

Flatulence (Gas)

DNA Health Report

REPORT CATEGORY —



GUT 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

Intestinal gas or trapped gas is a common occurrence when the body digests food. Flatulence is the process of expelling this gas through the rectum, more commonly known as farting.

Though it can be embarrassing, it is usually harmless. Intestinal gas is made up of mostly carbon dioxide, hydrogen, and methane.

Besides flatulence, intestinal gas can cause the following symptoms [\[R\]](#):

- Belching
- Abdominal bloating
- Discomfort or pain
- Rumbling

Contributing Factors

Flatulence is the process of expelling intestinal gas through the rectum, more commonly known as farting.

There are a number of things that can cause flatulence, including [\[R\]](#):

- Eating certain foods like beans, broccoli, cabbage, and onions
- Chewing gum, which can increase the amount of swallowed air
- Drinking carbonated beverages
- Having lactose intolerance or other food sensitivities
- Having a gut disorders like IBS or food intolerance

Flatulence is more common in adults and in men [\[R\]](#).

The following may help reduce flatulence [\[R\]](#):

- Avoiding foods known to cause flatulence
- Chewing food thoroughly
- Avoiding carbonated beverages
- OTC gas-reducing medications and supplements
- Addressing medical conditions

If you have concerns about the amount or cause of intestinal gas, talk to your healthcare professional.



MORE LIKELY

More likely to have flatulence based on 775,632 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
NSUN6	rs141100641	GA
WDR37	rs201006450	TT
/	rs12242510	TT
FAM171A1	rs138125072	TT
GTPBP4	rs143878742	TT
GTPBP4	rs552719354	GG
LARP4B	rs190038118	GG
/	rs192623360	CC
PRKCQ	rs17156356	GG
KIAA1217	rs147375660	TT
APBB1IP	rs17815108	CC
GTPBP4	rs184771055	CC
/	rs370926748	GG
PFKP	rs559503906	GG
CELF2	rs144660889	GG
CAMK1D	rs555448981	AA
FAM107B	rs140967718	CC
PIP4K2A	rs530904842	TT
KLF6	rs543494212	GG
/	rs188892049	AA
WDR37	rs186720474	GG
PFKP	rs539807663	GG
MYO3A	rs11014670	GG
ID11	rs370234733	TT

GENE	SNP	GENOTYPE
NSUN6	rs182203275	AA
MLLT10	rs181729711	AA
PFKP	rs565546654	GG
SVIL	rs118089431	CC
MYO3A	rs10828937	AA
ADARB2	rs77306508	AA
NSUN6	rs77728096	TT
MYO3A	rs563886464	AA
NEBL	rs182011742	GG
GATA3	rs17143403	GG
PTER	rs138238948	GG
FBH1	rs12246606	GG
PFKP	rs76705177	GG
UPF2	rs144877016	GG
GATA3	rs79528041	TT
GATA3	rs74650638	GG
UPF2	rs571930960	CC
BAMBI	rs188063739	CC
PFKP	rs7070002	CC
NSUN6	rs116878364	CC
MALRD1	rs75856818	AA
MALRD1	rs77713489	TT
OPTN	rs79121055	TT
MALRD1	rs188294543	AA
PRPF18	rs12220538	TT
NSUN6	rs117028789	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	Paleo Diet	2	Low-FODMAP Diet		
3	Probiotics	10 billion	4	Good Eating Habits	
5	Prebiotics	125 mg	6	Partially Hydrolyzed Guar Gum	5 g
7	Practice Exercise Snacks	1 minutesute	8	Streptococcus Thermophilus	10 billion CFU
9	Aerobic Exercise (Cardio)	1 hour	10	Bifidobacterium Longum	10 billion CFU
11	Lactobacillus Acidophilus	10 billion CFU	12	Lactobacillus Bulgaricus	10 billion CFU
13	Saccharomyces Boulardii	10 billion CFU	14	Galacto-oligosaccharides (GOS)	3 g
15	Exercise At Least One Hour a Day	1 hour	16	Plum Fiber	
17	Chewing		18	Lactobacillus Plantarum	10 billion CFU
19	Bifidobacterium Bifidum	10 billion CFU	20	Maintain Optimal Vitamin D Levels	1000 iu
21	B. Lactis Bi-07 and L. Acidophilus NCFM	10 billion CFU	22	Bacillus Subtilis	
23	Lactobacillus Gasseri	10 billion CFU	24	Bacillus Coagulans	
25	Aloe Vera	50 mg	26	Bacillus Coagulans MTCC5856	
27	Meditation	30 minutes	28	Lactobacillus Paracasei	10 billion CFU
29	Bifidobacterium Animalis Subsp. Lactis	10 billion CFU	30	Hypnosis	20 minutes
31	Peppermint Oil	180 mg	32	Activated Charcoal	500 mg

33	Papaya	500 mg	34	Lactobacillus Casei	10 billion CFU
35	Lactobacillus Rhamnosus	10 billion CFU	36	Bifidobacterium Lactis Bi-07	10 billion CFU
37	Apply Heat	15 minutes	38	Avoid Spicy Food	
39	Avoid Large Meals		40	Probiotic Yogurt	
41	Psyllium	5 g	42	Acacia Fiber	5 g
43	Lactobacillus Acidophilus NCFM	10 billion CFU	44	Peppermint	
45	Ginger	500 mg	46	Avoid Sugary Foods & Drinks	
47	Limit Dairy Intake		48	Avoid Carbonated Beverages	
49	Mindful Eating				

1



Paleo Diet

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Adopt a diet that includes lean meats, fish, fruits, vegetables, nuts, and seeds, resembling the diet of our hunter-gatherer ancestors. Exclude all dairy products, legumes, grains, added sugar, and processed foods. This should be a consistent dietary approach, not a short-term diet, to observe its benefits on health and well-being.

Description

The paleo diet, also known as the caveman diet, emphasizes whole foods such as lean meats, fish, fruits, vegetables, nuts, and seeds while excluding processed foods, grains, and dairy. It is believed to support weight management and reduce the risk of chronic diseases by focusing on foods more in line with our ancestors' diets.

How it helps

The Paleo Diet focuses on whole, unprocessed foods which could improve gut health and reduce flatulence. Also, it eliminates common gas-causing foods like beans, lentils, and certain vegetables.

2



Low-FODMAP Diet

IMPACT4 / 5

EVIDENCE4 / 5

How to implement

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

Description

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

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

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

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

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

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

How it helps

The Low-FODMAP Diet reduces intake of certain carbohydrates that can produce gas when they are fermented by gut bacteria, often resulting in flatulence. Thus, by limiting these foods, it can help regulate gas production and alleviate symptoms.

3



Probiotics

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

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

TYPICAL STARTING DOSE

10 billion

Description

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

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

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

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

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

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

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

How it helps

Probiotics maintain a healthy balance of good bacteria in your gut, helping digest food efficiently and reducing gas build-up. Regular intake can help curb flatulence by improving your gut health and digestion.

4



Good Eating Habits

IMPACT4 / 5

EVIDENCE3 / 5

How to implement

Incorporate a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats into your meals daily. Aim to eat at regular intervals, ideally three meals and one to two healthy snacks per day, to maintain energy levels and avoid overeating. Reduce consumption of processed foods, sugary snacks, and beverages.

Description

Practicing good eating habits, such as balanced and portion-controlled meals, can help maintain a healthy weight, support proper nutrition, and reduce the risk of chronic diseases.

Eating habits involve the how, what, when, and where of your diet. Some eating habits can be good for your health, but others... not so much.

Good eating habits include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Planning and preparing most of your meals
- Eating mindfully and slowly
- Only eating when hungry
- Not skipping meals

Developing good eating habits takes attention, practice, and effort [\[R\]](#).

How it helps

Good Eating Habits involve regular, moderate meals comprising a balanced diet, which can prevent gas buildup in your digestive system, thereby reducing flatulence. Furthermore, avoiding trigger foods like carbonated beverages, beans, lentils, broccoli, and onions that produce excess gas can significantly help treat this condition.

5

Prebiotics

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

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

TYPICAL STARTING DOSE

125 mg

Description

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

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

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

- Whole grains
- Bananas
- Onions
- Soybeans

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

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

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

How it helps

Prebiotics are dietary fibers that feed your gut's helpful bacteria, facilitating their growth and aiding digestion. As they improve your digestion, prebiotics can help reduce flatulence by decreasing the production of excessive gas in your gut.

6



Partially Hydrolyzed Guar Gum

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Take 5 grams of partially hydrolyzed guar gum powder daily, mixed with water or another beverage of your choice. Continue this supplementation daily for a period of at least 3 weeks to observe beneficial effects on digestive health.

TYPICAL STARTING DOSE

5 g

Description

Partially hydrolyzed guar gum (PHGG) is a dietary, soluble fiber derived from guar gum, which is extracted from the seeds of the guar plant (Cyamopsis tetragonoloba). PHGG is primarily utilized as a source of soluble fiber, known for its potential to support digestive health, regulate bowel movements, and improve overall gut health.

How it helps

Partially Hydrolyzed Guar Gum (PHGG) helps with flatulence by improving gut health and promoting regular bowel movements. It acts as a prebiotic, feeding beneficial gut bacteria which then aids in reducing excess gas production.

7



Practice Exercise Snacks

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Integrate short bursts of physical activity, each lasting about 1 to 2 minutes, into your daily routine at least two to three times a day. These 'exercise snacks' can include activities like doing a set of stairs, rapid bodyweight exercises, pull-ups, push-ups, sit-ups, or brisk walking.

TYPICAL STARTING DOSE

1 minutesute

Description

Staying physically active is essential for maintaining overall health and well-being. **Exercise snacks** are brief, frequent bursts of physical activity integrated into daily routines, helping combat the health risks associated with prolonged sitting and sedentary behavior, such as obesity and cardiovascular issues. Examples include taking the stairs or doing quick exercises during work breaks.

Staying active can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

Exercise snacks are short, quick bursts of physical activity performed throughout the day, designed to break up prolonged periods of sitting or inactivity. These brief bouts of exercise can be as short as a few minutes and are incorporated into daily routines to boost overall physical activity levels.

Exercise snacks are crucial for health because they combat the negative effects of sedentary behavior, such as prolonged sitting, which is associated with an increased risk of obesity, cardiovascular diseases, diabetes, and musculoskeletal issues. They help improve blood circulation, regulate blood sugar levels, and enhance mood and cognitive function.

Examples of exercise snacks include taking the stairs instead of the elevator, doing a few minutes of bodyweight exercises (e.g., squats or push-ups) during work breaks, or walking briskly for a few minutes after meals. These short, frequent bursts of activity contribute to a more active lifestyle and can significantly benefit overall health by reducing the risks associated with excessive sitting.

How it helps

Flatulence occurs more often at rest, suggesting physical exercise may help prevent it [\[R\]](#).

In line with this, intermittent pedaling enhanced gut gas transit in two small trials [\[R, R\]](#).

8



Streptococcus Thermophilus

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take a supplement containing Streptococcus thermophilus according to the product's label, typically once or twice daily with a glass of water. It is commonly found in probiotic supplements and the exact dosage can vary, so following the manufacturer's guidelines is essential. Continue use as part of your daily routine or as directed by a health professional.

TYPICAL STARTING DOSE
10 billion CFU

Description

Streptococcus thermophilus is a probiotic bacterium used in the fermentation of dairy products like yogurt. It contributes to improved gut health by aiding in the digestion of lactose and promoting the growth of beneficial gut bacteria.

How it helps

A meta-analysis of 10 studies concluded that supplementation with *S. thermophilus* decreases flatulence in IBS patients [R].

S. thermophilus helps break down certain foods in the gut, reducing the amount of gas produced.

9



Aerobic Exercise (Cardio)

IMPACT

2 / 5

EVIDENCE

2 / 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

Flatulence occurs more often at rest, suggesting physical exercise may help prevent it [\[R\]](#).

In line with this, intermittent pedaling enhanced gut gas transit in two small trials [\[R\]](#), [\[R\]](#).

10



Bifidobacterium Longum

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take a Bifidobacterium longum supplement daily, with a typical dosage around 10 billion colony-forming units (CFUs). It can be consumed any time of day, but taking it with a meal might improve its absorption and effectiveness. Continue this regimen for at least 4 weeks to assess its benefits on digestive health.

TYPICAL STARTING DOSE
10 billion CFU

Description

Bifidobacterium longum is a beneficial probiotic strain known for its potential to support digestive health and boost the immune system.

[Bifidobacterium longum](#) is a [probiotic](#) bacterium naturally present in the human gastrointestinal tract. Its subspecies *B. longum subsp. infantis* is one of the earliest bacteria to colonize the infant gut [\[R\]](#).

People take *B. longum* to enhance immunity against infections and support gut health [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

A meta-analysis of 10 studies found that probiotics improved pain scores in people with IBS if they contained *Bifidobacterium longum*. All probiotic species tested improved flatulence [\[R\]](#).

Bifidobacterium longum helps regulate the gut microbiota and aids in the digestion of complex carbohydrates. Regular ingestion can reduce bloating and abdominal pain.

11



Lactobacillus Acidophilus

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a probiotic supplement containing Lactobacillus acidophilus. Look for products that offer around 10 billion CFUs (colony-forming units) and take it once daily, preferably on an empty stomach, either first thing in the morning or right before bed.

TYPICAL STARTING DOSE
10 billion CFU

Description

[Lactobacillus acidophilus](#) is a [probiotic](#) bacterium that has been traditionally and widely used in the dairy industry to make yogurt [\[R\]](#).

More recently, *L. acidophilus* has been used as a probiotic. People take it to help with [\[R, R, R, R\]](#):

- High cholesterol
- Gut diseases
- Allergies
- Vaginal infections

How it helps

In a meta-analysis of 10 studies, probiotics improved pain scores if they contained *Bifidobacterium breve*, *B. longum*, or **Lactobacillus acidophilus**. All probiotic species tested improved flatulence [\[R\]](#).

12



Lactobacillus Bulgaricus

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a supplement containing Lactobacillus bulgaricus at the dosage advised on the product label, typically once or twice daily with a glass of water, preferably with meals to support digestion and absorption. Continue this regimen daily for at least one month to evaluate its effects on your digestive health.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus bulgaricus is another probiotic bacterium commonly used in dairy fermentation and probiotic supplements. It supports digestive health and may help improve lactose digestion in individuals with lactose intolerance.

How it helps

A meta-analysis examined probiotics for treating IBS symptoms. *Lactobacillus bulgaricus*, among other species, showed effectiveness in reducing flatulence [\[R\]](#).

13



Saccharomyces Boulardii

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

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

TYPICAL STARTING DOSE
10 billion CFU

Description

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

How it helps

Supplementation with *S. boulardii* (both alone and combined with metronidazole) reduced gas, bloating, and flatulence in people with:

- SIBO associated with antibiotic use or systemic sclerosis [R, R, R]
- *Blastocystis hominis* infection [R]

14



Galacto-oligosaccharides (GOS)

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 3.5 to 5.5 grams of galacto-oligosaccharides (GOS) supplement daily, commonly found in powder form. Mix the powder into a glass of water or your preferred beverage and consume. It is advised to continue daily for at least 2 weeks to observe beneficial effects on gut health.

TYPICAL STARTING DOSE
3 g

Description

GOS are a type of prebiotic fiber that can promote gut health by nourishing beneficial gut bacteria. They may help improve digestion, support a healthy immune system, and reduce gastrointestinal discomfort.

How it helps

Galacto-oligosaccharides (GOS) are prebiotic fibers that support gut health by feeding beneficial bacteria in your digestive system. This can minimize flatulence by promoting a healthier balance of gut flora, as less beneficial bacteria often produce gases as a byproduct of their metabolism.

15



Exercise At Least One Hour a Day

IMPACT

2 / 5

EVIDENCE

2 / 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

Flatulence occurs more often at rest, suggesting physical exercise may help prevent it [\[R\]](#).

In line with this, intermittent pedaling enhanced gut gas transit in two small trials [\[R\]](#), [\[R\]](#).

16



Plum Fiber

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take a plum fiber supplement daily, ideally in the morning with a glass of water. If in powder form, mix 1-2 teaspoons into a glass of water or your favorite morning beverage. Continue this routine daily for at least 4 weeks to start noticing benefits.

Description

Plum fiber, derived from the plum fruit, is rich in dietary fiber, vitamin C and potassium, which can support digestive health and regularity.

How it helps

Plum Fiber, being a natural source of dietary fiber, can help in managing Flatulence. It aids in healthier digestion and reduces excess gas production by promoting a balanced gut flora.

In a study involving 70 constipated patients, both mixed fiber and psyllium, taken at 5g twice daily for 4 weeks, showed similar efficacy in improving constipation and quality of life (QoL). Mixed fiber was better at relieving flatulence and bloating, and it dissolved more effectively, demonstrating its overall effectiveness and tolerability [\[R\]](#).

17



Chewing

IMPACT1 / 5

EVIDENCE4 / 5

How to implement

Incorporate chewing thoroughly into your daily eating habits by ensuring each bite is chewed 20-30 times before swallowing. Practice this technique at every meal and with snacks to improve digestion and satiety.

Description

Chewing can help to reduce the tendency to overeat by keeping your mouth busy and providing a sense of fullness. It can also help to improve your metabolic rate and increase your energy levels. Additionally, chewing can help to improve your attention span and reduce stress levels.

How it helps

Multiple meta-analyses concluded that chewing gum reduces the incidence of postoperative ileus after gastrointestinal, gynecological, urinary, or spinal surgery. It may offer a small benefit in several symptoms, including flatulence [\[R, R, R, R, R, R, R\]](#).

Properly chewing food can help to reduce the amount of air swallowed, which can decrease gas production.

18



Lactobacillus Plantarum

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Take a probiotic supplement containing *Lactobacillus plantarum* 299V daily. The typical dosage is 10 billion colony-forming units (CFUs). Continue for at least 4 weeks to assess benefits on digestive health.

TYPICAL STARTING DOSE

10 billion CFU

Description

[Lactobacillus plantarum](#) is a [probiotic](#) bacterium found in many fermented plant products such as sauerkraut, pickles, brined olives, and Korean kimchi [\[R\]](#).

People take *L. plantarum* supplements to improve [\[R, R, R, R\]](#):

- Diarrhea
- Skin appearance
- IBD
- High cholesterol

How it helps

Two meta-analyses (the largest one with 43 trials and 5,531 IBS patients) identified *L. plantarum* among the probiotics improving abdominal distension and flatulence. Moreover, one of them found it the most effective one at improving quality of life [\[R, R\]](#).

19



Bifidobacterium Bifidum

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Take a bifidobacterium bifidum supplement according to the manufacturer's instructions, usually once or twice daily with a glass of water and potentially with meals. Supplement duration varies; some may use it continuously for ongoing gut health support, while others might take it for a specific period, such as 4-8 weeks, especially during or after antibiotic treatment.

TYPICAL STARTING DOSE

10 billion CFU

Description

Bifidobacterium bifidum is a probiotic strain that can help support digestive health and maintain a balanced gut microbiome.

[Bifidobacterium bifidum](#) is a [probiotic](#) bacterium naturally present in the human gastrointestinal tract. This species is the second most abundant one in breast-fed infants, but its levels decrease during adulthood [\[R\]](#).

People take *B. bifidum* to help with [\[R\]](#):

- Digestive issues
- Eczema
- Infections

How it helps

In various placebo-controlled trials involving patients with IBS, different probiotics containing *B. bifidum* showed positive effects. *B. bifidum* MIMBb75 supplementation improved IBS symptoms and quality of life in a placebo-controlled trial of 122 patients. Heat-inactivated *B. bifidum* MIMBb75 significantly alleviated IBS and its symptoms in a placebo-controlled trial of 443 patients with IBS. A synbiotic containing *B. bifidum* DSMZ 32403, several other probiotic strains, and fructooligosaccharides improved symptoms and was well tolerated in a placebo-controlled trial of 68 IBS-D patients [\[R, R, R\]](#).

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Maintain Optimal Vitamin D Levels

IMPACT

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EVIDENCE

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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

In a placebo-controlled trial of 90 IBS patients, supplementation with vitamin D (50,000 IU/2 weeks) for 6 months improved flatulence and other symptoms [\[R\]](#).

21



B. Lactis Bi-07 and L. Acidophilus NCFM

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

Bifidobacterium lactis Bi-07 and Lactobacillus acidophilus NCFM are both probiotics that have been shown to have a number of health benefits. They can help to improve gut health, boost the immune system, and reduce the risk of diarrhea.

How it helps

The combination of *Bifidobacterium lactis* Bi-07 and *Lactobacillus acidophilus* NCFM (2 x 10^10 cfu/day taken for 8 weeks) reduced bloating and flatulence in a study of 60 people with gut issues. Those with pain benefited the most [\[R\]](#), [\[R\]](#).

22



Bacillus Subtilis

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a probiotic supplement containing Bacillus subtilis at a dose recommended by the manufacturer, typically once daily with a glass of water, preferably on an empty stomach for optimal absorption. Continue this regimen daily for at least one to two months to evaluate its benefits.

Description

Bacillus subtilis is a beneficial bacteria strain commonly used in probiotic supplements to support digestive health and maintain a balanced gut microbiome. Incorporating probiotics containing bacillus subtilis may promote better gut function.

How it helps

The safety and efficacy of daily supplementation of *B. subtilis* BS50 for 6 weeks was investigated in a placebo-controlled trial of 76 healthy adults. Compared to placebo, 2 × 10^9 CFU BS50 per day increased the proportion of participants showing improvement from baseline to week 6 in the composite score for bloating, burping, and flatulence [\[R\]](#).

In a 4-week placebo-controlled trial, *Bacillus subtilis* MB40 supplementation at 5 × 10^9 CFU daily did not significantly improve bloating, abdominal discomfort, and gas symptoms in the overall population. However, in the **male subgroup**, it showed clinically significant reductions in these symptoms and improvements in certain aspects of well-being [\[R\]](#).

B. subtilis may help by promoting a healthy balance of gut bacteria.

23



Lactobacillus Gasseri

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a Lactobacillus gasseri supplement containing around 10 billion colony-forming units (CFUs) daily, ideally with a meal, for at least 2 weeks to 4 months to observe benefits. Continuous daily intake is recommended for ongoing support.

TYPICAL STARTING DOSE
10 billion CFU

Description

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

How it helps

In a placebo-controlled trial of 34 patients with IBS, supplementation with *L. gasseri* CP2305 for 4 weeks improved the IBS severity index score, health-related worry, and changes in intestinal microbiota [R].

L. gasseri may help by improving gut flora balance and decreasing inflammation.

24



Bacillus Coagulans

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a Bacillus coagulans supplement containing 1 to 2 billion CFUs (colony forming units) daily, with a glass of water, preferably with meals. This routine should be consistently followed for at least four weeks to potentially see benefits.

Description

Bacillus coagulans is a probiotic strain believed to support digestive health and boost the immune system. It's used in various probiotic supplements and may aid in maintaining gut balance.

How it helps

A double-blind study involving 70 adults with gas and bloating used a probiotic (*B. coagulans* MTCC 5856) or placebo for 4 weeks. The probiotic group showed significant improvement in indigestion scores, global evaluation, and other symptoms [R].

A study with 61 adults examined the effects of Digestive Advantage™ Gas Defense Formula (containing *B. coagulans*) over 4 weeks. The probiotic group showed significant improvement in abdominal pain and overall gastrointestinal symptoms, though a strong placebo effect was observed. The probiotic was effective in reducing gas-related symptoms in adults without GI diagnoses [R].

25



Aloe Vera

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 50 mg Aloe vera supplement daily, with a glass of water, preferably at the same time each day to maintain consistency.

TYPICAL STARTING DOSE

50 mg

Description

Aloe vera is a succulent plant native to arid regions and contains a gel-like substance in its leaves that is rich in vitamins, minerals, and antioxidants, making it beneficial for soothing skin irritations, promoting wound healing, and providing relief from conditions such as sunburn and minor burns. The primary active compounds in aloe vera gel include polysaccharides, vitamins like vitamin C and E, and minerals such as zinc, which contribute to its healing and anti-inflammatory effects.

[Aloe vera](#) lives in the desert, and its thick leaves store water in the form of a gel [\[R\]](#).

People use aloe gel to help soften the skin and soothe burns [\[R\]](#).

Oral aloe supplements may help with blood sugar and gut health [\[R\]](#).

How it helps

Aloe Vera has enzymes and plant sterols that supports healthy digestion, helping to reduce flatulence. By supporting the breakdown of food and promoting optimal bowel functions, Aloe Vera relieves bloating and gas.

26



Bacillus Coagulans MTCC5856

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing Bacillus coagulans MTCC5856 at a dose of 2 billion CFUs (colony forming units) once daily, either in the morning or evening, with or without food. Continue this regimen daily for a period of at least 4 to 8 weeks to assess its benefits on digestive health.

Description

Bacillus coagulans MTCC5856 is a specific strain of probiotic bacteria known for its potential to support digestive health and immune function. It's used in probiotic supplements to promote gut microbiome balance.

How it helps

In a placebo-controlled trial of 70 adults with functional gas and bloating, supplementation with *B. coagulans* MTCC 5856 (2 billion spores/day) for 4 weeks improved symptom severity [\[R\]](#).

27



Meditation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

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

TYPICAL STARTING DOSE

30 minutes

Description

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

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

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

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

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

Meditation helps manage stress which can be a trigger for excessive flatulence. It promotes better digestion and improved emotional regulation, leading to fewer episodes of flatulence.

28



Lactobacillus Paracasei

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

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

TYPICAL STARTING DOSE
10 billion CFU

Description

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

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

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

- Yogurt
- Cheese
- Sauerkraut

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

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

How it helps

In a placebo-controlled trial of 100 with typical gastroesophageal reflux disease symptoms receiving pantoprazole, supplementation with *L. paracasei* F19 (2x/day, 3 days/week) for 6 months reduced flatulence. As an add-on to a high-fiber diet, this strain (1-2 sachets, 2x/day for 14 days/month during 6 months) reduced bloating and abdominal pain in a placebo-controlled trial of 50 patients with symptomatic uncomplicated diverticular disease [\[R\]](#), [\[R\]](#).

However, taking a synbiotic with *L. paracasei* DKGF1 and *Opuntia humifusa* extract for 4 weeks failed to improve gas and bloating in a placebo-controlled trial of 67 IBS patients [\[R\]](#).

L. paracasei may improve digestive function, reducing the amount of gas produced during this process.

29



Bifidobacterium Animalis Subsp. Lactis

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing Bifidobacterium animalis subsp. lactis at a dose of 10 billion colony-forming units (CFU) daily, with or without food. Joe's preferred strain is *B lactis* HN019 (10B CFU). Continue this regimen daily for at least 2 weeks to 4 weeks to observe potential benefits.

TYPICAL STARTING DOSE
10 billion CFU

Description

Bifidobacterium animalis lactis is a specific strain of probiotic bacteria known for its potential to support digestive health and immune function.

[Bifidobacterium animalis](#) is a [probiotic](#) bacterium that can be found in the healthy gut of most mammals, including humans. *B. lactis* was previously considered to be a separate species but was shown to be a subspecies of *B. animalis* [\[R\]](#), [\[R\]](#).

People mainly take *B. animalis* to support gut health [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

B. animalis had a **beneficial effect on discomfort, bloating, and constipation** in 274 constipation-predominant IBS patients [\[R\]](#).

B animalis spp. *lactis* significantly improved objectively measured abdominal girth and gastrointestinal transit, as well as **reduced symptomatology in 34 IBS** patients [\[R\]](#).

30



Hypnosis

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

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

TYPICAL STARTING DOSE

20 minutes

Description

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

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

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

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

Only a licensed professional should help you achieve hypnosis.

How it helps

In 2 non-placebo-controlled trials of 40 IBS patients, receiving gut-directed hypnotherapy (1 h/week for 12 weeks) improved flatulence better than symptom monitoring [\[R\]](#) [\[R\]](#).

Hypnotherapy may help by relaxing the mind and body, which can reduce stress-related digestive issues. It also trains the mind to better control involuntary body functions, such as excessive gas production.

31



Peppermint Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 180-400 mg of peppermint oil in capsule form daily before meals. It is recommended to continue this regimen for at least 4 weeks to evaluate its effects.

TYPICAL STARTING DOSE
180 mg

Description

Peppermint oil is an essential oil derived from the peppermint plant (*Mentha × piperita*). It has a long history of traditional use, dating back to ancient Egypt and Rome, where it was utilized for digestive and respiratory issues. Its main compounds, menthol and menthone are utilized for a variety of potential health benefits, including digestion, skin care, headaches, and respiratory congestion.

People use peppermint in foods, cosmetics, and supplements. [Peppermint oil](#) is an essential oil from peppermint leaves. It may ease muscle pain, relieve headaches, and improve digestion [\[R\]](#), [\[R\]](#).

Please note: *Peppermint oil may interact with certain medications. If you are taking any medications, consult your doctor before using peppermint oil* [\[R\]](#), [\[R\]](#).

How it helps

In a placebo-controlled trial of 57 patients with IBS, supplementation with peppermint oil (2 capsules, 2x/day) for 4 weeks improved passage of gas, bloating, and other symptoms [\[R\]](#).

In another placebo-controlled trial (110 IBS patients), enteric-coated peppermint oil capsules (3x-4x/day for 1 month) reduced flatulence in 79% of the patients [\[R\]](#).

Peppermint oil works by relaxing the gastrointestinal muscles, which can help to expel gas and reduce bloating.

32



Activated Charcoal

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500-1000 mg of activated charcoal with a full glass of water at least 1 hour before a meal or 2 hours after a meal. Do not consume it daily for long periods; use it for short-term detoxification or occasional upset stomach only.

TYPICAL STARTING DOSE

500 mg

Description

Activated charcoal is a porous substance that is highly effective at absorbing and trapping toxins and chemicals in the digestive tract. It is sometimes used in emergency medical settings for poisoning treatment and in certain beauty and wellness products.

How it helps

In 2 old placebo-controlled trials (one of them with 99 participants), activated charcoal reduced flatulence, bloating, abdominal cramps, and breath hydrogen concentration [R, R].

Activated charcoal traps excess gas in your gut, reducing bloating and flatulence. It works by attaching to gas molecules, allowing them to be more easily eliminated from your body.

33



Papaya

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500 mg of papaya extract daily for at least one month to observe potential health benefits. If using powdered form, it can be mixed with water or juice for easier consumption.

TYPICAL STARTING DOSE

500 mg

Description

Papaya is a tropical fruit native to Central America and Mexico that is rich in vitamins A and C, folate, and dietary fiber. It has a long history in traditional medicines as a digestive aid and promoting skin health. Papaya's extract, papain, is used as a dietary supplement for digestive support.

Papaya is a tropical orange fruit. It originates from Central America, but today it's most widely grown in India.

People enjoy the great taste of papaya. It's also rich in healthy nutrients that may support the immune system.

How it helps

In a placebo-controlled trial of 126 patients with chronic indigestion, supplementation with a papaya preparation (20 mL/day) for 40 days improved constipation, bloating, and heartburn [R].

34



Lactobacillus Casei

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

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

TYPICAL STARTING DOSE
10 billion CFU

Description

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

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

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

How it helps

A supplement containing *L. acidophilus* CL1285, *L. casei* LBC80R, and *L. rhamnosus* CLR2 improved quality-of-life and IBS symptoms in some subgroups, being the largest and most consistent effects observed in IBS-D and female subgroup [\[R\]](#).

In an uncontrolled trial of 14 patients with IBS, consuming Yakult (*L. casei* Shirota, 65 mL/day) for 6 weeks improved the symptoms and reversed the early rise in breath hydrogen with lactulose [\[R\]](#).

However, in another study, *L. casei* Shirota probiotic treatment did not show a significant improvement in symptoms or quality of life for irritable bowel syndrome patients after 8 weeks [\[R\]](#).

35



Lactobacillus Rhamnosus

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

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

TYPICAL STARTING DOSE

10 billion CFU

Description

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

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

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

How it helps

Compared with placebo, LGG supplementation was associated with a significantly higher rate of treatment responders (defined as no pain or a decrease in pain intensity) in the overall population with abdominal pain-related functional gastrointestinal disorders and the IBS subgroup in a meta-analysis [\[R\]](#).

Another trial on 123 patients investigated the effects of a low FODMAP diet and the probiotic *Lactobacillus rhamnosus* GG in IBS. A significant reduction in mean IBS scores from baseline to week 6 was observed [\[R\]](#).

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Bifidobacterium Lactis Bi-07

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

[Bifidobacterium animalis](#) is a [probiotic](#) bacterium that can be found in the healthy gut of most mammals, including humans. *B. lactis* was previously considered to be a separate species but was shown to be a subspecies of *B. animalis* [\[R\]](#), [\[R\]](#).

People mainly take *B. animalis* to support gut health [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

B. lactis Bi-07 is a strain that may help reduce the risk of diarrhea, improve gut health, and boost the immune system. It can be taken as a probiotic supplement or found in yogurts and fermented foods.

How it helps

The combination of *Bifidobacterium lactis* Bi-07 and *Lactobacillus acidophilus* NCFM (2 x 10^10 cfu/day taken for 8 weeks) reduced bloating and flatulence in a study of 60 people with gut issues. Those with pain benefited the most [\[R\]](#), [\[R\]](#).

37



Apply Heat

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Place a warm, not hot, heating pad or a warm wet towel on the affected area for 15-20 minutes at a time. Do this several times a day, ensuring there's at least a 1-hour interval between sessions to avoid skin damage.

TYPICAL STARTING DOSE

15 minutes

Description

Applying heat, such as through heating pads or warm baths, can help relieve muscle tension and soothe pain. It is a common method for managing muscle aches, menstrual cramps, and minor injuries.

People use hot applications to relieve pain, improve blood flow, and more [\[R\]](#), [\[R\]](#).

Types of hot applications include [\[R\]](#), [\[R\]](#):

- Heating pads
- Hot baths
- Saunas
- Hot water bottles

How it helps

Applying heat to the abdomen may help to relax muscles and ease the discomfort associated with gas.

38



Avoid Spicy Food

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

Description

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

How it helps

Spicy foods can irritate the gut and may lead to increased gas production.

39



Avoid Large Meals

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

Description

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

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

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

How it helps

Eating smaller meals can minimize strain on the digestive system and reduce gas production.

40



Probiotic Yogurt

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

Description

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

How it helps

Probiotics in yogurt can enhance gut flora and improve digestion, potentially reducing flatulence.

41



Psyllium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

TYPICAL STARTING DOSE

5 g

Description

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

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

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

How it helps

As a bulk-forming laxative, psyllium fiber can aid in stool formation and may help passing gas more comfortably while promoting overall gut health.

42



Acacia Fiber

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 5-10 grams of acacia fiber supplement per day, mixed with at least 8 ounces of water. Do this daily, preferably in the morning, for ongoing gut health support. Be sure to start with a lower dose to assess tolerance and gradually increase to the desired amount.

TYPICAL STARTING DOSE

5 g

Description

Acacia fiber is a soluble dietary fiber derived from the gum of the Acacia tree. It is often used as a natural thickening agent in foods and supplements and can promote digestive health by supporting regular bowel movements, and serve as a prebiotic.

How it helps

Acacia fiber, a type of soluble fiber, can help improve digestion and reduce gas production by promoting the growth of beneficial gut bacteria.

43



Lactobacillus Acidophilus NCFM

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

[Lactobacillus acidophilus](#) is a [probiotic](#) bacterium that has been traditionally and widely used in the dairy industry to make yogurt [\[R\]](#).

More recently, *L. acidophilus* has been used as a probiotic. People take it to help with [\[R, R, R, R\]](#):

- High cholesterol
- Gut diseases
- Allergies
- Vaginal infections

L. acidophilus NCFM is a specific strain that may help relieve diarrhea, improve gut health, and boost the immune system. It can be taken as a supplement or found in some yogurts and other fermented foods.

How it helps

The combination of *Bifidobacterium lactis* Bi-07 and *Lactobacillus acidophilus* NCFM (2 x 10^10 cfu/day taken for 8 weeks) reduced bloating and flatulence in a study of 60 people with gut issues. Those with pain benefited the most [\[R, R\]](#).

44



Peppermint

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1-2 capsules of peppermint oil, which is often sold as a supplement, three times a day before meals. This is usually done for 4-6 weeks to help with symptoms like digestive discomfort. Always check the specific dosage on the product label since concentrations can vary.

Description

Peppermint is an aromatic plant and a member of the mint family. It has a long history of traditional use, dating back to ancient Egypt and Greece, and is native to Europe and Asia but is now cultivated worldwide. Its main traditional uses include soothing digestive issues, alleviating headaches, and providing relief from respiratory symptoms. This is due to its active compounds menthol and menthone. It is used today for similar purposes, whether eating, made into tea, or consumed as a supplement.

How it helps

Peppermint eases intestinal muscle spasms, which can help relieve gas pain and improve the passage of gas through the digestive system.

45



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 can help soothe the digestive tract, reduce inflammation, and mitigate symptoms like flatulence due to its carminative effect.

46



Avoid Sugary Foods & Drinks

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To avoid sugary foods, eliminate or significantly reduce consumption of foods and beverages high in added sugars such as sodas, candies, baked goods, and sugary cereals from your diet. Instead, opt for natural sugar sources like fruits. Aim to do this daily for ongoing health benefits.

Description

High-sugar foods like baked goods, sweets, and sugary drinks, can spike your blood sugar levels. Consuming a lot of these types of foods can contribute to health issues like diabetes, obesity, insomnia, and heart disease.

High-sugar foods and refined carbs have a high glycemic index (GI). This means they tend to spike your blood sugar levels. They include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sugary drinks
- Baked goods
- Sweets
- White bread
- White rice
- Pasta

Eating a lot of sugary foods can contribute to:

- Diabetes [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Weight gain and obesity [\[R\]](#), [\[R\]](#)
- Insomnia [\[R\]](#)
- Heart disease [\[R\]](#)

You may also want to avoid processed sugars and sugary drinks. They may have a role in increasing IL-1B [\[R\]](#), [\[R\]](#).

How it helps

Sugary foods can ferment in the GI tract, leading to increased flatulence.

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Limit Dairy Intake

IMPACT

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EVIDENCE

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How to implement

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

Description

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

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

- Cheese
- Yogurt
- Kefir
- Butter
- Cream

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

How it helps

Limiting dairy consumption can alleviate gas for individuals with lactose intolerance.

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Avoid Carbonated Beverages

IMPACT

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EVIDENCE

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How to implement

Stop consuming drinks like soda, sparkling water, and other carbonated beverages. If you're used to drinking these regularly, gradually reduce your intake by replacing one carbonated drink with a non-carbonated alternative, such as still water or herbal tea, each day until you no longer consume them.

Description

Avoiding carbonated beverages, particularly those high in sugar or artificial additives, can support dental health by reducing the risk of tooth decay and enamel erosion, and avoid potentially irritating the bladder.

How it helps

Carbonated beverages can introduce excess gas into the digestive system, hence avoiding them helps reduce the amount of gas produced.

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Mindful Eating

IMPACT

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EVIDENCE

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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

Eating slow and chewing well reduces the amount of air swallowed and aids in better digestion, lessening gas production.

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.