SelfDecode™

FAAH (Cannabinoids)

Gene Report

REPORT CATEGORY

MENTAL HEALTH

Sample Client

Report date: 15 January 2026

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Personal information

NAME

Sample Client

SEX AT BIRTH

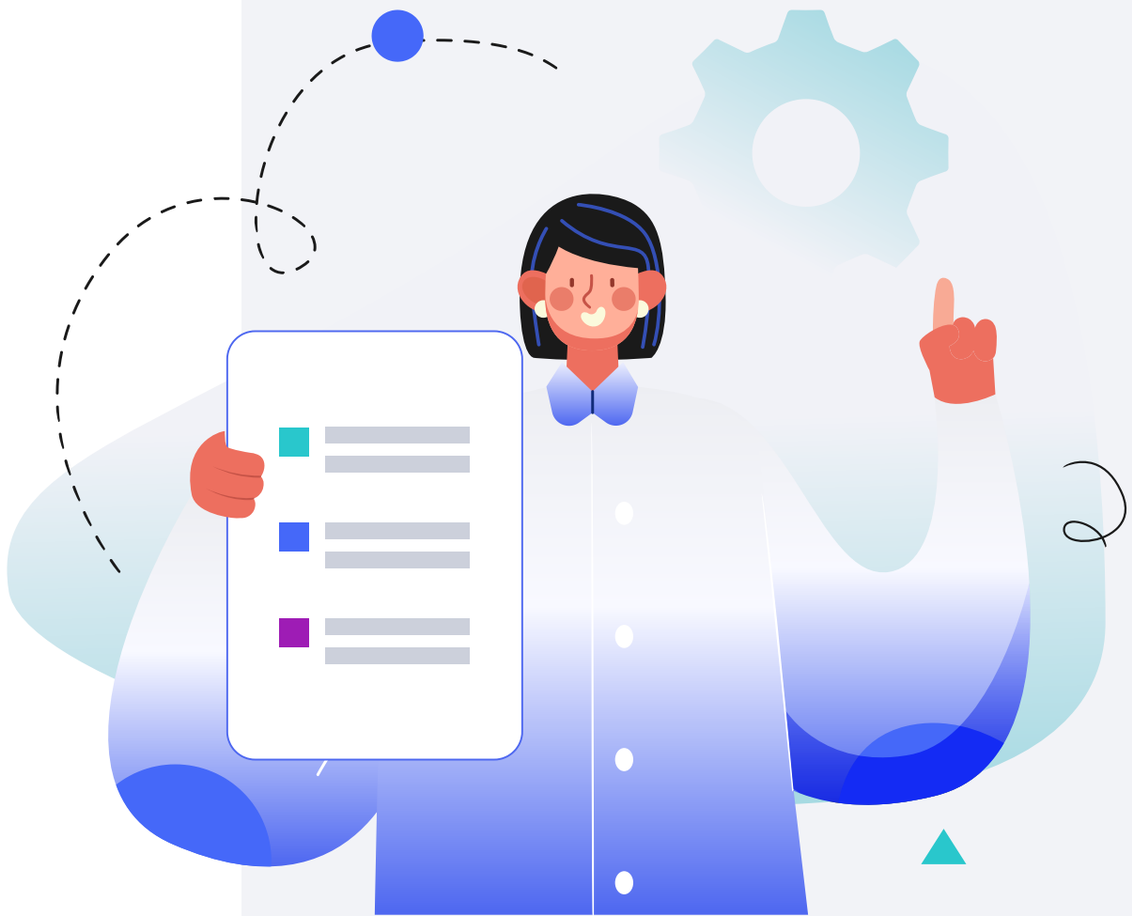
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

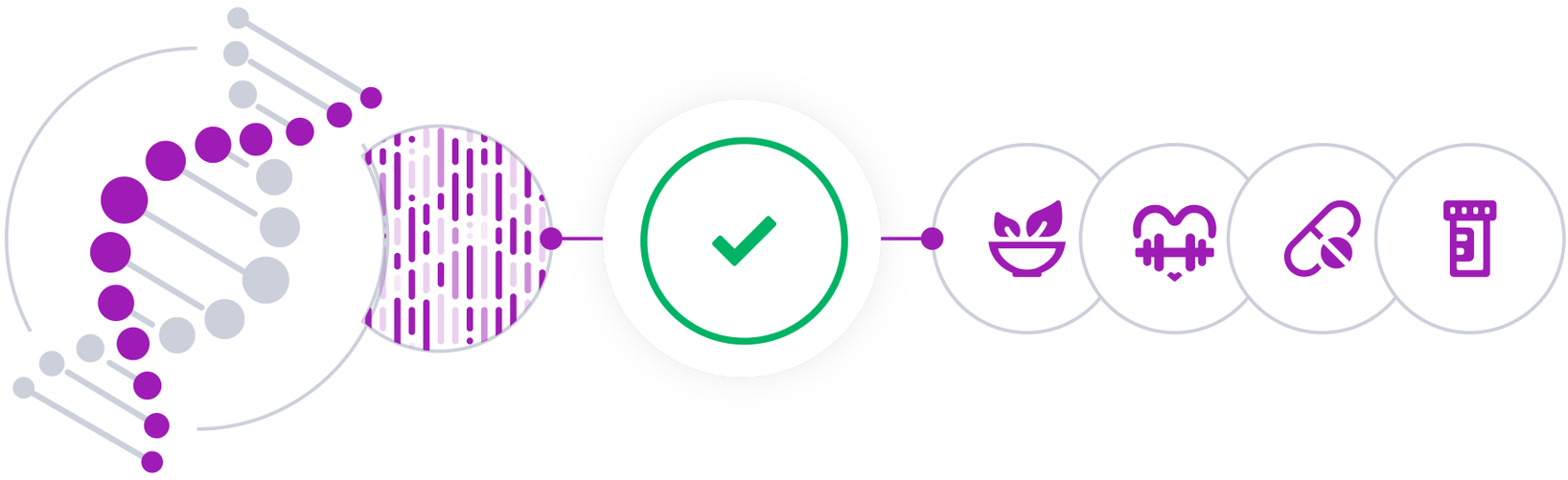


DISCLAIMER

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.

How this works

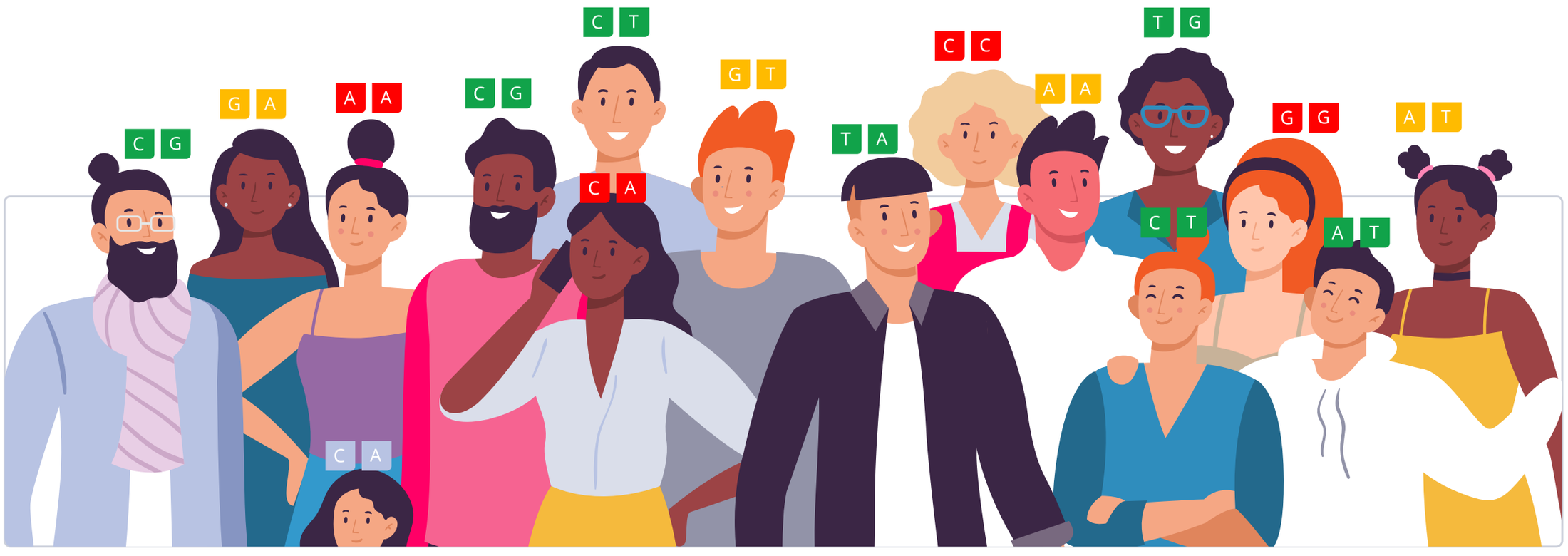
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

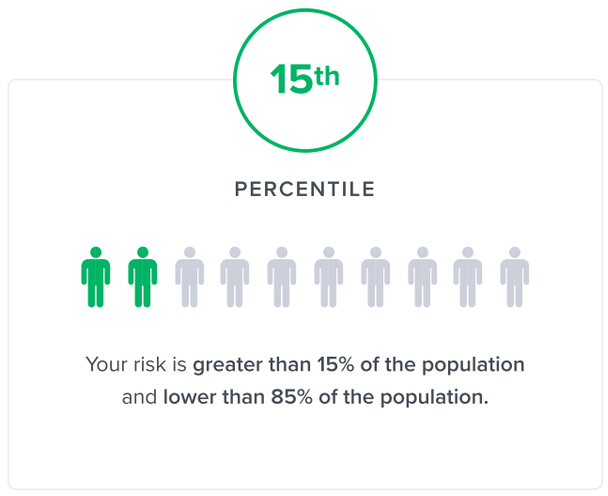
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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.

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

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



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, afew 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

The *FAAH* gene helps create an enzyme called fatty acid amide hydrolase (FAAH). The main function of the FAAH enzyme is to break down certain compounds in the body, including [R]:

- Certain endocannabinoids (compounds that activate the cannabinoid system)
- Several types of fatty acids
- Oleamide, a sleep-inducing compound

The cannabinoid system got its name from cannabis, since THC is closely related to the brain's endocannabinoid anandamide. By activating cannabinoid receptors, anandamide reduces stress and anxiety. In fact, its name comes from the Sanskrit word *'ananda*,' meaning 'bliss' [R, R].

The cannabinoid system is involved in several physiological processes, including [R]:

- Mood
- Stress response
- Pain perception
- Appetite regulation
- Sleep regulation

FAAH Genetics

One common variant of the *FAAH* gene, rs324420, is associated with reduced FAAH levels and activity. As a result, carriers of the minor 'A' allele have higher levels of endocannabinoids such as anandamide [R].

Carriers of this variant may have:

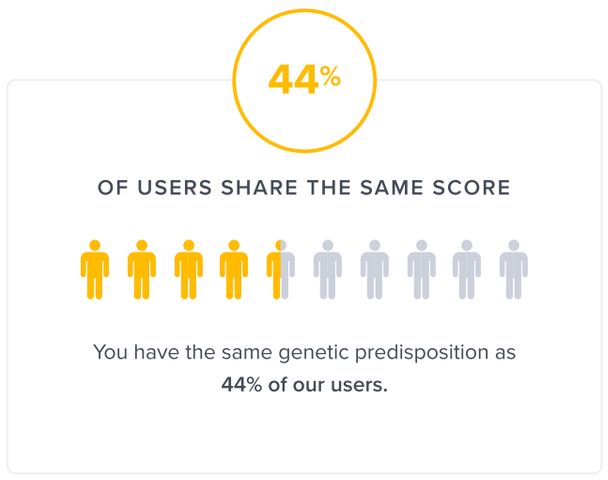
- Lower anxiety in response to stressful situations [R]
- Lower odds of PTSD [R]
- Decreased pain sensitivity [R]
- Better athletic performance [R, R]

However, this variant is also linked to an increased risk of:

- ARDS [R]
- Obesity (especially early-onset) [R, R]
- Antipsychotic-induced weight gain [R]
- Problematic drug and alcohol use [R, R, R, R]
- Generalized epilepsy [R]
- Heart attack [R]

LOWER ACTIVITY

Likely lower FAAH activity based on the genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
FAAH	rs324420	CA

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
1	CBD	10 mg
2	Relaxation Techniques	30 minutes
3	Mindfulness	30 minutes
4	Aerobic Exercise (Cardio)	1 hour
5	Exercise At Least One Hour a Day	1 hour
6	Applied Relaxation	30 minutes
7	Massage	30 minutes
8	Yoga	30 minutes

1

CBD

IMPACT 4 / 5

EVIDENCE 4 / 5

How to implement

Take a CBD supplement in a dosage ranging from 10 to 40 milligrams per day. Start with the lowest dose and gradually increase it based on your body's response. This can be taken orally in the form of capsules, edibles, or oil drops under the tongue. For ongoing issues, such as anxiety or chronic pain, it may be used daily, while for acute issues, it might be used as needed.

TYPICAL STARTING DOSE

10 mg

Description

CBD is a non-psychoactive compound found in cannabis plants and is used in various forms, including oils and creams. It may have potential benefits for pain relief, anxiety reduction, and overall relaxation, although more research is needed to fully understand its effects.

Cannabidiol (CBD) is a compound found in cannabis. Unlike its cousin THC, **CBD is not psychoactive and can't get you "high"** [R].

People use CBD to:

- Reduce anxiety [R, R]
- Relieve pain [R, R, R]
- Prevent seizures [R]
- Improve sleep [R]

How it helps

While CBD has little or no effect on behavior, mood, and anxiety in the absence of stress, moderate doses reduced anxiety in several trials of people exposed to stressful situations [R, R, R, R, R].

Other limited studies report that CBD may help with anxiety related to:

- Anxiety (especially social phobia) and sleep disorders [R, R, R]
- PTSD [R, R]
- Autism [R]
- Fragile X syndrome [R]
- THC use and withdrawal [R, R, R]
- Heroin addiction [R]

CBD has also been shown to reduce the psychotic symptoms of schizophrenia and make the gut less "leaky" in response to inflammation, possibly helping with IBD and other digestive issues [R, R, R].

CBD can inhibit FAAH, resulting in increased anandamide levels [R, R].

Please note: The legal status of CBD may vary depending on the country or state where you live. Consult this post to make sure you're not breaking any laws by using CBD products.

2

Relaxation Techniques

IMPACT 4 / 5

EVIDENCE 4 / 5

How to implement

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

TYPICAL STARTING DOSE

30 minutes

Description

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

We all get stressed from time to time.

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

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

People use relaxation techniques to improve conditions like [R, R, R]:

- Anxiety
- Depression
- Chronic pain

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

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

How it helps

Stress can enhance *FAAH* gene expression and enzyme activity [R, R]. Additionally, chronic stress inhibits main cannabinoid receptors (CB1), leading to lower cannabinoid function [R].

For this reason, people with higher FAAH activity have higher anxiety levels in response to stress [R].

Different relaxation techniques can reduce stress and help with anxiety:

- Mindfulness [R, R]
- Applied relaxation [R, R, R]
- Yoga [R, R, R, R]
- Massage [R, R]

3

Mindfulness

IMPACT 3 / 5

EVIDENCE 4 / 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

Stress can enhance *FAAH* gene expression and enzyme activity [R, R]. Additionally, chronic stress inhibits main cannabinoid receptors (CB1), leading to lower cannabinoid function [R].

For this reason, people with higher FAAH activity have higher anxiety levels in response to stress [R].

Mindfulness (1-4 sessions/week for 2-6 months) may improve anxiety by [R, R, R, R]:

- Improving emotional control
- Increasing self-compassion
- Reducing intrusive thoughts

4

Aerobic Exercise (Cardio)

IMPACT 3 / 5

EVIDENCE 4 / 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

Health authorities emphasize the beneficial effects of exercise on anxiety [R, R, R].

People who exercise regularly are less prone to anxiety and other mood problems. Both cardio and resistance training seem to reduce anxiety [R, R, R].

Multiple meta-analyses concluded that exercise modestly helps reduce anxiety in people of all ages, both healthy and diagnosed with anxiety disorders such as generalized anxiety and panic disorder. Aerobic exercise may be most effective [R, R, R, R, R, R, R, R, R, R, R].

Exercise may relieve anxiety by improving [R]:

- Stress levels
- Self-esteem
- Energy and sleep quality
- Sex drive
- Weight and fitness

Interestingly, exercise may boost anandamide and stimulate the cannabinoid system [R, R].

5

Exercise At Least One Hour a Day

IMPACT 3 / 5

EVIDENCE 4 / 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

Health authorities emphasize the beneficial effects of exercise on anxiety [R, R, R].

People who exercise regularly are less prone to anxiety and other mood problems. Both cardio and resistance training seem to reduce anxiety [R, R, R].

You can even be physically active and practice relaxation techniques at the same time. A Chinese martial art called ***tai chi*** combines exercise and meditation. It may reduce stress and help with anxiety [R, R, R, R].

Exercise may relieve anxiety by improving [R]:

- Stress levels
- Self-esteem
- Energy and sleep quality
- Sex drive
- Weight and fitness

Interestingly, exercise may boost anandamide and stimulate the cannabinoid system [R, R].

6

Applied Relaxation

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Practice applied relaxation by dedicating 15-30 minutes each day to learning and practicing relaxation techniques, such as deep breathing, progressive muscle relaxation, or guided imagery. Consistency is key, so aim to incorporate these practices into your daily routine for an ongoing period to effectively manage stress and anxiety.

TYPICAL STARTING DOSE

30 minutes

Description

Applied relaxation is a stress management technique that involves systematically tensing and then relaxing muscle groups in the body to reduce tension and promote relaxation. It can be effective in reducing anxiety and stress-related symptoms.

How it helps

Stress can enhance *FAAH* gene expression and enzyme activity [R, R]. Additionally, chronic stress inhibits main cannabinoid receptors (CB1), leading to lower cannabinoid function [R].

For this reason, people with higher FAAH activity have higher anxiety levels in response to stress [R].

Applied relaxation techniques reduce general anxiety, excessive worry, and tension, as seen in 6 non-placebo-controlled trials of 409 people. The improvements may be maintained for up to one year after initial treatment [R, R, R, R, R, R].

Multiple non-placebo-controlled trials of over 400 people compared applied relaxation with cognitive-behavioral therapy for conditions such as generalized anxiety disorder and panic disorder and found both therapies similarly effective [R, R, R, R, R, R, R, R, R, R, R].

A meta-analysis of 27 studies concluded that different relaxation training techniques (including applied relaxation) are effective at reducing anxiety [R].

Applied relaxation may help by managing the physical responses to anxiety.

7

Massage

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Schedule a massage session, ideally with a licensed therapist, for 30-60 minutes, once a week. Choose a type of massage that suits your specific needs, such as Swedish for relaxation or deep tissue for muscle tension.

TYPICAL STARTING DOSE

30 minutes

Description

Massage therapy involves the manipulation of soft tissues to relax muscles, reduce stress, and alleviate pain. It can improve circulation, promote relaxation, and provide relief from various physical and mental health concerns.

If you've ever had a professional massage, then you probably know how much good it can do. Massages may help with [R, R, R]:

- Anxiety
- Pain
- Fatigue

Reflexology is a type of massage. It involves applying pressure to specific parts of your feet or hands. In theory, by pressing on these areas, you can relieve tension from other parts of the body [R].

Acupressure is a similar technique, in which pressure points are used to help with stress and pain [R, R].

How it helps

Stress can enhance *FAAH* gene expression and enzyme activity [R, R]. Additionally, chronic stress inhibits main cannabinoid receptors (CB1), leading to lower cannabinoid function [R].

For this reason, people with higher FAAH activity have higher anxiety levels in response to stress [R].

Massage (20-30 min sessions twice a week) may improve anxiety and relax your body and mind through pleasant physical touch [R, R, R, R, R, R, R].

Massage may help by lowering the levels of norepinephrine and ACTH, which are stress-promoting hormones [R].

8

Yoga

IMPACT 2 / 5

EVIDENCE 4 / 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

Stress can enhance *FAAH* gene expression and enzyme activity [R, R]. Additionally, chronic stress inhibits main cannabinoid receptors (CB1), leading to lower cannabinoid function [R].

For this reason, people with higher FAAH activity have higher anxiety levels in response to stress [R].

Yoga (1-7 sessions/week for at least 2 weeks) may improve anxiety by increasing BDNF, a crucial brain chemical [R, R, R].