

IgA

Biohacker Report

REPORT CATEGORY —



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

IgA (Immunoglobulin A) is a type of antibody found in saliva, mucous membranes, breast milk, and more. It plays an important role in the immune system's defense against infections and other harmful substances [\[R\]](#).

IgA levels are not routinely tested. Your doctor may order this test if they suspect problems with the immune response.

IgA levels that are too low (IgA deficiency) can increase susceptibility to **infections**. Elevated IgA can be a sign of **autoimmune or inflammatory disorders** [\[R\]](#).

Factors Affecting IgA Levels

About **20-60%** of the differences in people's IgA levels may be due to **genetics** [\[R\]](#).

Risk factors for **low IgA levels** include [\[R\]](#), [\[R\]](#):

- Genetics
- Certain medications
- Chronic infections like HIV or hepatitis C
- European ancestry

On the other hand, **high IgA levels** may be caused by autoimmune or inflammatory disorders [\[R\]](#).



HIGHER LEVELS

Predisposed to higher IgA levels based on **62** genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
SH2B3	rs3184504	TC
CD68	rs9901675	GA
HLA-DRB5	rs9276244	GA
CITED2	rs17069163	CT
TNFSF12	rs3803800	GA
RUNX3	rs188468174	CC
CYP26B1	rs35668054	CC
MICA	rs142973694	GG
FADS1	rs968567	CC
H2BC5	rs16891235	TT
ELL2	rs3815768	CC
UQCR10	rs1071888	TT
ANKRD55	rs10065637	CC
TNFSF4	rs3861950	TT
TNFSF8	rs3181356	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE			
1	Probiotics	10 billion	2	Aerobic Exercise (Cardio)	1 hour
3	Lactobacillus Casei	10 billion CFU	4	Bifidobacterium Lactis Bi-04	10 billion CFU
5	Yogurt With Lactobacillus Bulgaricus		6	Glutamine	5 g
7	Morning Bright Light Therapy	20 minutes	8	Chlorella	3 g
9	Dragon Fruit		10	Music Therapy	30 minutes
11	Colostrum	20 g	12	Papaya	500 mg
13	Self-Hypnosis	20 minutes	14	Chewing	
15	Beta-Glucans		16	Bifidobacterium Lactis HN019	10 billion CFU
17	Rice Bran		18	White Button Mushrooms	
19	Japanese Mushrooms		20	Play Music Instruments	20 minutes
21	Lactobacillus Plantarum	10 billion CFU	22	Autogenic Training	10 minutes
23	Meditation	30 minutes	24	Listen to Music	30 minutes
25	Polychromatic Light Therapy	20 minutes	26	Low-Intensity Exercise	1 hour
27	Singing	20 minutes	28	Sleep for 7+ Hours	
29	Mushrooms		30	Progressive Muscle Relaxation	10 minutes
31	Low-Level Laser Therapy (LLLT)	30 seconds	32	Acupuncture	1 hour

33	Streptococcus Salivarius	10 billion CFU	34	Lactobacillus Rhamnosus	10 billion CFU
35	Lactobacillus Reuteri	10 billion CFU	36	Relaxation Techniques	30 minutes
37	Bifidobacterium Animalis Subsp. Lactis	10 billion CFU	38	Synbiotics	
39	Horticulture Therapy	30 minutes	40	Limit Calorie Intake	
41	Prebiotics	125 mg	42	Oligosaccharides	3 g
43	Enterococcus Faecium				

1



Probiotics

IMPACT

3 / 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, known as good bacteria, can boost the immune system by supporting the production of antibodies, including Immunoglobulin A (IgA). This can help manage IgA related diseases by preventing harmful bacteria and viruses from invading the body.

A [meta-analysis of 54 studies](#) concluded that supplementation with **probiotics, prebiotics, and synbiotics increases salivary IgA secretion rate** [\[R\]](#).

Probiotics also **increase IgA levels in athletes**, according to a [meta-analysis of 9 studies](#) [\[R\]](#).

However, a [meta-analysis of 12 studies and 1722 breastfeeding women](#) found that **maternal supplementation with pro- and prebiotics doesn’t increase IgA levels in breast milk** [\[R\]](#).

Enteral probiotics **increase peripheral blood IgA levels in colorectal cancer patients** according to a [meta-analysis of 6 trials and 492 patients](#) [\[R\]](#).

Helpful probiotics include:

- Bifidobacterium animalis [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Lactobacillus casei [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Lactobacillus reuteri [\[R\]](#), [\[R\]](#)
- Lactobacillus rhamnosus [\[R\]](#)
- Enterococcus faecium [\[R\]](#), [\[R\]](#)

2



Aerobic Exercise (Cardio)

IMPACT

3 / 5

EVIDENCE

3 / 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

Moderate physical activity (typically, 30 minutes, 3x/week for 15 weeks) may raise salivary IgA levels [\[R\]](#).

An acute bout of aerobic exercise may increase IgA levels in trained subjects, especially in those performing intense exercise such as ultramarathon. However, chronic strenuous exercise may lower them [\[R, R, R\]](#).

3



Lactobacillus Casei

IMPACT2 / 5

EVIDENCE3 / 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

Lactobacillus Casei is beneficial because it can help enhance the body's immune response, particularly if you have selective IgA deficiency. This probiotic aids in boosting gut health, potentially reducing infections and enhancing overall immune function.

In a placebo-controlled trial of 14 healthy volunteers, consuming a probiotic drink with L. casei Shirota (13 billion cfu/day) for 4 weeks **increased salivary IgA1 and IgA2 (but not influenza A-specific IgA)** [\[R\]](#).

In a placebo-controlled trial of 211 participants, supplementation with L. casei 431® (1 billion cfu/day) for 6 weeks **increased vaccine-specific secretory IgA after the influenza vaccination** [\[R\]](#).

In a placebo-controlled trial of 84 highly active individuals, supplementation with L. casei Shirota for 16 weeks **increased IgA levels** and reduced upper respiratory tract infections. Similarly, consuming milk fermented with L. casei Shirota during the previous 30 days **increased salivary IgA immediately after the marathon** in a placebo-controlled trial of 42 marathon runners [\[R\]](#), [\[R\]](#).

L. casei **increased fecal IgA** in a placebo-controlled trial of 81 children with acute diarrhea [\[R\]](#).

However, L. casei (100 billion cfu/day) supplementation for 7 days **didn't increase IgA levels in response to heat stress** in a placebo-controlled trial of 8 endurance-trained men [\[R\]](#).

4



Bifidobacterium Lactis Bi-04

IMPACT2 / 5

EVIDENCE2 / 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-04 is a strain known for its resilience to stomach acid and bile, which allows it to survive the harsh conditions of the gastrointestinal tract and colonize the gut effectively. It may help alleviate digestive discomfort, improve bowel regularity, and boost immune function.

How it helps

In a placebo-controlled trial of 136 participants, consuming fermented milk (Qingrun) with Bifidobacterium lactis BI-04 (250 g/day) for 12 weeks reduced the incidence of the common cold and flu (approximately 3 times), as well as the duration and severity of upper respiratory tract infections. The fermented milk also increased IFN-gamma and IgA levels. Similarly, this strain (2 x 10^9 cfu/day) reduced the incidence of upper respiratory tract infections in a placebo-controlled trial of 465 physically active volunteers [\[R\]](#), [\[R\]](#).

Supplementation with this strain increased CXCL8 levels in response to an experimental common cold infection while reducing nasal virus titers in a placebo-controlled trial of 152 volunteers [\[R\]](#).

5



Yogurt With Lactobacillus Bulgaricus

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate yogurt that specifically lists Lactobacillus bulgaricus in its ingredients into your daily diet. Aim for at least one serving per day, which is typically about 6 to 8 ounces. Do this consistently for a few weeks to observe any beneficial effects on digestive health.

Description

Yogurt containing Lactobacillus bulgaricus is a specific type of yogurt known for its contribution to healthy digestion due to its probiotic nature. It may help alleviate digestive discomfort, support intestinal balance, and enhance nutrient absorption.

How it helps

Yogurt with Lactobacillus Bulgaricus promotes gut health and supports immune system functions, which can be beneficial in managing IgA deficiency by reducing susceptibility to infections. Remember to avoid yogurt with live cultures if immune status is severely compromised.

In a 12-week trial with 96 elderly volunteers, those who consumed 1073R-1-yogurt had increased influenza A virus subtype H3N2-bound IgA levels in saliva. Saliva flow rate and total IgA levels also increased in both groups (1073R-1 and control yogurt) during the trial [\[R\]](#).

Thirty-seven elderly persons residing in a single nursing home ingested 112 g of yogurt with L. bulgaricus every morning for 12 weeks. The results showed that yogurt intake affected the concentration of IgA in the saliva [\[R\]](#).

6



Glutamine

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Take 5 to 10 grams of glutamine powder, mixed with water or another beverage, daily. It can be divided into two servings, one in the morning and the other in the evening. This supplementation is generally considered safe for long-term use, but it's best to consult with a healthcare provider for personalized advice.

TYPICAL STARTING DOSE

5 g

Description

Glutamine is an amino acid that plays a role in various bodily functions, including immune support and gut health. It may help with muscle recovery and overall well-being, particularly for individuals engaging in strenuous exercise.

L-glutamine is an amino acid produced by the body. Its levels may decrease during periods of stress or illness. It is important for protein and energy production, and helps control kidney pH balance [\[R\]](#).

Some people take L-glutamine as a supplement to help with [\[R\]](#):

- Gut health
- Immunity
- Exercise recovery and muscle performance
- Brain health

How it helps

Glutamine is an amino acid that plays a critical role in maintaining gut health. A healthy gut is crucial for the normal production and function of IgA, which is a key component of the gut's immune defense.

In a [placebo-controlled trial of 13 runners undergoing intensive interval training](#), supplementation with glutamine (0.1 g/kg, 4x/day) for 14 days **increased nasal but not salivary IgA levels**. However, glutamine (10 g/day for 3 weeks) **failed to increase IgA** in a [placebo-controlled trial of 24 athletes](#) [\[R\]](#), [\[R\]](#).

A [meta-analysis of 13 trials and 1034 surgical patients with gastrointestinal tumors](#) concluded that glutamine-enriched nutritional support **increases IgA** [\[R\]](#).

7



Morning Bright Light Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

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

TYPICAL STARTING DOSE

20 minutes

Description

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

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

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

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

How it helps

Light therapy helps regulate circadian rhythms and melatonin production, which are crucial for maintaining overall health, including immune function. Proper circadian rhythm regulation can indirectly support immune health, including the maintenance of healthy IgA levels, which are vital for protecting mucosal surfaces.

In a [non-placebo-controlled trial of 7 healthy women](#), exposure to **bright light (5000 lux) increased salivary IgA** [\[R\]](#).

Exposure to polychromatic (visible and infrared) light for 7 days **increased IgA levels by up to 17%** in a [placebo-controlled trial of healthy volunteers](#) [\[R\]](#).

8



Chlorella

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 3 to 5 grams of chlorella in tablet or powder form daily, ideally before meals to improve digestion. Continue this supplementation for at least 2 to 3 months to observe benefits.

TYPICAL STARTING DOSE

3 g

Description

[Chlorella](#) is a **microalga from freshwater**. People consume chlorella in rice, pancakes, or tea. It can also be found as a supplement [\[R\]](#) [\[R\]](#).

Chlorella is **rich in protein** and several micronutrients. It may be useful to [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#):

- Reduce blood sugar
- Lower cholesterol
- Reduce blood pressure
- Improve immunity

How it helps

Supplementation with chlorella increased breast milk IgA in a study on 35 women [\[R\]](#).

Chlorella also increased resting secretory IgA in response to intensified training in a study of 26 participants [\[R\]](#).

Chlorella is a nutrient-rich algae that contains various antioxidants and nutrients supporting overall immune health.

9



Dragon Fruit

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate dragon fruit into your diet by eating it raw or adding it to salads, smoothies, or yogurt. Aim for consuming dragon fruit 2-3 times a week to enjoy its benefits. Simply slice it in half and scoop out the flesh to eat.

Description

Dragon fruit is a colorful tropical fruit rich in antioxidants, vitamins, and fiber. Consuming dragon fruit as part of a balanced diet can support overall nutritional wellness and may offer benefits such as improved digestion and skin health.

How it helps

In a [placebo-controlled trial of 107 healthy volunteers](#), consuming 4 g/day dragon fruit oligosaccharides **increased IgA levels by 11.31 mg/dL or 10.95%** [\[R\]](#).

Dragon fruit is rich in vitamins, antioxidants, and fiber. These nutrients support overall immune health and can contribute to maintaining or increasing IgA levels, which play a crucial role in the immune defense of mucosal surfaces.

10



Music Therapy

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Engage in music therapy sessions for at least 30 minutes a day, three times a week. These sessions can involve listening to music, playing an instrument, singing, or writing songs, facilitated by a certified music therapist if possible.

TYPICAL STARTING DOSE
30 minutes

Description

Music therapy is a therapeutic approach that uses music to address physical, emotional, cognitive, and social needs. It can improve mental health, enhance emotional expression, and support overall well-being.

[Music](#) therapy is a form of therapy that involves making, reflecting on, and/or listening to music. It can be applied individually or in groups and may not require the presence of a therapist [\[R\]](#).

Music therapy provides tools for body relaxation and positive imagery. It aims to improve communication, quality of life, and well-being [\[R\]](#), [\[R\]](#).

How it helps

In a non-placebo-controlled trial of 77 students subjected to cognitive stress, listening to relaxing music boosted salivary IgA levels [\[R\]](#).

Similarly, choir singing increased salivary IgA and positive affect in another trial [\[R\]](#).

However, intraoperative music failed to raise IgA in a non-placebo-controlled trial of 75 patients undergoing open hernia repair [\[R\]](#).

Music may help by reducing stress and enhancing emotional well-being.

11



Colostrum

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take colostrum supplements orally, typically 20 to 60 grams daily, split into two to three doses. It is recommended to start with a lower dose and gradually increase as needed. This supplement can be taken for varying durations, from a few weeks to several months, depending on the health goals and responses observed.

TYPICAL STARTING DOSE

20 g

Description

Colostrum is the first milk produced by mammals, including humans, after giving birth. It is rich in nutrients and antibodies and is believed to support newborns' immune systems and overall health.

Colostrum, or “first milk,” is the very first type of milk produced right after a mammal gives birth. It supports the newborn’s immune system and provides a rich source of nutrients and growth factors [R].

People take colostrum to boost immunity and exercise performance [R].

How it helps

Colostrum is rich in immunoglobulin A (IgA), supplying the body with these antibodies can help improve the immune response in individuals with IgA deficiency. Through this, it may reduce the frequency of infections which are common in this condition.

In a 12-week study, 35 distance runners (15 female, 20 male) took either bovine colostrum or a placebo. Bovine colostrum led to a significant 79% increase in s-IgA levels compared to baseline, suggesting potential immune system benefits [R].

In a review of 10 randomized controlled trials involving 239 participants, bovine colostrum (BC) supplementation had limited effects on improving serum immunoglobulins (IgA, IgG), lymphocytes, neutrophils, and saliva IgA in athletes and physically active individuals. While BC has been linked to reduced upper respiratory tract infections, the mechanisms behind these effects are unclear.

One two-part study with athletes found that BC may increase IGF-I and saliva IgA but does not seem to directly contribute to the absorption of IGF-I. Another study with 31 men showed that colostrum could enhance immune sensitivity during exercise and DPCP exposure.

A 2010 study on 12 subjects demonstrated that a single dose of CLMWF boosted certain immune responses. A 4-week study indicated that COL improved neutrophil response to stimulation but had no significant impact on other immune markers during prolonged exercise.

Lastly, a study involving healthy volunteers consuming bovine colostrum whey for 7 days before receiving a vaccine showed potential enhancement of specific IgA immune responses. [R, R, R, R, R, R, R].

However, some studies found that colostrum was not greater than placebo in its effects [R, R].

12



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 90 sedentary participants, supplementation with a papaya preparation (9 g/day for 6 weeks) increased salivary IgA and SOD levels, possibly reducing the risk of respiratory infections [\[R\]](#).

13



Self-Hypnosis

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice self-hypnosis for 20-30 minutes daily. Find a quiet, comfortable place where you won't be disturbed. Close your eyes, take deep breaths, and focus on positive affirmations or imagery that addresses your specific needs, such as reducing stress or pain management.

TYPICAL STARTING DOSE
20 minutes

Description

Self-hypnosis involves using relaxation techniques and focused attention to enter a state of heightened suggestibility, often for the purpose of self-improvement or managing certain conditions like stress or pain.

How it helps

In a non-placebo-controlled trial of 57 children, learning self-hypnosis with specific suggestions for control of saliva immunoglobulins increased salivary IgA [\[R\]](#).

Self-hypnosis can aid in stress reduction and promote mental well-being. By reducing stress, it can have a beneficial impact on immune function, including the potential to improve IgA levels.

14



Chewing

IMPACT

1 / 5

EVIDENCE

1 / 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

In a non-placebo-controlled trial of 177 participants, chewing gum increased testosterone and estradiol while decreasing IgA [\[R\]](#).

15



Beta-Glucans

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a beta-glucan supplement daily, with a dosage ranging from 250mg to 500mg. It is best consumed with a meal to enhance absorption. Continue this routine daily to support immune health.

Description

Beta-glucans are types of soluble fiber found in foods like oats and barley. They have been associated with immune system support and may help lower cholesterol levels when consumed as part of a heart-healthy diet.

Beta-glucan is a type of soluble fiber with antioxidant properties. It is abundant in [\[R\]](#) [\[R\]](#):

- Baker's yeast
- Cereals (e.g., oats, barley)
- Mushrooms (e.g., maitake)
- Seaweeds

People use beta-glucans to [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#):

- Improve immunity (e.g., fight infections)
- Reduce blood sugar
- Reduce cholesterol

How it helps

This study investigated the effects of baker's yeast β -glucan (BG) on post-exercise immune response. In one experiment, BG reduced cold/flu symptoms by 37% after a marathon. In another, it increased salivary IgA by 32% after strenuous exercise, suggesting potential immune benefits [\[R\]](#).

16



Bifidobacterium Lactis HN019

IMPACT1 / 5

EVIDENCE1 / 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 HN019 is a strain known for its resilience to stomach acid and bile, which allows it to survive the harsh conditions of the gastrointestinal tract and colonize the gut effectively. It may help improve gastrointestinal function, alleviate symptoms of irritable bowel syndrome, enhance immune response, and reduce the risk of certain infections.

How it helps

In a placebo-controlled trial of 105 lactating women not included in the meta-analysis, supplementation with *Bifidobacterium lactis* HN019 (9 x 10^9 cfu/day) for 6 months increased IFN-gamma levels in the cord blood and IgA and TGF-beta1 in the breast milk [\[R\]](#).

17



Rice Bran

IMPACT0 / 5

EVIDENCE0 / 5

How to implement

Incorporate rice bran into your daily diet by adding 1-2 tablespoons to smoothies, oatmeal, or yogurt. It can also be used as a partial flour substitute in baking recipes.

Description

Rice bran is the outer layer of rice grains removed during milling. It contains compounds like gamma oryzanol and tocotrienols. It's rich in nutrients like fiber, vitamins, and minerals. People often use rice bran as a dietary supplement for its nutritional benefits.

How it helps

Rice bran is high in antioxidants and nutrients that are beneficial for immune health. These properties can enhance the body's immune response, potentially leading to an increase in IgA production, a key component of the immune system.

18



White Button Mushrooms

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate 100 grams of fresh white button mushrooms into your daily diet. You can consume them raw in salads, sauté them for a side dish, or add them to soups, stews, and other cooked meals. Continue this practice regularly as part of your overall balanced diet.

Description

White button mushrooms are a common variety of mushrooms that contain nutrients like selenium and vitamin D. They are used to boost immunity and provide potential health benefits like supporting bone health.

How it helps

These mushrooms contain antioxidants and polysaccharides, which are known to modulate the immune system. These compounds can stimulate the body's immune response, potentially enhancing the production of IgA, an important component of the mucosal immune system.

19



Japanese Mushrooms

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Include Japanese mushrooms such as shiitake, maitake, or enoki in your diet 2-3 times per week. You can add them to soups, stir-fries, or salads.

Description

Japanese mushrooms like shiitake and maitake are known for their potential immune-boosting properties. They contain compounds that may support immune function and overall health.

How it helps

Japanese mushrooms such as shiitakes are rich in beta glucans, a type of fiber that enhances the immune system. This boost in immunity assists in managing IgA deficiencies by activating neutrophils and macrophages, cells that fight disease.

20



Play Music Instruments

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Set aside at least 20-30 minutes daily to practice playing a musical instrument. Consistency is key, so try to maintain this routine for at least several months to potentially notice benefits related to mental health, cognitive function, and hand-eye coordination.

TYPICAL STARTING DOSE

20 minutes

Description

Playing musical instruments is a form of creative expression that can enhance cognitive abilities, improve fine motor skills, and provide emotional and stress-relief benefits.

How it helps

Playing musical instruments can be a stress-relieving activity, which may improve mental health and emotional well-being. This reduction in stress can positively influence immune function, including the levels of IgA.

21



Lactobacillus Plantarum

IMPACT

0 / 5

EVIDENCE

0 / 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

Lactobacillus Plantarum, a type of probiotic, may boost your IgA levels, enhancing your immune system's defense against pathogens. It aids in producing more IgA, an antibody that plays a crucial role in mucosal immunity, preventing harmful bacteria from attaching to your gut lining.

22



Autogenic Training

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice autogenic training for 10-15 minutes daily, ideally in a quiet, comfortable space where you won't be disturbed. Sit or lie down in a comfortable position, close your eyes, and focus on calming your mind and body through self-suggested affirmations. Repeat this routine daily for at least 2-3 months to observe beneficial effects on stress reduction and relaxation.

TYPICAL STARTING DOSE

10 minutes

Description

Autogenic training is a relaxation technique that involves self-suggestion and progressive muscle relaxation to promote relaxation, reduce stress, and alleviate symptoms of anxiety and tension.

Autogenic training is a relaxation technique that a person may carry out on their own [\[R\]](#), [\[R\]](#).

Autogenic training uses 6 exercises that take the mind’s attention to bodily sensations such as warmth and heaviness. The exercises involve guided imagery and verbal cues (e.g. "My arm is very heavy") to [\[R\]](#), [\[R\]](#):

- Relax the body
- Quiet and calm the mind
- Increase energy

How it helps

Autogenic training, a relaxation technique, helps in reducing stress and promoting a state of calm. By lowering stress levels, it can indirectly support the immune system, potentially leading to an increase in immunoglobulin A (IgA) levels. Stress reduction is known to have a positive impact on various aspects of immune function.

23



Meditation

IMPACT

0 / 5

EVIDENCE

0 / 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

Regular meditation practices have been linked to reduced stress and improved immune function. This improvement in immune health can potentially lead to an increase in IgA production, which is crucial for the immune defense of mucosal surfaces.

24



Listen to Music

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Select music that aligns with your preference and listen for at least 30 minutes per day. This can be done while engaging in other activities or as a standalone activity to relax or energize yourself, depending on the genre chosen.

TYPICAL STARTING DOSE

30 minutes

Description

Listening to music can have a positive impact on mental and emotional well-being, reducing stress, improving mood, and even enhancing cognitive performance. Music therapy is used in various healthcare settings to support mental health and overall quality of life.

How it helps

Listening to music can help reduce stress and emotional pressure that sometimes contribute to inflaming conditions, such as IgA nephropathy. However, it cannot prevent the condition as it's an autoimmune disease generally influenced by genetic and environmental factors.

25



Polychromatic Light Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Use a polychromatic light therapy device for about 15-20 minutes daily. Choose a session time either in the morning or early evening, and ensure consistency in application to the recommended body area, such as over a painful joint or across your back, depending on the specific condition being targeted. Avoid looking directly into the light sources.

TYPICAL STARTING DOSE

20 minutes

Description

Polychromatic light therapy involves exposure to specific wavelengths of light to address various health concerns, such as promoting wound healing, reducing pain, and alleviating mood disorders. Different wavelengths are used to target specific health issues.

How it helps

Polychromatic Light Therapy can help improve circulation and decrease inflammation, and it may potentially alleviate some symptoms of IgA disease like joint pain or skin rashes. However, this therapy doesn't specifically prevent the development of IgA related diseases.

26



Low-Intensity Exercise

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

TYPICAL STARTING DOSE

1 hour

Description

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

How it helps

Engaging in regular, moderate exercise has been shown to boost overall immune function. Optimal exercise routines can contribute to the maintenance of healthy IgA levels, important for mucosal immunity. Moderation is key because long-term excessive physical activity may weaken the immune response.

27



Singing

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Dedicate at least 20 minutes to singing daily, choosing songs that you enjoy and that allow for a range of vocal expressions. This practice can be done alone, with a group, or during a dedicated singing class, with consistency being key for potential health benefits.

TYPICAL STARTING DOSE

20 minutes

Description

Singing is a form of expression where you use your voice to create music. It also exercises your lungs and heart by providing a kind of workout for your respiratory system. By doing so, it improves your cardiovascular performance and overall health, reducing stress and boosting your mood.

How it helps

Singing stimulates the immune system in various ways, one of which is by increasing the production of IgA antibodies. This boost in IgA can lead to improved immune function and better resistance to infections.

28



Sleep for 7+ Hours

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

Description

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

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

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

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

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

How it helps

Getting adequate sleep is crucial for overall health and can help manage blood pressure, which is important in IgA nephropathy.

29



Mushrooms

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a variety of mushrooms such as shiitake, button, portobello, and oyster into your diet. Aim for at least 100-150 grams (roughly one cup) of fresh mushrooms or 15-20 grams of dried mushrooms, 2-3 times per week. You can add them to salads, soups, sandwiches, or sauté them as a side dish.

Description

Mushrooms are fungi rich in nutrients like B vitamins and copper, and bioactive compounds. They are used in various cuisines and have been associated with potential health benefits, including immune support and antioxidant properties.

How it helps

Mushrooms are rich in beta-glucans, which can enhance the immune system by stimulating the production of IgA antibodies. By strengthening this first line of defense, it helps prevent bacterial and viral infections.

30



Progressive Muscle Relaxation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Set aside at least 10-15 minutes daily in a quiet, comfortable spot where you won't be disturbed. Start by tensing the muscles in your feet for 5 seconds, then relax for 30 seconds, and progressively work your way up through the major muscle groups of your body, tensing then relaxing each for 5 and 30 seconds respectively.

TYPICAL STARTING DOSE

10 minutes

Description

Progressive Muscle Relaxation is a relaxation technique involving the systematic tensing and releasing of muscle groups to reduce muscle tension, stress, and anxiety. Regular practice can lead to improved physical and mental relaxation.

Progressive muscle relaxation is a relaxation technique focused on releasing muscle tension. In this technique, you focus on tensing and relaxing different parts of your body, one after the other, to relieve stress [R](#), [R](#)].

It is common to start with the toes and slowly work your way up to the neck and head. Try to focus on a single muscle group at a time (for example, the calf muscles). Tense these muscles for 5-10 seconds, then relax for 20-30 seconds before moving on to the next muscle group [R](#), [R](#)].

How it helps

Tensing and relaxing different muscle groups with progressive muscle relaxation reduces physical and psychological stress. Lower stress levels can improve immune function, potentially boosting IgA levels.

31



Low-Level Laser Therapy (LLLT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Use a low-level laser therapy device, as directed by its manual or a healthcare professional, on the affected area. Generally, treatment involves applying the laser for a specified duration, often between 30 seconds to several minutes, per treatment area. Sessions can be conducted 2-3 times per week for a period of 4-12 weeks, depending on the condition being treated and the device used.

TYPICAL STARTING DOSE

30 seconds

Description

Low-level laser therapy (LLLT), also known as photobiomodulation, is a type of light therapy that uses low-intensity lasers to promote healing. It has been shown to be effective in treating a variety of conditions, including pain, inflammation, and wound healing.

How it helps

LLLT or photobiomodulation therapy, essentially targeted light exposure, could potentially stimulate the body's natural healing, and improve immune system function, helping patients with immune-related illnesses like IgA. However, there's no concrete evidence it can prevent IgA disorders specifically.

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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, a traditional Chinese medicinal practice, is thought to stimulate the body's immune response, which could potentially help in managing IgA deficiencies. However, there is no clear scientific evidence showing that acupuncture can prevent the occurrence of an IgA deficiency, an inherited condition.

33



Streptococcus Salivarius

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a probiotic supplement containing Streptococcus salivarius daily, preferably in the morning on an empty stomach or as directed on the product packaging. The specific dosage can vary, so it's important to follow the manufacturer's instructions. Continue this regimen daily for at least 4 weeks to evaluate its benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Streptococcus salivarius is a type of beneficial bacteria found naturally in the mouth and throat. It plays a role in oral health by helping to maintain a balanced oral microbiome, which can contribute to fresher breath and reduced risk of dental issues.

Streptococcus salivarius is one of the first colonizers of the human mouth and gut after birth. It’s one of the most abundant microorganisms in the saliva. Although usually harmless, it can cause infections in people with a weakened immune system [\[R, R\]](#).

On the other hand, some strains can be used as [probiotics](#). People mainly take *S. salivarius* to help with [\[R, R\]](#):

- Cavities
- Ear infections
- Respiratory infections
- Yeast infections

How it helps

Streptococcus salivarius, a beneficial bacteria, boosts immune response by producing substances that can kill harmful bacteria, possibly enhancing the function of IgA, an immune protein. Although there are no direct studies linking it to IgA conditions, it might help in maintaining a healthy microbiota.

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Lactobacillus Rhamnosus

IMPACT

0 / 5

EVIDENCE

0 / 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

Lactobacillus Rhamnosus, a type of beneficial bacteria, promotes the production of IgA, an antibody that plays a crucial role in the immune function of our body's mucous membranes. This supplement recommendation would, therefore, support your immune system by enhancing its IgA response.

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Lactobacillus Reuteri

IMPACT

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EVIDENCE

0 / 5

How to implement

Take a supplement containing *Lactobacillus reuteri* daily, ideally choosing a product that specifies CFU (colony-forming units) to ensure you receive an effective dose. Dosage can vary depending on the specific product, but it's typically around 10 billion CFUs. Continue taking the supplement for at least 4 to 8 weeks to evaluate its benefits for your gut health.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus reuteri 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 reuteri is a [probiotic](#) bacterium that is part of the normal [microbiome](#) of the gut, skin, urinary tract, and, occasionally, the stomach [\[R\]](#).

L. reuteri is also used as a probiotic. People take it to help with [\[R, R, R, R\]](#):

- High cholesterol
- Gut diseases
- Constipation
- Helicobacter pylori infections

In the 1960s, **30-40 percent** of people had *Lactobacillus reuteri* as a part of their microbiome. Today, estimates suggest it is found in only **10-20 percent** [\[R, R\]](#).

How it helps

Lactobacillus Reuteri is a probiotic that assists in strengthening the immune system, including boosting IgA levels. It helps create a more balanced gut bacteria environment and promotes better immune response.

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Relaxation Techniques

IMPACT

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EVIDENCE

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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

Various relaxation techniques can effectively reduce stress, which in turn can have a positive effect on immune function. Reduced stress levels can contribute to an improvement in IgA levels, an important factor in mucosal immunity.

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Bifidobacterium Animalis Subsp. Lactis

IMPACT

0 / 5

EVIDENCE

0 / 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

Bifidobacterium Animalis Subsp. Lactis is a beneficial probiotic that can enhance the immune response by stimulating the production of IgA, an antibody crucial for immune defense. With consistent supplementation, it can help bolster immunity and aid in maintaining overall health.

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Synbiotics

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a synbiotic supplement that combines both prebiotics and probiotics daily, ideally with a meal. The specific dosage depends on the product, but generally ranges from 1 to 10 billion CFUs for probiotics. Consult the product's label for exact dosing instructions and continue use for at least 4 weeks to assess effectiveness.

Description

Synbiotics are dietary supplements that combine probiotics (beneficial bacteria) and prebiotics (fiber) to support gut health. They help maintain a balanced gut microbiome and digestive well-being.

How it helps

Synbiotics, a combination of probiotics and prebiotics, helps boost the gut's immune system, where most of your IgA (an important immune molecule) is produced. Higher IgA levels potentially protect against infections and inflammatory diseases.

39

Horticulture Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in gardening activities for 30-60 minutes per session, at least 2-3 times a week. Choose activities that you enjoy, such as planting, weeding, or watering, in a garden space available to you, whether it's a community garden or small indoor plant collection.

TYPICAL STARTING DOSE

30 minutes

Description

Horticulture therapy, or gardening as a therapeutic activity, offers various physical and mental health benefits. It can reduce stress, improve mood, and enhance cognitive function, making it a valuable form of therapy for individuals of all ages.

How it helps

Horticulture therapy can reduce stress and improve mood, thereby potentially reducing inflammation and promoting a healthier immune response which may benefit those with IgA disorders. However, it does not directly prevent the occurrence of IgA disorders.

40

Limit Calorie Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume fewer calories than your body needs for maintenance. Calculate your daily caloric needs using an online calculator based on your sex, age, weight, height, and activity level, then reduce that number by 500-1000 calories per day to safely lose 1-2 pounds per week. Adjust the caloric intake as needed based on your progress.

Description

People often limit their calorie intake to help them lose weight [\[R, R\]](#). However, moderate calorie restriction may also help you stay healthier and age better [\[R, R, R, R, R\]](#).

There are different ways to take in fewer calories. You can:

- **Eat low-calorie foods**, such as those rich in proteins, fiber, and water. Avoid fatty and sugary foods, which tend to be high in calories [\[R\]](#).
- Try [intermittent fasting](#), which involves changing how often you eat [\[R\]](#).

If you are restricting your calories, make sure your diet remains healthy and balanced. Experts also recommend being physically active, to prevent the loss of muscle and bone mass.

How it helps

Calorie restriction can boost your overall immunity and therefore may help manage IgA diseases, which are disorders involving your immune system. However, there's no direct evidence to suggest calorie restriction can specifically prevent the occurrence of these diseases.

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Prebiotics

IMPACT

0 / 5

EVIDENCE

0 / 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 foster the growth of beneficial gut bacteria which helps regulate the immune system. This can potentially strengthen the immune response in IgA deficiency, improving overall health.

42



Oligosaccharides

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take oligosaccharide supplements daily, in doses ranging from 3 to 10 grams. You can mix the powder form of the supplement with water, milk, or any other beverage of your choice. Continue this supplementation as part of your daily routine for ongoing gut health support.

TYPICAL STARTING DOSE

3 g

Description

Oligosaccharides are complex carbohydrates composed of a small number of sugar molecules linked together. They serve as prebiotics in the gut, promoting the growth of beneficial probiotic bacteria, which can enhance digestion, support the immune system, and contribute to overall gut health.

How it helps

Oligosaccharides are known to support the growth of healthy gut bacteria, which can help boost the immune response. By improving immune health, it could potentially benefit IgA deficiency, a condition characterized by a weak immune system.

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Enterococcus Faecium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take Enterococcus faecium as a probiotic supplement, usually available in capsule or powder form. For general gut health, the typical dosage ranges from 5 to 10 billion colony-forming units (CFUs) per day. It is advised to consume the supplement with a glass of water, ideally 30 minutes before a meal for better absorption. Continue daily for at least 4 weeks to evaluate its benefits.

Description

These are types of beneficial bacteria that can be found in probiotic supplements. They may contribute to digestive health, support the immune system, and promote gut microbiome balance. Incorporating probiotics containing these strains can help maintain overall well-being.

How it helps

Enterococcus Faecium is a probiotic that can help improve your gut health, which is beneficial for IgA conditions where the immune system is overactive. By fostering a healthier gut microbiome, it aids to balance and regulate the immune response, potentially reducing IgA overactivity.

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.