

Heavy Sweating

DNA Health Report

REPORT CATEGORY —



SKIN & BEAUTY

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

His palms are sweaty, but his knees aren’t weak and his mom didn’t make spaghetti. Actually, he just sweats a lot... maybe it’s hyperhidrosis?!

Hyperhidrosis is a condition in which an individual heavily sweats. While we normally sweat to cool down, those with hyperhidrosis may sweat even if they aren’t hot or exercising [R].

Humans are some of the sweatiest animals in the world. We have 10 times more sweat glands than our closest relative, the chimpanzee.

Scientists suggest our ability to sweat stems from the evolution of the [EN1](#) gene, which helps make sweat glands. But the link between sweat and DNA doesn’t stop there [R].

Researchers have also found that the [ABCC11](#) gene variant you carry may influence how your sweat smells, and even how likely you are to wear deodorant! Those who carry the ‘A’ variant of this gene, which is common in Asian populations, may be more likely to have odorless sweat. As a result, they may be less likely to wear deodorant [R, R, R].

Beyond this, genes may also increase your risk of sweating. By identifying the genetic culprits, you can take action!

A particular variant of the [CYP1B1](#) gene may influence how prone you are to hot flashes. Taking sage may help reduce sweating due to hot flashes [R, R].

Another example is one [CRHR1](#) gene variant, which may influence how susceptible you are to stress. Stress can trigger sweat, so in this instance, you may notice a reduction in sweating if you practice relaxation techniques [R, R, R].

Read on to find out more about:

- How your genetics play a role in heavy sweating
- Your genetic risk score based on over 100 genetic variants
- Personalized recommendations based on your genetics

About Heavy Sweating

Key Takeaways:

- Genes that affect excessive sweating may influence nerve function and chemical messengers.
- Excessive sweating can impact quality of life and cause undue stress and anxiety. If you are at high genetic risk, take action on your risk factors to help lower overall risk.
- Up to 5% of people in the U.S. may have hyperhidrosis. If you have symptoms, you may want to consult your doctor to rule out other conditions.
- Click the **next steps** tab for relevant lab tests.

Hyperhidrosis is the scientific term for heavy sweating [R].

It's normal to sweat a lot because of exercise, heat, or stress. In the absence of these conditions, a lot of sweat might be a sign that something is wrong [R].

Sweating turns from normal to worrisome if it [R]:

- Changes the way you live your daily life
- Causes anxiety or social problems
- Suddenly gets much worse for no apparent reason
- Suddenly starts while sleeping (night sweats) for no apparent reason

Up to 5% of people in the United States may have hyperhidrosis. Many people do not realize it is a treatable medical condition. For this reason, they often do not bring up symptoms with their doctors. **Only about 1 in 2 people who have it will be diagnosed** [R, R].

Most cases of heavy sweating are caused by a nerve problem. Simply put, the nerves that control the sweat glands are too active. This condition is called *primary focal hyperhidrosis*. It may be treated with [R, R, R, R]:

- Topical medication
- Antiperspirants
- Surgery
- Botulinum toxin therapy



MORE LIKELY

More likely to have hyperhidrosis based on 104 genetic variants we looked at

91st

PERCENTILE



Your risk is greater than 91% of the population and lower than 9% of the population.

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
LONP2	rs6500380	GG
SLC6A16	rs149876322	CG
PPP1CB	rs56089836	CC
PPP1CB	rs1534480	CC
DLG2	rs12280544	CC
TLN2	rs139024759	AA
TUSC1	rs117093392	AA
UBLCP1	rs143772159	CC
CADM1	rs144975908	GG
FZD8	rs190252627	CC
/	rs75470475	CC
LRRC7	rs113867145	GG
SETD7	rs183414800	TT
LRRC7	rs113992293	GG
KRT72	rs61740873	GG
/	rs74837903	TT
LRRC7	rs111398942	CC
LRRC7	rs113434595	CC
HNRNPA1P48	rs117324726	CC
UBLCP1	rs77247779	TT
GATA3	rs80243082	GG
FBXO10	rs142695379	GG
CPNE2	rs7184935	CC

Heavy sweating can also be caused by another health condition. This is called *secondary hyperhidrosis*. Underlying conditions that may cause this include [\[R\]](#):

- Diabetes
- Menopause
- Thyroid problems
- Low blood sugar
- Infection

Researchers suggest that genetics plays a role in the development of heavy sweating. Genes involved in heavy sweating may influence [\[R\]](#):

- Chemical messenger activity ([BCHE](#), [PSEN2](#), [DARS](#))
- Nerve function ([PPP3R1](#), [PPP1CB](#), [ITPR2](#))

GENE	SNP	GENOTYPE
/	rs143053510	TT
ANKH	rs150150334	AA
PITPNM1	rs144939807	CC
GATA2	rs56099243	CC
QSOX1	rs142528261	CC
ADAMTS12	rs140640237	TT
EGFLAM	rs77788652	CC
TMC2	rs147782137	AA
CENPF	rs147733826	CC
/	rs115295459	CC
TBCA	rs140260005	CC
SRRM4	rs113353314	AA
GP2	rs145309364	AA
LYPD6B	rs7586963	GG
ITGA1	rs77066279	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	Antiperspirants	2	Relaxation Techniques30 minutes
3	Psychotherapy1 hour	4	Sage Extract300 mg
5	Topical Clove Oil	6	Meditation30 minutes
7	Yoga30 minutes	8	Oligonol100 mg
9	Acupuncture1 hour	10	Avoid Sugary Foods & Drinks
11	Avoid Large Meals	12	Avoid Meals 3-4 Hours Before Bedtime
13	Avoid Spicy Food	14	Drink at Least 8 Glasses of Water a Day
15	Appropriate Clothing	16	Guava
17	Mindfulness30 minutes		

1



Antiperspirants

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Apply antiperspirant to dry underarms right before going to bed as this allows the active ingredients more time to work. Use it every night initially until sweating decreases, which may take up to a week, and then reduce usage to once or twice a week or as needed to maintain the desired effect.

Description

Antiperspirants are products used to help prevent sweating. They work by blocking sweat glands in the skin. Their active ingredient is typically aluminum-based.

Antiperspirants are products used to help prevent sweating. They work by blocking sweat glands in the skin. Their active ingredient is typically aluminum-based [\[R, R\]](#).

How it helps

Antiperspirants may reduce sweating in most people [\[R, R, R, R\]](#).

“Extra-strength” products may help more than the standard products [\[R, R\]](#).

Experts recommend prescription-strength antiperspirants for people who sweat heavily [\[R, R\]](#).

2



Relaxation Techniques

IMPACT2 / 5

EVIDENCE3 / 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 may contribute to heavy sweating. In turn, sweating a lot may impact mental health by harming self-esteem and affecting social interactions [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Some relaxation techniques may help people who sweat heavily. They include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Mindfulness
- Meditation
- Yoga
- Biofeedback

3



Psychotherapy

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

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

TYPICAL STARTING DOSE

1 hour

Description

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

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

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

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

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

How it helps

People with anxiety tend to sweat more. In line with this, sweating a lot may impact mental health [\[R, R, R, R, R, R\]](#).

Cognitive-behavioral therapy (CBT) may help with heavy sweating. It may reduce night sweats and hot flashes in menopausal women. Types of CBT that may help include [\[R, R, R, R\]](#):

- Group therapy
- Telephone-guided therapy
- Self-help therapy

CBT may have similar benefits in people undergoing breast or prostate cancer treatment [\[R, R, R, R, R, R\]](#).

 PERSONALIZED TO YOUR GENES

Your [CYP1B1](#) gene variant has been linked to hot flashes. This variant may influence estrogen levels. CBT may help reduce night sweats and hot flashes due to hormonal changes [\[R, R, R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
CYP1B1	rs1800440	CT	

4



Sage Extract

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take sage extract in supplement form, ideally in doses ranging from 300 to 600 mg daily, divided into 2 or 3 doses throughout the day. It is recommended to follow this regimen for at least 1 to 2 months to evaluate its effects on cognitive function and mood improvements.

TYPICAL STARTING DOSE

300 mg

Description

Common sage (*Salvia officinalis*) is an herb from the mint family. It is native to the Mediterranean region. The main compounds in sage extract include essential oils like thujone and cineole, which contribute to its flavor and potential benefit for sore throats and digestive issues [R].

People commonly use sage as a spice and a traditional remedy for [R, R]:

- Sore throat
- Mood
- Blood sugar and cholesterol control
- Heavy sweating

How it helps

Sage extract may help reduce sweating. Supplementing with **100 mg/day for 1-3 months** may improve night sweats and hot flashes in menopausal women [R, R, R].

Sage may help by mimicking estrogen in the body. This may help the body with normal temperature regulation [R, R].

Please note: *rosmarinic acid* from sage may inhibit the production of the thyroid hormone *T4* (thyroxine). Individuals with thyroid disorders, particularly hypothyroidism or low *T4* levels, should exercise caution when using sage extract and always consult with a healthcare provider before taking this supplement [R].

 PERSONALIZED TO YOUR GENES

Women with your **CYP1B1** gene variant may be more prone to hot flashes. This variant may influence estrogen levels. Sage may help by mimicking estrogen [R, R, R].

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
CYP1B1	rs1800440	CT	

5

Topical Clove Oil

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Apply a small amount of clove oil, diluted with a carrier oil such as coconut or olive oil (a 2% solution, which is about 12 drops of clove oil per ounce of carrier oil), directly to the affected area up to three times per day. Avoid contact with eyes and mucous membranes, and do not use on broken skin.

Description

Clove oil, extracted from the cloves of the *Syzygium aromaticum* tree, contains eugenol and is used topically for its analgesic and antiseptic properties. It is applied to alleviate toothaches and can be found in some skincare products for its potential antimicrobial benefits.

Clove is a tropical plant native to Indonesia. The flower buds are often used as a spice [\[R\]](#) [\[R\]](#).

Clove oil is made from clove flower buds. Its active ingredient *eugenol* may help with toothaches and heavy sweating [\[R\]](#) [\[R\]](#) [\[R\]](#).

How it helps

Applying clove oil (45%) to the skin may help reduce heavy palm sweating [\[R\]](#).

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

- Slowing down nerve signals
- Reducing sweat gland activity

6



Meditation

IMPACT

1 / 5

EVIDENCE

2 / 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

Stress may contribute to heavy sweating. In turn, sweating a lot may impact mental health by harming self-esteem and affecting social interactions [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Some relaxation techniques may help people who sweat heavily. They include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Mindfulness
- Meditation
- Yoga
- Biofeedback

7



Yoga

IMPACT

1 / 5

EVIDENCE

1 / 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 may contribute to heavy sweating. In turn, sweating a lot may impact mental health by harming self-esteem and affecting social interactions [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Practicing yoga may help with night sweats and other symptoms in postmenopausal women [\[R\]](#).

8



Oligonol

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 100 mg of Oligonol supplement daily, preferably with a meal to enhance absorption. Continue this regimen consistently for at least 8 to 12 weeks to observe potential benefits.

TYPICAL STARTING DOSE
100 mg

Description

Oligonol is a supplement derived from lychee fruit and green tea that contains antioxidants, potentially offering health benefits such as improved skin health and cardiovascular support.

How it helps

In a placebo-controlled trial of 19 male volunteers, supplementation with oligonol (200 mg/day) for 1 week attenuated the elevation of body temperature and excessive sweating under heat load [R].

Oligonol may aid in improving circulation and reducing inflammation, potentially decreasing excessive sweating.

9



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 may help alleviate heavy sweating by regulating the body's temperature control system. It primarily does this by balancing the energy or "Qi" flow in your body, according to traditional Chinese medicine beliefs.

10



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

Sugar can cause spikes in energy that increase metabolic heat and sweating, so limiting sugar intake may help reduce sweat production.

11



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 large meals can increase metabolic heat production as the body works to digest food, leading to increased sweating.

12



Avoid Meals 3-4 Hours Before Bedtime

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Finish your last meal of the day at least 3 to 4 hours before you go to sleep. For example, if you usually go to bed at 10 pm, aim to have dinner no later than 6 pm to 7 pm.

Description

Avoiding meals, especially heavy meals, close to bedtime can help prevent digestive discomfort, indigestion, and disrupted sleep patterns. Opting for lighter evening meals promotes better digestion and overall sleep quality.

How it helps

Heavy meals increase metabolic activity and body temperature, which may lead to increased sweating. Lighter meals can help mitigate this.

13



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 activate neurotransmitters, like substance P, which can increase sweating. Avoiding these may help manage sweating.

14



Drink at Least 8 Glasses of Water a Day

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

Description

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

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

Water helps maintain [\[R\]](#):

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

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

How it helps

Proper hydration helps regulate body temperature and can reduce the chance of overheating and excessive sweating.

15



Appropriate Clothing

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Choose loose-fitting, lightweight and light-colored clothing when spending time outdoors, especially in warm or sunny conditions. Wear long sleeves and hats to protect against sun exposure. Adjust clothing choices based on the weather forecast and planned outdoor activities.

Description

Wearing appropriate clothing for specific activities or weather conditions is important for comfort and safety. Proper clothing can help regulate body temperature and prevent injuries during physical activities.

How it helps

Wearing appropriate clothing, like breathable fabrics and light colors, can help with heavy sweating by allowing air to circulate better, which cools your skin and reduces sweat production. Moreover, light-colored clothes reflect heat, keeping your body cool and preventing excessive sweating.

16



Guava

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate fresh guava into your diet by consuming 1-2 whole fruits daily or adding sliced guava to salads, smoothies, or yogurts. This can be continued as a regular part of your daily dietary intake to obtain its nutritional benefits.

Description

Guava is a nutritious fruit rich in vitamins, minerals, and dietary fiber. Consuming guava can support immune health, digestive regularity, and overall well-being.

Guava (*Psidium guajava* L.) is a tropical fruit found from India to Indonesia, and the Caribbean to Latin America. The fruit and leaves of the guava plant have been used medicinally for centuries.

People use guava fruit and leaf extracts to potentially help with [\[R\]](#), [\[R\]](#):

- Diabetes
- Digestive issues
- Weight control
- Joint health

How it helps

Guava contains vitamins and minerals such as Magnesium and B Vitamins, necessary for proper thyroid function which regulates body temperature and can help manage excessive sweating. Additionally, its high water content keeps the body hydrated, which could reduce the need for the body to sweat heavily.

17

Mindfulness

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [R].

Mindfulness and other types of [meditation](#) may improve [R]:

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

Mindfulness can help manage heavy sweating by reducing stress and anxiety, two common triggers of excessive sweating. Regular mindfulness practice allows you to better cope with these triggers, thereby potentially decreasing sweat episodes.

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.

	TSH	2.76 mIU/mL		9 Nov 2025
	Glucose, Fasting	97 mg/dL		9 Nov 2025
	Sodium	137 mmol/L		9 Nov 2025
	Hematocrit	51.8 %		9 Nov 2025
	Potassium, Serum	5.2 mmol/L		9 Nov 2025
	pH, Urine	6.5 :1		9 Nov 2025