALTH

Sample Client

Report date: 15 January 2026

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DISCLAIMER

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

Personal information

NAME

Sample Client

SEX AT BIRTH

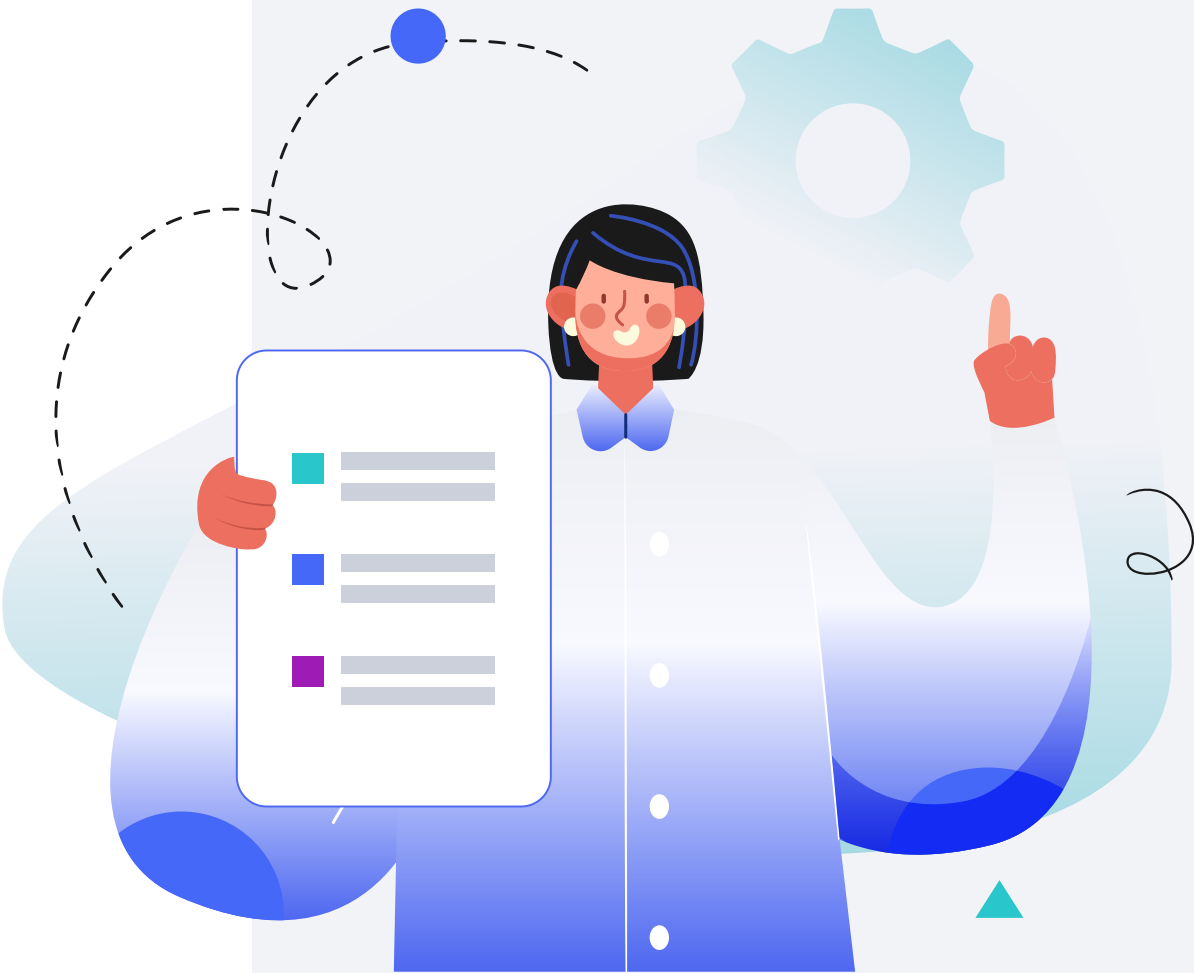
Male

HEIGHT

5ft 5" 165cm

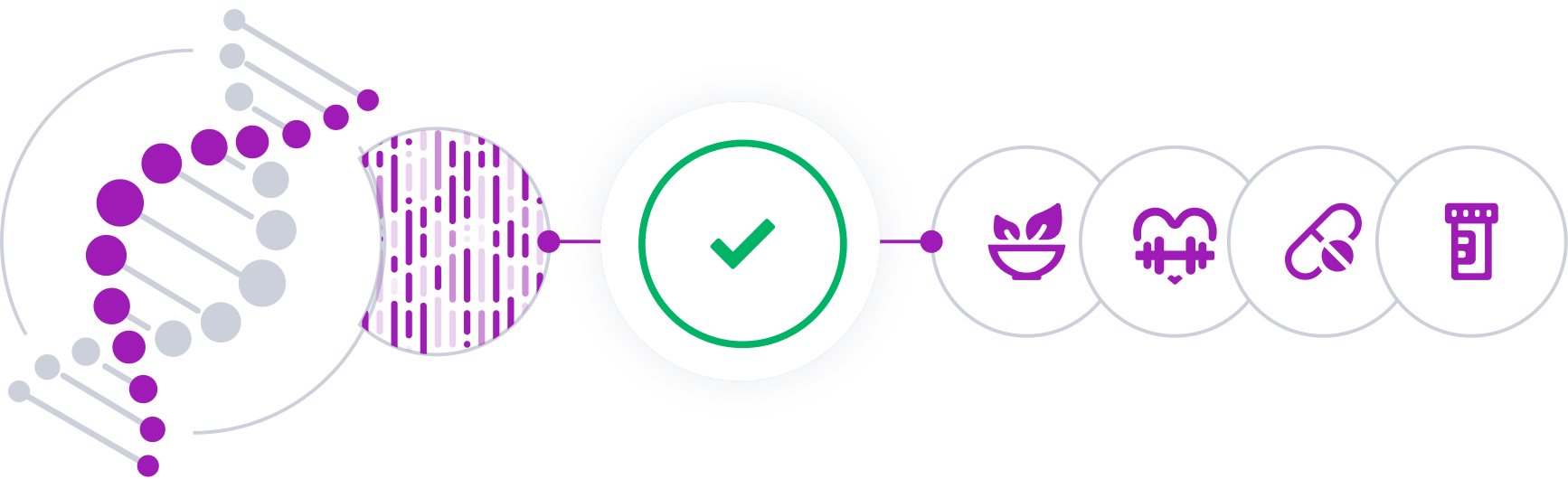
WEIGHT

137lb 62kg



How this works

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

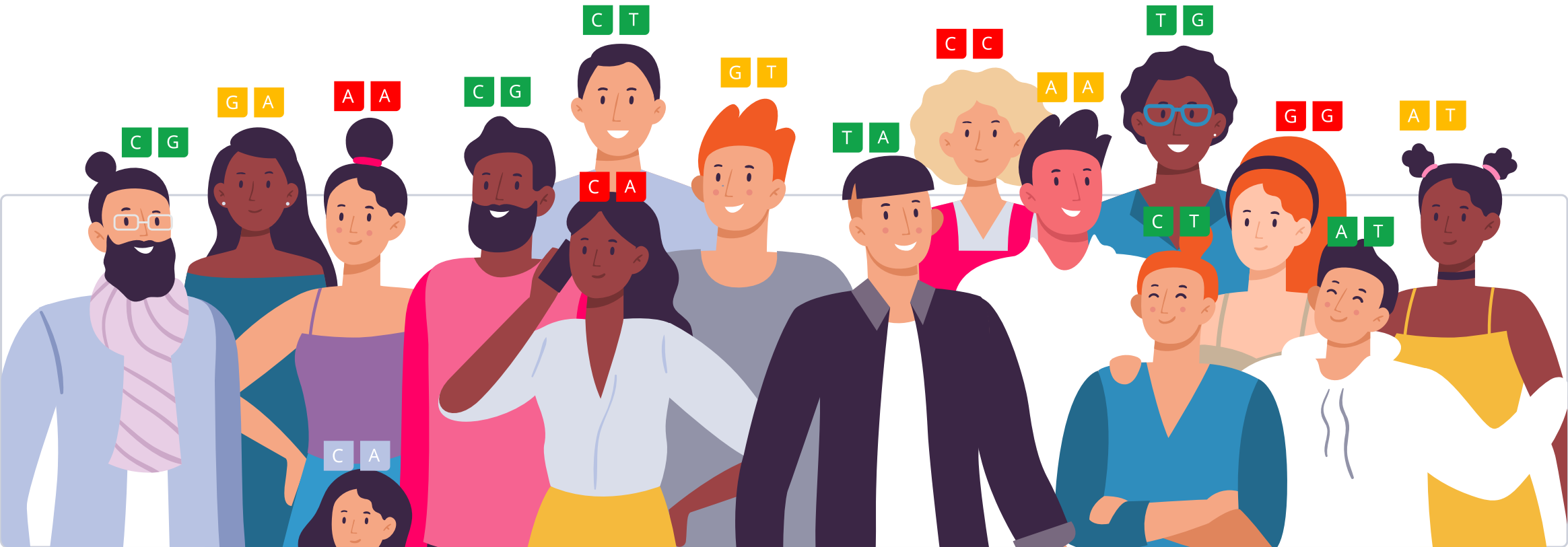


Similarly, our Trait Reports look at how your DNA influences your traits.



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

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



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

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

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



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

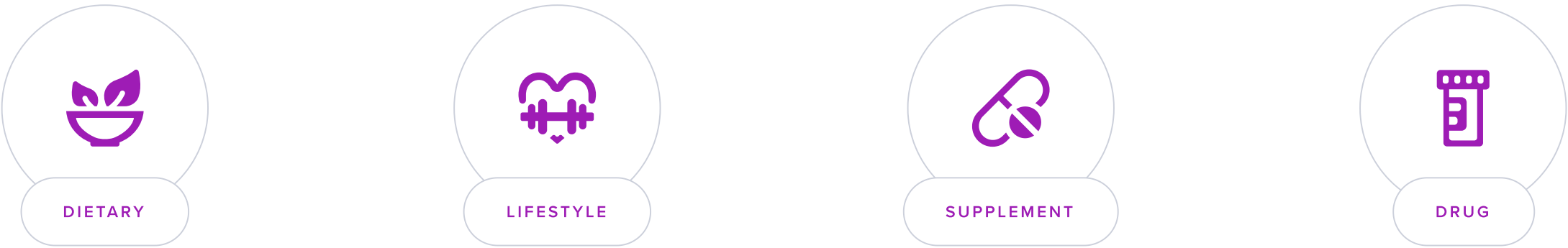
You have 2 risk alleles

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

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

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

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



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

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



Impact

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

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

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

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

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
-
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
-
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
-
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
-
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

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

Introduction

Diverticular disease refers to the presence of *diverticula*, which are small, bulging pouches that can form in the lining of the digestive system. Diverticula are most often found in the lower part of the large intestine, called the colon. These pouches are typically benign but can become inflamed or infected, leading to a condition known as diverticulitis.

The development of diverticula is believed to be associated with a low-fiber diet, as this may increase colon pressure. Symptoms of diverticular disease may include abdominal pain, bloating, constipation, or diarrhea, although many people with diverticula may not experience any discomfort.

Complications and Treatment

When diverticula become inflamed or infected, the condition can cause more severe symptoms. These include severe abdominal pain, fever, nausea, and a marked change in bowel habits. Complications of diverticular disease include abscesses, perforation of the colon, peritonitis, fistulas, and intestinal obstruction.

Treatment typically involves a combination of antibiotics for infection and a liquid or low-fiber diet to allow the colon to heal. In some severe cases, surgery may be necessary to remove the affected portion of the colon. Lifestyle changes, such as increasing the intake of fiber, drinking plenty of fluids, and exercising regularly can help to manage symptoms and prevent future episodes.



LESS LIKELY

Less likely to have diverticular disease based on 996,903 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
POLR3A	rs139044580	GG
TBX5	rs2551395	TT
UPF2	rs78114187	CC
LYPLAL1	rs61823192	CC
SHANK1	rs113101273	GG
SOCS6	rs79586998	CC
/	rs12814314	GA
LHFPL3	rs6980251	AC
YARS2	rs191699548	GG
/	rs190502327	CC
MGAT4A	rs148376933	CC
BHLHE23	rs6011570	GG
OMG	rs150700179	AA
SPDYE21	rs189921337	CC
FIBCD1	rs182799903	CC
INSIG1	rs138074947	TT
UBL4B	rs115490395	TT
NOC4L	rs73486316	GG
IFNAR2	rs138262539	AA
DIRAS2	rs78628486	GG
ROBO1	rs183318239	AA
ARHGAP15	rs6734367	GG
VAPA	rs80261783	CC
EPB41L3	rs141727959	GG
SLCO5A1	rs117969400	GG
FAM180A	rs113477191	CC
MPP7	rs12219062	CC
ZNF28	rs140094156	CC
CIB4	rs74887298	GG
SLC35F3	rs4333882	AA
TMEM270	rs3823878	GG
TMEM101	rs71371957	AA

GENE	SNP	GENOTYPE
EFEMP1	rs1802575	GG
COL6A1	rs75434097	GG
IVD	rs71472433	AA

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

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE			
1	Aerobic Exercise (Cardio)	1 hour	2	Lactobacillus Casei	10 billion CFU
3	Lactobacillus Paracasei	10 billion CFU	4	Pears	
5	Probiotic Yogurt		6	Rice Bran	
7	Avoid Large Meals		8	Avoid High-Impact Exercise	
9	Eat Fiber-Rich Foods		10	Limit Saturated Fat	
11	Whole Grains		12	Low-FODMAP Diet	
13	Avoid Processed High Phosphate Foods		14	Whole-Grain Rice	
15	Oat Bran		16	Drink at Least 8 Glasses of Water a Day	
17	Stress Management Therapy	1 hour	18	Vegetables	
19	Limit Meat Intake		20	Probiotics	30 billion CFU
21	Exercise At Least One Hour a Day	1 hour	22	Avoid Refined Sugar	
23	Wheat Bran		24	Avoid Spicy Food	
25	Psyllium	5 g			

1



Aerobic Exercise (Cardio)

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Regular physical activity may reduce the risk of diverticular disease by ~33% [\[R\]](#).

2



Lactobacillus Casei

IMPACT2 / 5

EVIDENCE1 / 5

How to implement

Take a supplement containing Lactobacillus casei daily, with a dosage recommended by the product's manufacturer or a healthcare professional. The specific amount can vary, but it is commonly found in doses around 10 billion colony-forming units (CFUs). Continue this regimen for at least 4 weeks to observe potential health benefits.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus casei is a probiotic bacterium known for its potential to support gut health and immune function. It contributes to a balanced gut microbiome and may help alleviate digestive issues like diarrhea.

[Lactobacillus casei](#) is a [probiotic](#) bacterium found in fermented foods (e.g., cheese), as well as in the reproductive and gastrointestinal tracts of humans and other animals [\[R\]](#), [\[R\]](#).

People mainly take *L. casei* to support a healthy gut microbiota [\[R\]](#).

How it helps

In 2 placebo-controlled trials of 285 patients with diverticular disease, supplementation with *L. casei* (24 billion/day) 10 days/month for 12 months maintained remission. *L. casei* was most effective when combined with mesalazine [\[R\]](#), [\[R\]](#).

3



Lactobacillus Paracasei

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a supplement containing Lactobacillus paracasei daily, with a dose of around 10 billion colony-forming units (CFUs). Consume the supplement with or without food, but consistently at the same time each day for at least 4 weeks to observe beneficial effects.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus paracasei 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 paracasei](#) is a type of bacteria naturally found in the intestine. It is considered a [probiotic bacteria](#), which means “good” bacteria that has health benefits when taken in adequate amounts [\[R\]](#).

L. paracasei is used in the production of the following fermented foods [\[R\]](#):

- Yogurt
- Cheese
- Sauerkraut

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

- Improve gut and skin health
- Boost immunity
- Fight allergies

How it helps

In 2 non-placebo-controlled trials of 89 patients with diverticular disease, supplementation with *L. paracasei* (B21060 and F19) as an add-on to a high-fiber diet further improved abdominal symptoms such as pain and bloating [\[R\]](#), [\[R\]](#).

4



Pears

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate one medium-sized pear into your daily diet, either as a snack or part of a meal. You can eat it raw, add it to salads, or use it in recipes. Continue this practice daily for ongoing health benefits.

Description

Pears are a fruit that originates from the Pyrus tree, and have been eaten for centuries in various parts of the world. they are a good source of dietary fiber, vitamin C and K, and various antioxidants, which may be beneficial for gut health, help fight inflammation, and aid in weight loss.

How it helps

Pears are another good source of dietary fiber. Eating pears can help maintain a smooth and regular bowel movement, thereby potentially lowering the risk of complications associated with diverticular disease, such as diverticulitis.

5



Probiotic Yogurt

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

Description

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

How it helps

Probiotic yogurt contains beneficial bacteria that can help maintain gut health and regularity. For people with diverticular disease, this may contribute to reducing inflammation and preventing infections.

6



Rice Bran

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate rice bran into your daily diet by adding 1-2 tablespoons to smoothies, oatmeal, or yogurt. It can also be used as a partial flour substitute in baking recipes.

Description

Rice bran is the outer layer of rice grains removed during milling. It contains compounds like gamma oryzanol and tocotrienols. It's rich in nutrients like fiber, vitamins, and minerals. People often use rice bran as a dietary supplement for its nutritional benefits.

How it helps

Rice bran is high in dietary fiber, which can help maintain regular bowel movements and reduce the pressure inside the colon. This can be particularly beneficial in managing diverticular disease by preventing the formation of new diverticula (pouches) and reducing the risk of complications associated with existing pouches.

7



Avoid Large Meals

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Divide your daily food intake into smaller portions spread out over five to six times a day instead of having three large meals. Ensure that each portion is balanced and includes a variety of nutrients. This means having breakfast, a mid-morning snack, lunch, an afternoon snack, dinner, and possibly a light evening snack, depending on your caloric needs.

Description

Eating smaller, more frequent meals may help prevent overeating. This involves eating the same number of meals at about the same times every day. Doing so may help with issues like blood pressure, body weight, cholesterol levels, and migraines.

Eating smaller, more frequent meals may help prevent overeating. One way to do this is to keep a regular meal schedule. This involves eating the same number of meals at about the same times every day. Doing so may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

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

How it helps

Eating smaller, more frequent meals can help manage symptoms of diverticular disease by reducing the digestive system's workload.

8



Avoid High-Impact Exercise

IMPACT

0 / 5

EVIDENCE

0 / 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

While exercise is generally beneficial, high-impact activities may increase pressure in the colon, potentially exacerbating diverticular disease. Low to moderate impact exercises are preferred to minimize risk.

9



Eat Fiber-Rich Foods

IMPACT

0 / 5

EVIDENCE

0 / 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

A high-fiber diet helps to make stools soft and easy to pass, which reduces the pressure in the colon and can prevent the formation of diverticula. Fiber-rich foods include fruits, vegetables, and whole grains.

10



Limit Saturated Fat

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

Description

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

How it helps

Diets high in saturated fats may increase the risk of developing diverticular disease by contributing to obesity and inflammation. Limiting saturated fat intake can help manage body weight and reduce inflammation.

11



Whole Grains

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least three servings of whole grains into your daily diet. This can include consuming foods such as whole grain bread, brown rice, whole grain pasta, and oats. Aim to replace refined grains with whole grains at each meal for optimal benefits.

Description

Whole grains encompass a variety of grains like wheat, oats, and quinoa, where the entire grain kernel is intact. They are rich in fiber, vitamins, minerals, and antioxidants, supporting heart health and reducing the risk of chronic diseases.

Unlike refined grains, whole grains contain nutritious parts of the grain like bran and germ.

Whole grains provide many crucial nutrients, including:

- Fiber
- B-vitamins
- Iron
- Magnesium
- Phosphorus

Due to their high fiber content, whole grains don’t tend to spike blood sugar like refined grains do.

How it helps

Whole grains contribute significantly to the daily fiber intake, supporting bowel regularity. Their intake is linked to a lower risk of developing diverticular disease by helping to decrease colon pressure and inflammation.

12



Low-FODMAP Diet

IMPACT

0 / 5

EVIDENCE

0 / 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

The Low-FODMAP diet limits foods that are high in certain fermentable carbohydrates. It can help manage symptoms like bloating, gas, and abdominal pain in some people with diverticular disease by reducing the amount of undigested food that can cause these symptoms.

13



Avoid Processed High Phosphate Foods

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To follow this recommendation, remove or significantly reduce processed foods such as sodas, packaged snacks, processed meats, and canned foods from your daily diet. Instead, opt for fresh fruits, vegetables, whole grains, and lean proteins. It's helpful to read nutrition labels, aiming to keep your daily phosphate intake below 700 mg if possible.

Description

Processed foods often have high levels of phosphate. These include fast foods and soda. Extra phosphate can make bones brittle and damage your blood vessels over time. So, it's healthier to choose fresh foods over processed ones.

How it helps

Reducing intake of processed foods high in phosphates can help manage symptoms by maintaining a more balanced gut environment and preventing irritation.

14



Whole-Grain Rice

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate whole-grain rice into your meals, aiming for at least half of your grain intake to be whole grains. You can do this by replacing white rice with whole-grain varieties like brown rice, black rice, or wild rice in your dishes. Try to include whole-grain rice in at least one meal per day, whether it's as a side dish or part of a main course.

Description

Whole grain rice is rice that has retained its outer bran layer, germ, and endosperm, providing more nutrients and fiber compared to refined white rice. It contains vitamins, minerals, antioxidants, and dietary fiber, promoting better digestion, heart health, and blood sugar control. Consuming whole-grain rice regularly can contribute to a balanced diet and reduce the risk of chronic diseases such as diabetes, heart disease, and certain cancers.

How it helps

Whole-grain rice is rich in fiber, promoting regular bowel movements and reducing the pressure in the colon, which is crucial in preventing diverticular disease.

15



Oat Bran

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate oat bran into your diet by adding 1-2 tablespoons to your breakfast cereal or yogurt daily. You can also use it as an ingredient in homemade bread, muffins, or pancakes. Aim to include oat bran in at least one meal per day for ongoing dietary benefits.

Description

Oat bran is the outer layer of oat grains and is rich in soluble fiber, making it a heart-healthy addition to diets. Consuming oat bran may help lower cholesterol levels and support digestive regularity.

How it helps

Oat bran is rich in dietary fiber which can be beneficial for individuals with diverticular disease. A high-fiber diet helps to prevent constipation and may reduce the risk of diverticula formation or flares by promoting regular bowel movements and reducing pressure in the colon.

16



Drink at Least 8 Glasses of Water a Day

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume a total of at least 64 ounces (or approximately 1.9 liters) of water over the course of the day. This can be divided into 8 glasses, each containing 8 ounces of water. Aim to drink evenly throughout the day to avoid dehydration.

Description

Water is an essential nutrient for nearly every process in your body, helping to mainting brain and gut function, maintain a health weight, as well as energy and performance levels, among others.

Water is essential for life. It supports nearly every process in your body [R].

Water helps maintain [R]:

- Energy and performance levels
- Brain function
- Gut function
- Healthy weight

Most experts recommend drinking **around 8 glasses (64 oz. or 2 L) of water daily**. You might need more or less than this, depending on how active you are, where you live, or what your overall health is like [R].

How it helps

Staying well-hydrated helps maintain regular bowel movements and can potentially reduce the risk of developing diverticula by preventing constipation.

17



Stress Management Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in stress management therapy sessions, such as cognitive-behavioral therapy (CBT), for at least 1 hour per week over a course of 8 to 12 weeks. Techniques can include mindfulness, deep breathing exercises, and identifying stressors to develop coping strategies.

TYPICAL STARTING DOSE

1 hour

Description

Stress management therapy refers to various techniques and approaches aimed at reducing and coping with stress. It can improve mental and physical well-being by helping individuals better manage the effects of stress on their health.

How it helps

Managing stress can reduce inflammation and improve gut health, which may help alleviate symptoms associated with diverticular disease.

18



Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least 2-3 cups of various vegetables into your daily diet, ensuring a mix of colors like greens, reds, and yellows to maximize nutrient intake. Aim to include vegetables in most meals, either as a side, part of the main dish, or snacks.

Description

Vegetables are edible parts of plants that offer various health benefits due to their rich nutrient content, including vitamins, minerals, fiber, and antioxidants. They are essential components of a balanced diet and contribute to overall health, supporting various bodily functions.

How it helps

High in dietary fiber, vegetables can help to improve bowel movements and decrease pressure in the colon. This may assist in managing symptoms and preventing complications related to diverticular disease.

19



Limit Meat Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Substitute red and processed meats with plant-based proteins, such as beans, lentils, and tofu, for at least two meals per week. Gradually increase the number of meat-free meals by incorporating more fruits, vegetables, and whole grains into your diet daily.

Description

Limiting meat intake involves consuming fewer animal-based products, often as part of a plant-based diet. This dietary choice can provide health benefits such as lower cholesterol levels, reduced risk of certain chronic diseases, and a decreased environmental footprint.

Proteins, fats, and carbs are macronutrients. You need these nutrients in large (‘macro’) amounts. They provide your body with the energy it needs to function properly [\[R\]](#).

You should choose high-quality foods that give you the “best” version of each macronutrient. For example, too much saturated fat and protein from certain animal sources may increase the risk of heart disease and infertility [\[R, R, R\]](#).

Consider replacing red meat with other high-protein foods, such as [\[R, R\]](#):

- Eggs
- Fish
- Soy
- Beans

How it helps

Reducing meat intake has been shown to decrease the risk of developing diverticular disease, as high meat consumption is associated with increased incidence of the condition.

20



Probiotics

IMPACT

0 / 5

EVIDENCE

0 / 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

Probiotics can help maintain a healthy balance of bacteria in the gut. This balance is crucial for overall digestive health and can be particularly beneficial for individuals with diverticular disease. Probiotics might reduce symptoms such as bloating and abdominal pain by decreasing inflammation and improving bowel movement regularity.

21



Exercise At Least One Hour a Day

IMPACT

0 / 5

EVIDENCE

0 / 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

Regular exercise helps keep bowels moving efficiently, which can help prevent constipation and reduce pressure in the colon. Lower pressure may help decrease the risk of diverticular disease flare-ups.

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Avoid Refined Sugar

IMPACT

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EVIDENCE

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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

Eating too much refined sugar contributes to obesity, which is a risk factor for diverticular disease. Reducing refined sugar intake can help in weight management and reduce the pressure inside the colon, potentially decreasing the risk of diverticle formation.

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Wheat Bran

IMPACT

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EVIDENCE

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How to implement

Incorporate wheat bran into your diet by adding 1-2 tablespoons to your breakfast cereal, yogurt, or smoothies daily. Start with a smaller amount and gradually increase to avoid digestive discomfort.

Description

Wheat bran is the outer layer of the wheat kernel, rich in dietary fiber and essential minerals like magnesium. It is used to promote digestive health, regulate bowel movements, and may help lower cholesterol levels.

How it helps

Wheat bran is a significant source of dietary fiber known to improve gut health. For individuals with diverticular disease, incorporating wheat bran into their diet can help increase stool bulk. This aids in easier passage of stool, potentially reducing the likelihood of constipation and lessening the pressure in the colon, which can exacerbate or lead to diverticula.

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Avoid Spicy Food

IMPACT

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EVIDENCE

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How to implement

Eliminate or significantly reduce consumption of foods high in spices, such as hot peppers, curry, and salsa, from your daily diet.

Description

For individuals sensitive to spicy foods, avoiding excessively hot or spicy dishes can prevent digestive discomfort and heartburn, promoting better gastrointestinal comfort and overall well-being.

How it helps

Avoiding spicy foods may help as they can irritate the gastrointestinal tract and potentially exacerbate symptoms of diverticular disease.

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Psyllium

IMPACT

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EVIDENCE

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How to implement

Take 5 grams of psyllium husk powder with at least 8 ounces of water. Do this once daily, preferably in the morning before breakfast. Continue this regimen daily for ongoing digestive health benefits.

TYPICAL STARTING DOSE

5 g

Description

Psyllium is a plant-based dietary fiber derived from the seeds of the Plantago ovata plant. It is primarily used both traditionally and today, as a dietary supplement due to its high soluble fiber content, aiding in digestive health and regulating bowel movements. The main compounds in psyllium are soluble fiber and mucilage.

[Psyllium husk](#) might be beneficial for gut health and heart health. But what exactly is this supplement and how does it work?

Psyllium is an herb that grows around the world. Its “husk,” the outer coating of the psyllium seed, is full of fiber. The health benefits of psyllium husk are due to this fiber.

How it helps

Psyllium is a type of soluble fiber that helps manage diverticular disease by adding bulk to stools, which can help prevent the formation of diverticula or worsening of the condition. It can also reduce pressure in the colon and help prevent constipation, a risk factor for diverticular disease.

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.

