

Eye Inflammation

DNA Health Report

REPORT CATEGORIES —



INFLAMMATION &
AUTOIMMUNITY



EYE 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

Uveitis is an inflammatory condition that involves the uvea, the middle layer of the eye that consists of the iris, ciliary body, and choroid. This inflammation can lead to redness, pain, light sensitivity, blurred vision, and floaters.

Being an immune response, uveitis can be triggered by a variety of factors including infections, injury, or autoimmune disorders. Without prompt treatment, it may result in permanent vision damage.

Management

The management of uveitis involves addressing both the inflammation and the underlying cause if identified. Typical treatments include corticosteroids to reduce the inflammation and drugs that manage the immune system's response.

Careful monitoring by an ophthalmologist is critical to prevent complications such as glaucoma, cataracts, and macular edema, all of which could lead to loss of vision.



MORE LIKELY

More likely to have uveitis based on 3,409 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
EYS	rs665873	AA
IL23R	rs79755370	CC
ERAP1	rs2032890	AA
B3GNT2	rs4672507	TT
IL10	rs17351243	AA
INAVA	rs12132349	TA
IL18R1	rs10197284	GA
IL6R	rs6690230	GG

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	Echinacea	240 mg	2	Turmeric	
3	Maintain Optimal Vitamin D Levels	1000 iu	4	Green Tea Extract	250 mg
5	Omega-3 (Fish Oil)	2000 mg	6	Sleep for 7+ Hours	
7	Reduce Artificial Light at Night		8	Topical Curcumin	
9	Anti-Inflammatory Diet		10	Yoga	30 minutes
11	Ginger	500 mg	12	Curcumin	500 mg
13	Zinc	15 mg	14	Acupuncture	1 hour
15	Stress Management Therapy	1 hour	16	Avoid Excess Sunlight Exposure	
17	Vitamin D and Calcium		18	Autoimmune Protocol (AIP) Diet	

1



Echinacea

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take an echinacea supplement of 240 mg to 480 mg per day, divided into 2 to 3 doses, for up to 8 weeks to support immune function. It is available in various forms such as capsules, tinctures, or teas.

TYPICAL STARTING DOSE
240 mg

Description

Echinacea is an herbal remedy believed to boost the immune system and reduce the severity and duration of colds and respiratory infections. Some studies suggest that it may have immune-stimulating properties, but the evidence is mixed, and its effectiveness varies among individuals.

[Echinacea](#) (*Echinacea angustifolia*), also known as purple coneflower, is a herb traditionally used for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Common cold and flu
- Anxiety
- Infections

How it helps

In a non-placebo-controlled trial of 51 patients with low-grade, steroid-dependent, autoimmune uveitis, supplementation with echinacea (150 mg, 2x/day) sped up healing and decreased the need for steroids [\[R\]](#).

2



Turmeric

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Incorporate 500-1000 mg of turmeric into your daily diet, either by adding ground turmeric spice to your food, such as in curries, soups, and smoothies, or by taking a dietary turmeric supplement. This should be done daily for at least 8 weeks to observe potential health benefits.

Description

Turmeric is a bright yellow spice derived from the root of the *Curcuma longa* plant. It contains curcumin, a potent antioxidant and anti-inflammatory compound. Turmeric is used for various health conditions, including reducing inflammation, alleviating joint pain, and supporting digestive health.

How it helps

In a non-placebo-controlled trial of 32 patients with chronic anterior uveitis, supplementation with curcumin (375 mg, 3x/day) for 12 weeks improved the condition and reduced recurrence [\[R\]](#).

Curcumin may help through its anti-inflammatory properties.

3



Maintain Optimal Vitamin D Levels

IMPACT

1 / 5

EVIDENCE

1 / 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

A review showed a compelling link between low vitamin D levels and different types of uveitis, including *HLA-B27*-associated acute anterior uveitis and others. Specific polymorphisms in vitamin D-related genes also correlate with the occurrence of uveitis in certain autoimmune conditions [\[R\]](#).

Observational studies have found significantly lower serum vitamin D levels in patients with acute and non-infectious anterior uveitis compared to healthy controls [\[R\]](#), [\[R\]](#).

4



Green Tea Extract

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a green tea extract supplement containing 250-500 mg of EGCG (the active compound in green tea) daily, preferably with a meal to enhance absorption. This dosage is typically split into two separate doses, taken in the morning and later in the day. Continue this regimen for at least three months to observe potential health benefits.

TYPICAL STARTING DOSE

250 mg

Description

Green tea extract is a concentrated form of the beneficial compounds found in green tea, such as catechins. It is used in dietary supplements for its potential to enhance metabolism, aid in weight management, and provide antioxidant protection.

[Green tea](#) is made from the same plant as black tea (*Camellia sinensis*). However, the leaves and buds are processed differently [\[R\]](#).

Green tea contains **catechins**. These are antioxidants that help prevent [oxidative stress](#) [\[R\]](#).

EGCG is the main catechin found in green tea. It may help reduce inflammation and support weight loss [\[R\]](#).

How it helps

Green tea extract is rich in antioxidants, particularly catechins, which may protect the eyes by reducing inflammation and potentially inhibiting the damage to the eye tissues in uveitis.

5



Omega-3 (Fish Oil)

IMPACT0 / 5

EVIDENCE0 / 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

Omega-3 fatty acids have anti-inflammatory properties which can help in reducing inflammation associated with uveitis.

6



Sleep for 7+ Hours

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

Description

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

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

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

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

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

How it helps

Adequate sleep is essential for immune system function and reducing inflammation in the body. Better sleep can help manage the inflammatory processes that contribute to uveitis.

7



Reduce Artificial Light at Night

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Starting at least two hours before your usual bedtime, avoid using electronic devices such as smartphones, tablets, and computers. Also, consider using dim red lights for night lights, as red light has the least power to shift circadian rhythm and suppress melatonin. Try to make your sleeping environment as dark as possible by using blackout curtains or a sleep mask.

Description

Reducing artificial light exposure at night involves minimizing exposure to artificial lighting sources, which can disrupt circadian rhythms and sleep patterns. Doing so supports better sleep quality and overall well-being.

[Sunlight](#) or bright light during the day can benefit your body and mind. It may improve your mood, performance, and sleep quality [\[R, R, R\]](#).

However, **exposure to artificial light at night**, for example through the use of phones, tablets, and computers may be harmful [\[R, R, R\]](#).

It may reduce [melatonin](#) production and throw off your [circadian rhythm](#). People with high exposure to artificial light at night like night-shift workers may have an increased risk of [\[R, R, R\]](#):

- Mood disorders (e.g., depression)
- Sleep problems
- Obesity
- Diabetes
- Cancer

How it helps

Reducing exposure to artificial light at night can improve sleep quality and reduce stress, both of which are important for managing inflammation associated with uveitis.

8



Topical Curcumin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a cream or gel containing curcumin directly to the affected area of the skin. This should be done 2-3 times daily. It's best to continue this application for as long as the condition persists or according to the product's specific instructions.

Description

Curcumin is a compound found in turmeric, a plant-derived topical application used for its anti-inflammatory and antioxidant properties. It is applied to the skin to reduce inflammation and soothe conditions like arthritis and skin irritations.

[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]:

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

How it helps

Curcumin, the active compound in turmeric, has potent anti-inflammatory and antioxidant properties. It may help in reducing the inflammation associated with uveitis when applied topically.

9



Anti-Inflammatory Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in omega-3 fatty acids, such as salmon and flaxseeds, fruits, vegetables, nuts, and whole grains into your daily meals. Avoid processed foods, red meats, and refined sugars. Aim for a balanced diet consisting mostly of plant-based foods and lean protein sources, adjusting portions sizes to meet your individual nutritional needs and health goals.

Description

An anti-inflammatory diet focuses on reducing inflammation in the body by emphasizing foods rich in anti-inflammatory compounds, such as fruits, vegetables, fatty fish, nuts, and seeds, while minimizing processed foods and those high in added sugars and trans fats.

Anti-inflammatory diets use healthy foods to reduce inflammation. These diets are generally high in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Colorful fruits and vegetables
- Nuts and seeds
- Fish
- Olive oil
- Tea

They also tend to restrict [\[R\]](#), [\[R\]](#):

- Processed food
- Sugar and refined carbs
- Red meat

The [Mediterranean diet](#) and the DASH diet are good examples of anti-inflammatory diets [\[R\]](#), [\[R\]](#).

How it helps

An anti-inflammatory diet focuses on foods that reduce inflammation, which can help manage uveitis. This diet includes fruits, vegetables, whole grains, and healthy fats, which have been shown to reduce inflammatory markers in the body.

10



Yoga

IMPACT

0 / 5

EVIDENCE

0 / 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

Yoga can help reduce stress and improve overall wellness, which may assist in managing uveitis symptoms. The calming effects and inflammation reduction through yoga practice can be beneficial.

11



Ginger

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 500 mg ginger supplement daily, preferably with a meal to enhance absorption and minimize potential stomach discomfort.

TYPICAL STARTING DOSE
500 mg

Description

Ginger is a versatile spice known for its potential anti-inflammatory and digestive benefits. It may help alleviate nausea, reduce muscle soreness, and support gastrointestinal comfort when consumed as part of a balanced diet.

[Ginger root](#) is a cooking spice and a traditional remedy. People mostly use it to relieve [\[R\]](#):

- Nausea
- Menstrual cramps
- Joint pain

How it helps

Ginger contains anti-inflammatory properties which can help reduce inflammation associated with uveitis. Its components like gingerol may help in suppressing the production of inflammatory compounds in the eye.

12



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 is a compound found in turmeric. Research shows it has anti-inflammatory properties that can help reduce inflammation in the eye, which is a key factor in uveitis. Curcumin also has antioxidant effects that may protect eye tissues from damage.

13



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 supports the immune system and has anti-inflammatory effects. It can help reduce the severity of uveitis by modulating immune responses.

14



Acupuncture

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

TYPICAL STARTING DOSE

1 hour

Description

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

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

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

How it helps

Acupuncture might help in managing uveitis by reducing inflammation and relieving pain. It involves inserting thin needles into specific points on the body, which is believed to stimulate the nervous system and release natural painkillers.

15



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 is important as stress can exacerbate inflammation, including in the eyes, potentially worsening uveitis. Techniques to reduce stress can help to lower overall inflammation.

16



Avoid Excess Sunlight Exposure

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Limit direct sun exposure to early morning or late afternoon hours, ideally before 10 a.m. or after 4 p.m., when UV rays are less intense. Wear protective clothing, such as long-sleeved shirts, pants, and wide-brimmed hats, along with sunglasses that block UVA and UVB rays. Apply a broad-spectrum sunscreen with at least SPF 30 to all exposed skin, reapplying every two hours or immediately after swimming or sweating.

Description

Avoiding excessive sunlight exposure and practicing sun safety measures, such as wearing sunscreen and protective clothing, helps reduce the risk of skin damage, including sunburn and skin cancer. It supports long-term skin health and minimizes the harmful effects of UV radiation.

[Sunlight](#) or bright light during the day can benefit your body and mind. It may [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Boost your mood
- Boost your performance and energy
- Improve sleep quality

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 [\[R\]](#), [\[R\]](#).

However, **excessive sun exposure may lead to sunburn, skin aging, and skin cancer**, so make sure to find the right balance [\[R\]](#), [\[R\]](#).

How it helps

For individuals with uveitis, minimizing exposure to bright sunlight can reduce eye discomfort and prevent further irritation. Wearing sunglasses that block UV light is helpful in protecting sensitive eyes from harsh conditions that might aggravate uveitis.

17



Vitamin D and Calcium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 600 IU of vitamin D and 1000 mg of calcium daily. For adults over 70 years, the vitamin D intake should be increased to 800 IU daily. These supplements can be taken together or separately, usually with a meal to enhance absorption, and it is advisable to continue this regimen as part of your daily routine indefinitely unless advised otherwise by a healthcare provider.

Description

Vitamin D plus calcium supplements typically combine vitamin D, often sourced from sunlight exposure or dietary sources, with calcium, primarily found in dairy products and leafy greens. This combination is used to promote bone health, reduce the risk of osteoporosis, and support overall musculoskeletal well-being.

How it helps

Vitamin D has anti-inflammatory properties. Some studies have shown that it can help reduce inflammation in uveitis and improve immune function.

18



Autoimmune Protocol (AIP) Diet

IMPACT

0 / 5

EVIDENCE

0 / 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

The Autoimmune Protocol Diet is designed to reduce inflammation and symptoms of autoimmune disorders by eliminating foods that are potential triggers. Since uveitis can be influenced by autoimmune responses, following the AIP Diet might help reduce the inflammation and immune response that contributes to uveitis symptoms.

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

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

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

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

