

Eating Disorders

DNA Health Report

REPORT CATEGORY —



MENTAL HEALTH

Sample Client

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DISCLAIMER

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

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

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



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



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

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



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

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

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



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

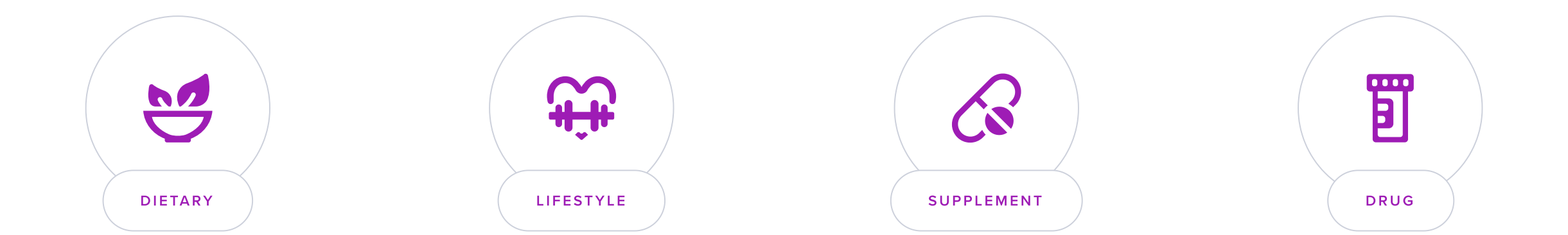
You have 2 risk alleles

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

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

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

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



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

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



Impact

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

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

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

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

Recommendation Evidence

5 / 5

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

4 / 5

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

3 / 5

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

2 / 5

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

1 / 5

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

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

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

Medium-quality

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

Low-quality

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

Indirect

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

In theory

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

Some things to keep in mind:

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

Introduction

Almost everywhere you look in the media, you’re confronted with an idealized image of the human body.

As a result, a lot of us spend a big portion of our lives trying to attain this unrealistic body. In fact, around 45 million Americans go on a diet yearly [\[R\]](#).

Although it’s not always easy to remember, **we are all unique**. So what may be the optimal body for one person may not be for another.

Pressure to attain the “perfect” body is just one of the contributing factors when it comes to the almost universal struggle of managing your diet and weight.

Sometimes, our eating habits act as ways to manage stress or anxiety. While these habits may provide a short-term benefit, this behavior may develop into an eating disorder such as binge eating disorder, bulimia, or anorexia in the long term.

Any type of eating disorder can have severe consequences on your physical and mental health [\[R\]](#), [\[R\]](#).

Whether you go on to develop an eating disorder is dependent on a complex mix of psychology, emotional wellbeing, **genetics**, and biology [\[R\]](#).

As scientists continue to unravel this complex relationship, the role of genetics is gradually becoming clearer.

Your genetics may indicate ways to help manage eating disorders. This information should be used in conjunction with other techniques to help you develop a healthier relationship with food, such as nutrition education [\[R\]](#), [\[R\]](#).

For example, one gene implicated in eating disorders is [HTR2A](#). People carrying a certain variant of this gene may have an increased risk of developing anorexia. However, they may also respond better to talk therapy for eating disorders [\[R\]](#), [\[R\]](#)!

Read on to find out more about:

- **How your genetics play a role in eating disorders**
- **Your genetic risk score based on over 11,000 genetic variants**
- **Personalized recommendations based on your genetics**

Risk Factors And Genetics

Key Takeaways:

- Up to **80%** of differences in people's chances of developing eating disorders may be due to genetics.
- Other risk factors include dieting, major stressful events, and other mental health conditions. If you have symptoms, talk to a healthcare professional.
- About **1%** of people may develop an eating disorder at some point in their life.
- If your genetic risk is high, you may lower your overall risk by taking action on those factors that you can change. However, eating disorders are rare, so a high genetic risk is still a low overall risk.
- Click the **Recommendations** tab for potential dietary and lifestyle changes and **next steps** for relevant labs.

Eating disorders are mental health conditions that impact eating habits. People with eating disorders have an unhealthy relationship with food, their weight, and the shape of their body [\[R\]](#).

The most common eating disorders are [\[R\]](#):

- Binge eating disorder
- Anorexia nervosa
- Bulimia nervosa

Binge eating is the consumption of very large amounts of food in a short period of time. People who binge eat regularly and feel like they can't stop may have binge eating disorder [\[R\]](#).

Anorexia is an intense fear of gaining weight. People with this condition avoid eating and tend to lose a lot of weight. They may also use laxatives, diet aids, or other products and methods to try to reduce their calorie intake [\[R\]](#).



MORE LIKELY

More likely to have an eating disorder based on 11,026 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
RASGRF2	rs138206701	AA
OPTN	rs10906233	CC
MAGI3	rs61742849	GG
CAMK1D	rs75263140	AA
OLIG1	rs117124364	CC
TAS2R5	rs145241704	TT
PCDH7	rs74879986	GG
C4ORF17	rs148915469	CA
RMI2	rs117096873	CC
NKAIN3	rs142014203	TT
CHODL	rs77600076	AA
HSD17B11	rs115694618	AA
ZNF503	rs2043090	AA
C8ORF37	rs77742018	AA
BLMH	rs2129785	TT
BLMH	rs11867581	AA
DAB1	rs985795	TT
MSRA	rs6999631	CC
SELENOM	rs111383589	CC
ALDH4A1	rs28441017	GG
SMIM21	rs62090893	GG
/	rs28631020	GG
ACYP2	rs56148675	TT
PERP	rs1556640	TT

Bulimia is characterized by a "binge and purge" eating cycle. People with this condition binge eat and then attempt to get rid of the extra calories in an unhealthy way (*purge*). One common form of purging is induced vomiting [R].

About 1% of people may develop an eating disorder at some point in their life. Most eating disorders arise in adolescence or early adulthood. They are more common in women. They are also more common in Western countries [R, R, R].

Risk factors of eating disorders may include [R, R, R, R]:

- Dieting
- Major stressful events (e.g., breakups, starting a new job, etc.)
- Other mental health conditions
- **Genetics**

Eating disorders can cause serious physical and mental health problems. These include [R, R]:

- Depression
- Anxiety
- Suicidal thoughts
- Growth and development problems
- Substance use disorders
- Work, school, and social problems
- Malnutrition
- Heart, gut, or kidney problems

Treatment options depend on the type of eating disorder. They often include [R]:

- Talk therapy
- Family or friend support
- Nutrition education
- Medication

In severe cases, people with eating disorders may need a visit to the hospital [R].

Up to 80% of differences in people's chances of developing eating disorders may be attributed to genetics. Genes involved in eating disorders may influence [R, R, R]:

- Mental health
- Weight control
- Metabolism

GENE	SNP	GENOTYPE
KIAA0825	rs469339	GA
/	rs78661745	CC
TMEM106B	rs114945094	AG
QSOX1	rs55946907	CC
GRID1	rs76765968	TT
CAMLG	rs299362	AA
MACROD2	rs11087123	GA
HRNR	rs3120667	GA
COL23A1	rs2910124	CC
SRPRB	rs11708304	CC
NT5C1B	rs1445130	AA
CCDC69	rs7724774	GG
/	rs8024343	AA
EMP2	rs2221433	TG
SRPX	rs56156506	A
ATP8A2	rs7322916	GG
WVOX	rs8050187	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	Psychotherapy	1 hour	2	Nutrition Education	
3	Gentle Yoga	20 minutes	4	Relaxation Techniques	30 minutes
5	Aerobic Exercise (Cardio)	1 hour	6	Yoga	30 minutes
7	Low-Intensity Exercise	1 hour	8	Morning Bright Light Therapy	20 minutes
9	Zinc	10 mg	10	Neurofeedback	1 hour
11	Beta-Caryophyllene	100 mg	12	Art Therapy	1 hour
13	Guided Imagery	30 minutes	14	MCT Oil	
15	Hatha Yoga	1 hour	16	Family Therapy	
17	Mindful Eating		18	Mindfulness	30 minutes
19	Regular Sleep Schedule		20	Exercise At Least One Hour a Day	1 hour
21	Dissonance-Based Programs	1 hour	22	Psychodynamic Therapy	
23	Mindfulness-Based Cognitive Therapy (MBCT)	2 hours	24	Interpersonal Therapy	50 minutes
25	Mindfulness-Based Stress Reduction (MBSR)	2 hours	26	Self-Help	30 minutes
27	Behavioral Sleep Extension		28	Chromium	200 mcg
29	Acceptance and Commitment Therapy (ACT)		30	Mindfulness Meditation	30 minutes

31

Cognitive-Behavioral Therapy (CBT)

1



Psychotherapy

IMPACT

4 / 5

EVIDENCE

5 / 5

How to implement

Schedule and attend regular sessions with a licensed psychotherapist, typically once a week for 50-60 minutes, over a period of several months to years depending on your individual needs and progress. Consistency is key, and the duration can vary widely based on personal goals and the type of psychotherapy being practiced.

TYPICAL STARTING DOSE

1 hour

Description

Psychotherapy is a broad term for therapeutic approaches that address mental and emotional health issues through talking and counseling. It can be used to treat a wide range of psychological and emotional challenges.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences and help reduce stress [\[R, R\]](#).

Psychotherapy is a great way to improve many conditions, including [\[R, R, R, R, R, R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Weight problems
- Eating disorders

Cognitive-behavioral therapy (CBT) is a type of psychotherapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

Experts recommend psychotherapy (talk therapy) for people with anorexia, bulimia, or binge eating disorder. Types of therapy that may help include [\[R, R, R, R, R, R, R, R, R\]](#):

- Cognitive-behavioral therapy (CBT)
- Family-based therapy
- Guided self-help
- Internet-based therapies

For a person with an eating disorder, talk therapy may help [\[R, R, R, R, R, R\]](#):

- Reduce food avoidance
- Support a positive body image
- Reduce bingeing and purging episodes
- Improve the quality of life

Some types of therapy may work better for certain eating disorders than others. Work with your doctor to decide on a treatment option that works best for you [\[R, R\]](#).

2



Nutrition Education

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Sign up for a comprehensive nutrition education course or workshop, which typically involves attending a series of classes or seminars. These can vary in length but often run weekly for 4 to 8 weeks, covering topics such as healthy eating principles, understanding food labels, and planning balanced meals. Aim to apply learned principles to your daily eating habits consistently.

Description

Nutrition education involves teaching individuals about healthy eating habits, proper nutrition, and making informed food choices. It empowers people to improve their diets, make healthier food selections, and ultimately support their overall health and well-being.

Nutrition education helps people with eating disorders better understand their condition and foster healthy eating behaviors [\[R\]](#).

It can involve [\[R\]](#):

- Understanding the effects of nutrition on the body
- Setting up a healthy meal plan
- Aiming for a healthy weight

How it helps

Teaching people about nutrition may help reduce the risk of eating disorders [\[R\]](#), [\[R\]](#).

Experts say that nutrition education should be part of a treatment plan for eating disorders [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Nutrition education may help [\[R\]](#), [\[R\]](#):

- Reduce symptoms, such as bingeing and purging
- Normalize eating schedules
- Support a healthy, balanced diet

3



Gentle Yoga

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

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

TYPICAL STARTING DOSE

20 minutes

Description

[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

Gentle yoga is practiced at a slower pace, with less intense positions, and usually including more time for meditation, breathing, and relaxation. It's a great choice for people who feel they are not fit or flexible enough to do all yoga poses, as well as for those with injuries, pain, impaired mobility, or health issues.

How it helps

Insecurity, fearfulness, and anxiety are linked to unhealthy eating habits. These include [\[R\]](#):

- Binge eating
- Purging
- Emotional eating
- Dieting
- Choosing unhealthy foods

In line with this, stress is a risk factor for eating disorders [\[R\]](#).

Some experts recommend relaxation techniques to help reduce stress and anxiety in people with certain eating disorders [\[R\]](#), [\[R\]](#).

For instance, gentle yoga improved bone and mental health in a trial on anorexic adolescent girls [\[R\]](#).

Yoga may help prevent and improve eating disorders such as binge eating and bulimia [\[R\]](#), [\[R\]](#).

4



Relaxation Techniques

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

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

TYPICAL STARTING DOSE

30 minutes

Description

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

We all get stressed from time to time.

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

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

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

- Anxiety
- Depression
- Chronic pain

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

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

How it helps

Insecurity, fearfulness, and anxiety are linked to unhealthy eating habits. These include [\[R\]](#):

- Binge eating
- Purging
- Emotional eating
- Dieting
- Choosing unhealthy foods

In line with this, stress is a risk factor for eating disorders [\[R\]](#).

Some experts recommend relaxation techniques to help reduce stress and anxiety in people with certain eating disorders [\[R\]](#), [\[R\]](#).

The following techniques may help with eating disorders:

- Yoga [\[R\]](#), [\[R\]](#)
- Mindfulness [\[R\]](#), [\[R\]](#)

5



Aerobic Exercise (Cardio)

IMPACT3 / 5

EVIDENCE3 / 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

In people with **bulimia**, exercise (including cardio) may help improve [\[R\]](#), [\[R\]](#):

- Physical fitness
- Body composition
- Symptoms like bingeing and purging
- Body image

In people with **binge-eating disorder**, exercise (aerobic, resistance, and their combination) may reduce bingeing. In some studies, it also improved mental health [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

In people with **anorexia, supervised exercise** may improve symptoms and mental health [\[R\]](#).

Exercise may be especially beneficial when combined with nutrition education or cognitive behavioral therapy [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *It is important not to over-exercise and follow your doctor’s exercise recommendations if you have an eating disorder. This is especially true if you have anorexia.*

6



Yoga

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

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

TYPICAL STARTING DOSE

30 minutes

Description

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

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

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

How it helps

Insecurity, fearfulness, and anxiety are linked to unhealthy eating habits. These include [\[R\]](#):

- Binge eating
- Purging
- Emotional eating
- Dieting
- Choosing unhealthy foods

In line with this, stress is a risk factor for eating disorders [\[R\]](#).

Some experts recommend relaxation techniques to help reduce stress and anxiety in people with certain eating disorders [\[R\]](#), [\[R\]](#).

Yoga may help prevent and improve eating disorders such as binge eating and bulimia [\[R\]](#), [\[R\]](#).

7



Low-Intensity Exercise

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Incorporate 60 minutes of low-intensity activities, such as walking or gentle yoga, into your daily routine. Aim to do this 5 days a week to achieve the best results.

TYPICAL STARTING DOSE

1 hour

Description

Low-intensity exercise, such as walking or gentle yoga, provides numerous health benefits, including improved cardiovascular health, stress reduction, and enhanced overall fitness without the strain of high-intensity workouts.

How it helps

In people with **bulimia**, exercise may help improve [\[R\]](#) [\[R\]](#):

- Physical fitness
- Body composition
- Symptoms like bingeing and purging
- Body image

In people with **binge eating disorder**, exercise may reduce bingeing. In some studies, it also improved mental health [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#).

In people with **anorexia**, **supervised exercise** may improve symptoms and mental health [\[R\]](#).

Exercise may be especially beneficial when combined with nutrition education or cognitive behavioral therapy [\[R\]](#) [\[R\]](#) [\[R\]](#).

Please note: *It is important not to over-exercise and follow your doctor’s exercise recommendations if you have an eating disorder. This is especially true if you have anorexia.*

 PERSONALIZED TO YOUR GENES

Your [HTR2A](#) gene variant is linked to anorexia. This gene plays a role in mood and mental health. Exercise may help by improving mood and mental health [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
HTR2A	rs6311	CT	

8



Morning Bright Light Therapy

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Expose yourself to a light therapy box, which mimics natural sunlight, for about 20-30 minutes each morning within the first hour of waking up. It's important to do this daily, especially during months with less natural sunlight, to help manage symptoms of Seasonal Affective Disorder (SAD) or other conditions influenced by light exposure.

TYPICAL STARTING DOSE
20 minutes

Description

Bright light therapy, often used to treat conditions like seasonal affective disorder (SAD) and certain sleep disorders, involves exposure to specific wavelengths of light. It can help regulate sleep patterns, improve mood, and alleviate symptoms associated with mood disorders.

Bright light therapy involves exposing people to artificial indoor light via a “light box.” This box is often placed nearby for 30 minutes each morning. A light therapy box should [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Provide 10,000 lux of light
- Filter out UV light

Light therapy may improve mood and help with certain mental health conditions [\[R\]](#), [\[R\]](#).

How it helps

Light therapy may help with depression in people with **anorexia** [\[R\]](#).

In people with **bulimia**, it may improve depression and binge eating. It may especially help those who develop symptoms during the winter months. However, the evidence is mixed and the benefits may be short-lived [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

9

Zinc

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

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

TYPICAL STARTING DOSE

10 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

In people with **anorexia, zinc (up to 40 mg/day)** may support weight gain [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

It may help by promoting food intake. Zinc deficiency can alter taste perception and decrease appetite, which may make eating disorders worse [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *A high intake of zinc may cause stomach pain and gut irritation. Medical bodies recommend against taking more than **40 mg** of zinc per day* [\[R\]](#), [\[R\]](#).

10



Neurofeedback

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Attend neurofeedback sessions with a trained therapist, usually once or twice a week, for a minimum of 20 sessions. Each session typically lasts 30 to 60 minutes where sensors are placed on your scalp to monitor brainwave activity, and feedback is given in real-time to help you learn to control or alter your brain functions.

TYPICAL STARTING DOSE

1 hour

Description

Neurofeedback is a therapeutic technique that helps individuals regulate brain activity, potentially improving focus, reducing anxiety, and enhancing cognitive function by providing real-time feedback on brainwave patterns.

How it helps

Neurofeedback trains your brain to improve its self-regulation, which can help manage impulsive behaviors related to eating disorders. By enhancing brain performance, it encourages healthier eating patterns and thought processes.

In one study, EEG-neurofeedback effectively reduced binge eating frequency, with lasting effects on stress and dietary self-efficacy. In another study, both food-specific and general EEG neurofeedback reduced binge-eating episodes, eating disorder symptoms, and food cravings. A separate trial showed significant reductions in overeating episodes and distress in a neurofeedback group compared to a waiting list control group, with lasting benefits on dieting success and food cravings [\[R\]](#), [\[R\]](#), [\[R\]](#).

11



Beta-Caryophyllene

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take beta-caryophyllene as a dietary supplement in a dose of 100-150 mg per day. It can be consumed in capsule form once daily with a meal to aid absorption. Continue this regimen daily for at least 8 weeks to evaluate its effects on your health.

TYPICAL STARTING DOSE

100 mg

Description

Beta-caryophyllene is a terpene found in various plants, including certain spices and cannabis. It has potential anti-inflammatory and analgesic properties and may be used in natural remedies to alleviate pain and support overall well-being.

How it helps

In a placebo-controlled trial of 52 obese women with food addiction, supplementation with β -caryophyllene soft gel (1000 mg/day) for 8 weeks decreased the food addiction scores and serum levels of orexin-A but had no effects on body composition, anthropometric indices, appetite, eating behavior, dietary intake, physical activity level, mental health, and levels of oxytocin and neuropeptide Y [\[R\]](#).

Beta-caryophyllene acts on cannabinoid receptors in the brain, which can help regulate appetite and reduce anxiety.

12



Art Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Participate in art therapy sessions, which can include activities such as painting, sculpting, or drawing, for 1-2 hours per week. These sessions can be done either in group settings guided by a trained art therapist or individually, depending on your comfort level and goals. It is beneficial to engage in this practice consistently for several months to observe the therapeutic benefits.

TYPICAL STARTING DOSE

1 hour

Description

Art therapy is a type of therapy that encourages free self-expression and reflection through [\[R\]](#):

- Painting
- Drawing
- Clay modeling

It may be combined with mindfulness. Mindfulness is the practice of being aware of the present moment without any judgment [\[R\]](#).

Art therapy is used to improve [\[R\]](#):

- Self-esteem
- Self-awareness
- Emotional resilience
- Social skills

How it helps

A randomized clinical trial of 30 adolescents with anorexia nervosa who had obsessive-compulsive features and responded poorly to family-based treatment found that combining this treatment with either cognitive remediation therapy or art therapy further improved cognitive inefficiencies. Art therapy was more effective [\[R\]](#).

13



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 randomized trial of 50 participants diagnosed with bulimia nervosa, 6 weeks of individual guided imagery therapy significantly reduced bingeing and purging episodes (74% reduction in binges and 73% in vomiting). The treatment also improved attitudes towards eating, dieting, and body weight, as well as psychological measures of aloneness and self-comforting [\[R\]](#).

14



MCT Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate 1 to 2 tablespoons of MCT oil into your daily diet by adding it to coffee, smoothies, or salad dressings. Start with a lower dose to assess tolerance before gradually increasing to the full dosage. Use daily for ongoing benefits.

Description

MCT oil is a type of dietary fat known for its rapid absorption and potential to provide quick energy. It is often used in ketogenic diets and may support weight management and cognitive function.

How it helps

MCT oil provides a direct source of fat that can be easily absorbed and used by the body, which is beneficial when a person is not consuming enough nutrients due to an eating disorder. It may help to maintain a healthy weight and supply essential energy for daily function.

In a study of 30 anorexia nervosa patients, those receiving high MCT (>6 g/day) nutritional supplements had significantly higher ghrelin activation and increased NPY levels compared to the low MCT (<1 g/day) group. This suggests that MCT supplementation may be beneficial for emaciated AN patients [\[R\]](#).

15



Hatha Yoga

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice Hatha Yoga for 60 minutes at least twice a week. Choose a quiet, comfortable space and consider guided sessions for beginners or those unfamiliar with the poses. Consistency over a period of months to years is beneficial for appreciating its full effects.

TYPICAL STARTING DOSE

1 hour

Description

Hatha yoga is a gentle and accessible form of yoga that combines physical postures, breathing exercises, and meditation. Practicing hatha yoga regularly can promote flexibility, stress reduction, and overall physical and mental well-being.

How it helps

Practicing Hatha Yoga enables individuals with eating disorders to reconnect with their bodies, thus emphasizing a sense of control and acceptance. It can help reduce feelings of stress, depression, and anxiety, which are often triggers for disordered eating behaviors.

In a study of females prone to emotional eating under stress, those who participated in an 8-week Bikram yoga program showed significant increases in distress tolerance (DT) and reduced emotional eating compared to a waitlist control group. Cohen's d effect sizes were 0.82 for DT and 0.92 for reduced emotional eating [\[R\]](#).

16



Family Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Attend family therapy sessions together with your family members once a week for a duration of at least 3 to 6 months, depending on the progress and advice from the therapist.

Description

Family therapy is a treatment method where therapists work with family members to address issues affecting the mental health of the family unit. It's like gathering all family members in one room to talk, solve problems, and strengthen relationships. It's key for overall health because it addresses the environment in which individuals grow, helping to improve communication, resolve conflicts, and promote better understanding among family members.

How it helps

Family therapy for eating disorders helps correct disturbed eating patterns by focusing on interpersonal relationships and dynamics. It enables the patient and family to understand and change behaviors that fuel the eating disorder.

17



Mindful Eating

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Allocate at least 20-30 minutes for each meal, taking small bites and chewing each bite around 20-30 times before swallowing. This practice should be maintained consistently at every meal to enhance digestion and control portion sizes.

Description

Chewing slowly and thoroughly can aid in digestion and promote a sense of fullness, potentially assisting with portion control and weight management. It can also enhance nutrient absorption by breaking down food more effectively in the mouth.

How it helps

This practice encourages mindfulness which can help recognize hunger and fullness cues, reducing the likelihood of overeating or bingeing.

18



Mindfulness

IMPACT

0 / 5

EVIDENCE

0 / 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 involves practicing focused attention on the present moment, which can help individuals with eating disorders by breaking their patterns of negative thoughts and emotions that often lead to disordered eating. It teaches healthier coping mechanisms and better perception of body signals like hunger and fullness.

19



Regular Sleep Schedule

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

Description

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

How it helps

Maintaining a regular sleep schedule can support overall health and well-being, which is beneficial for managing eating disorders.

20



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, structured physical activity can be part of a balanced lifestyle approach to recovery from an eating disorder, focusing on health rather than weight loss.

21



Dissonance-Based Programs

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in a dissonance-based program, such as those for body dissatisfaction, by attending weekly group sessions of about one hour each for a total of 3 to 6 weeks, depending on the specific program. These sessions typically involve group discussions, exercises that critique the thin ideal, and strategies for promoting body acceptance.

TYPICAL STARTING DOSE

1 hour

Description

Dissonance-based programs are psychotherapy approaches aimed at reducing body dissatisfaction and promoting healthier body image. They can be effective in addressing and preventing eating disorders and promoting mental well-being.

How it helps

Dissonance-based programs prompt individuals with eating disorders to challenge thin-ideal stereotypes, reducing their desire to slim down. Over time, this helps reshape how they perceive their own bodies and reduces unhealthy eating behaviors.

22



Psychodynamic Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Schedule and attend weekly sessions with a trained psychodynamic therapist for a minimum duration of 6 months to several years, depending on individual needs and progress.

Description

Psychodynamic therapy is a form of psychotherapy that focuses on exploring unconscious thoughts and emotions to gain insight into a person's psychological issues and improve mental well-being.

Psychodynamic therapy is **a form of psychotherapy or talk therapy**. It focuses on conscious and subconscious feelings from past experiences and how they affect the patient [\[R\]](#).

Psychodynamic therapy can boost your mood and help build a more resilient personality [\[R\]](#).

How it helps

Psychodynamic therapy explores unconscious conflicts and emotions, helping you understand the root cause of your eating disorder. It can support long-term recovery by teaching you how healthy relationships and positive self-image can replace unhealthy eating habits.

23

Mindfulness-Based Cognitive Therapy (MBCT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in an 8-week course of Mindfulness-Based Cognitive Therapy (MBCT), which typically includes weekly group sessions (each lasting about 2 hours), daily homework practices (about 1 hour per day), and one all-day session after the fifth week. Sessions are led by trained instructors and focus on mindfulness meditation practices and cognitive behavioral exercises.

TYPICAL STARTING DOSE

2 hours

Description

Mindfulness-Based Cognitive Therapy (MBCT) is a therapeutic approach that combines mindfulness practices with cognitive-behavioral techniques to help individuals manage and prevent recurring episodes of depression and anxiety.

How it helps

MBCT combines cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness, which can help manage thoughts and feelings related to food and body image.

24



Interpersonal Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in weekly 50-minute sessions with a certified therapist trained in interpersonal therapy for a duration of 12-16 weeks. During these sessions, focus on improving your interpersonal relationships and communication skills to address specific issues such as unresolved grief, role transitions, interpersonal disputes, or social deficits.

TYPICAL STARTING DOSE

50 minutes

Description

Interpersonal therapy is a form of psychotherapy or talk therapy. It helps analyze the life events that may contribute to the depressive state. Interpersonal therapy aims to improve communication and personal relationships.

Interpersonal therapy is a form of psychotherapy or talk therapy. It helps analyze the life events that may contribute to the depressive state. Interpersonal therapy aims to improve communication and personal relationships [\[R\]](#), [\[R\]](#).

Interpersonal therapy is used to approach several conditions, including [\[R\]](#):

- Depression
- Anxiety disorders
- Eating disorders
- PTSD

How it helps

This therapy can address interpersonal issues that might be contributing to the eating disorder, like conflicts or poor social functioning.

25



Mindfulness-Based Stress Reduction (MBSR)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Enroll in an 8-week MBSR course, which includes a weekly 2.5-hour class, one all-day class after the sixth week, and 45 minutes of daily home practice guided by assignments and instructional recordings.

TYPICAL STARTING DOSE

2 hours

Description

Mindfulness-Based Stress Reduction (MBSR) is a structured program that teaches mindfulness techniques to reduce stress and improve overall mental and emotional health. MBSR has been shown to help individuals cope with chronic pain, anxiety, and other stress-related conditions.

How it helps

MBSR can help reduce stress and anxiety, which can be triggers for disordered eating behaviors.

26



Self-Help

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate activities such as journaling, mindfulness meditation, or exercise into your daily routine, dedicating at least 30 minutes each day to any self-help activity of your choice. Consistency is key for this recommendation, so aim to follow this routine daily for an extended period, ideally making it a permanent part of your lifestyle.

TYPICAL STARTING DOSE

30 minutes

Description

Self-help refers to personal development techniques and strategies aimed at improving mental, emotional, or physical well-being. It encompasses a wide range of practices and resources for self-improvement.

How it helps

Self-help strategies, such as cognitive-behavioral techniques, help to instill healthier eating habits and positive body image, crucial in recovering from eating disorders. They aid in managing and challenging distorted thoughts about body weight and shape, reducing harmful eating patterns.

27



Behavioral Sleep Extension

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To implement behavioral sleep extension, aim to increase your total sleep time by going to bed 15 to 30 minutes earlier than your usual bedtime, or by allowing yourself to sleep later in the morning. Gradually increase this time as needed to reach a target of 7 to 9 hours of sleep per night, consistently, including on weekends. Adjust your daily schedule to accommodate this change, making sleep a priority.

Description

Behavioral sleep extension involves adopting healthier sleep habits to extend the duration and improve the quality of sleep. It can lead to improved cognitive function, mood, and overall well-being by addressing sleep deficiency.

How it helps

Improving sleep patterns can enhance overall well-being and help in reducing stress, which may indirectly support the treatment of eating disorders.

28



Chromium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 200 mcg chromium supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

200 mcg

Description

Chromium is a trace mineral that plays a role in insulin sensitivity and glucose metabolism. Adequate chromium intake through diet or supplements may help support blood sugar control and overall metabolic health.

[Chromium](#) (Cr) is a trace element. It helps regulate carb, fat, and protein breakdown [\[R\]](#).

Women need 20-25 micrograms (mcg) of chromium per day, while men need 30-35 mcg [\[R\]](#).

It’s easy to get chromium from your diet. Good sources include [\[R\]](#):

- Grape and orange juice
- Ham
- Beef
- Lettuce

You can also get chromium from supplements [\[R\]](#).

How it helps

Chromium aids the body in regulating blood sugar levels, which can curb cravings and reduce binge eating tendencies in individuals with eating disorders. In some cases, it may also help improve mood and anxiety that's often present in these conditions.

29



Acceptance and Commitment Therapy (ACT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

Description

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

How it helps

ACT is a form of psychotherapy that helps patients accept their thoughts and feelings rather than fighting or feeling guilty for them. This can support individuals with eating disorders in handling distressing thoughts and emotions more effectively.

30



Mindfulness Meditation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

TYPICAL STARTING DOSE
30 minutes

Description

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

How it helps

Mindfulness can help patients with eating disorders to become more aware of their eating habits and the emotions associated with eating, which can promote recovery.

31



Cognitive-Behavioral Therapy (CBT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Schedule weekly sessions with a certified cognitive-behavioral therapist for a period of 5 to 20 weeks. Engage actively in exercises assigned by your therapist both during sessions and as homework to apply CBT strategies to daily life.

Description

Cognitive-behavioral therapy (CBT) is a psychotherapeutic approach that has been effective in treating various mental health conditions by helping individuals identify and change negative thought patterns and behaviors. It is widely used for conditions like depression, anxiety, and phobias.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences [\[R\]](#).

Talk therapy is a great way to improve many conditions, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Substance use disorder
- Bipolar disorder

Cognitive-behavioral therapy (CBT) is a type of talk therapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

Cognitive-Behavioral Therapy (CBT) can provide useful tools for those living with Eating Disorders by teaching them how to change negative thought patterns that lead to unhealthy eating habits. It also helps them develop a healthier relationship with food, aiding in recovery.

Next Steps

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

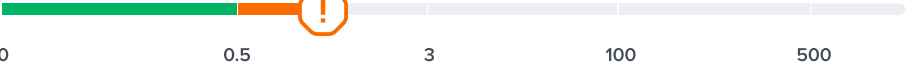
Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

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.

	ALT	26 IU/L		9 Nov 2025
	Protein, Total	7.4 g/dL		9 Nov 2025
	Phosphorus	2 mg/dL		9 Nov 2025
	RDW	13.8 %		9 Nov 2025
	Zinc	17.12 umol/L		9 Nov 2025
	Ferritin	102.2 ng/mL		9 Nov 2025
	Calcium, Ionized	1.1 mmol/L		9 Nov 2025
	Vitamin B12	687 pg/mL		9 Nov 2025
	BUN/Creatinine Ratio	13 x100%		9 Nov 2025

	Vitamin D, 25-Hydroxy, Total	58.59 ng/mL		9 Nov 2025
	RBC	6.05 x10^6/mm3		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
	Creatinine	1.08 mg/dL		9 Nov 2025
	Estradiol	101.46 pg/mL		9 Nov 2025
	Creatine Kinase	173 IU/L		9 Nov 2025
	Insulin, Fasting	9.08 uU/mL		9 Nov 2025
	Potassium, Serum	5.2 mmol/L		9 Nov 2025
	hs-CRP	1.6 mg/L		9 Nov 2025
	Calcium	9.2 mg/dL		9 Nov 2025
	Iron	228 mcg/dL		9 Nov 2025