

Inner Ear Infection

DNA Health Report

REPORT CATEGORY —



Sample Client

Report date: 15 January 2026

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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

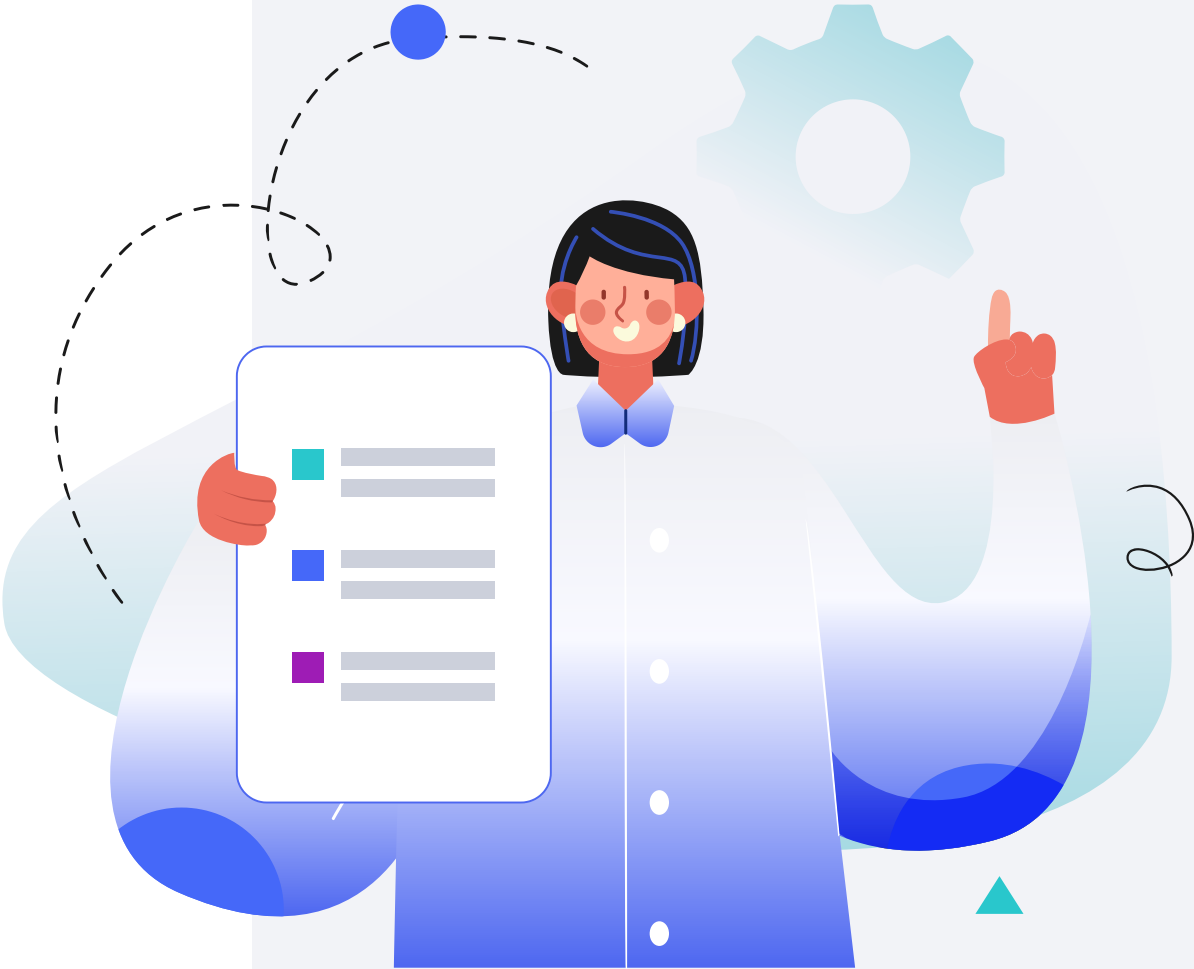
Male

HEIGHT

5ft 5" 165cm

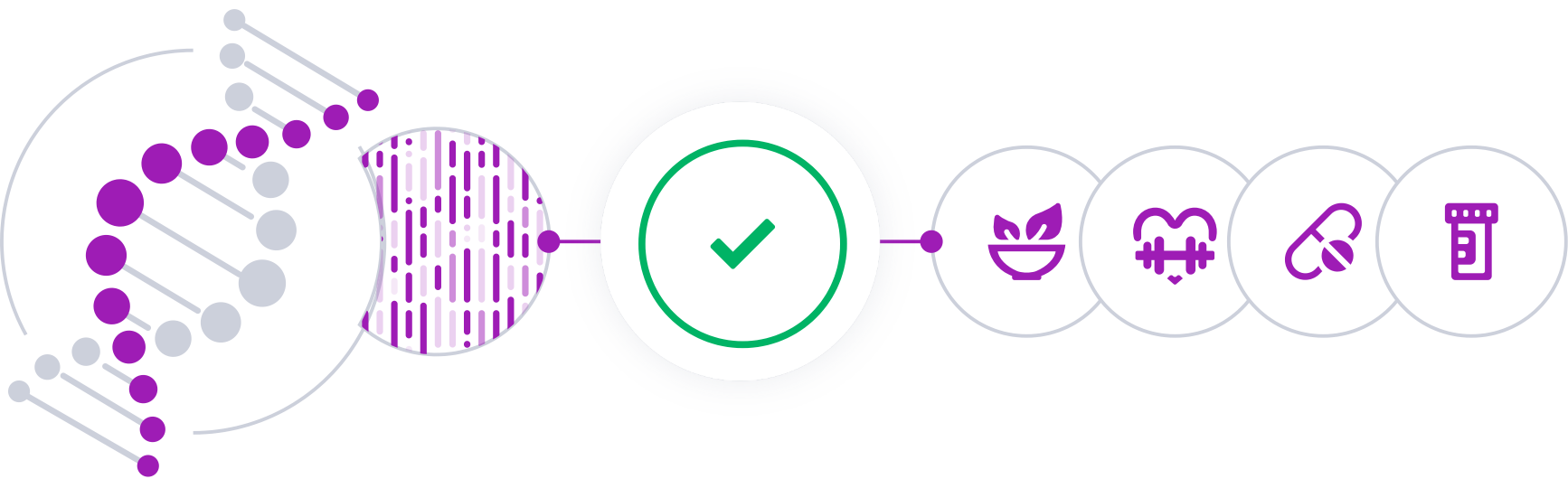
WEIGHT

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.

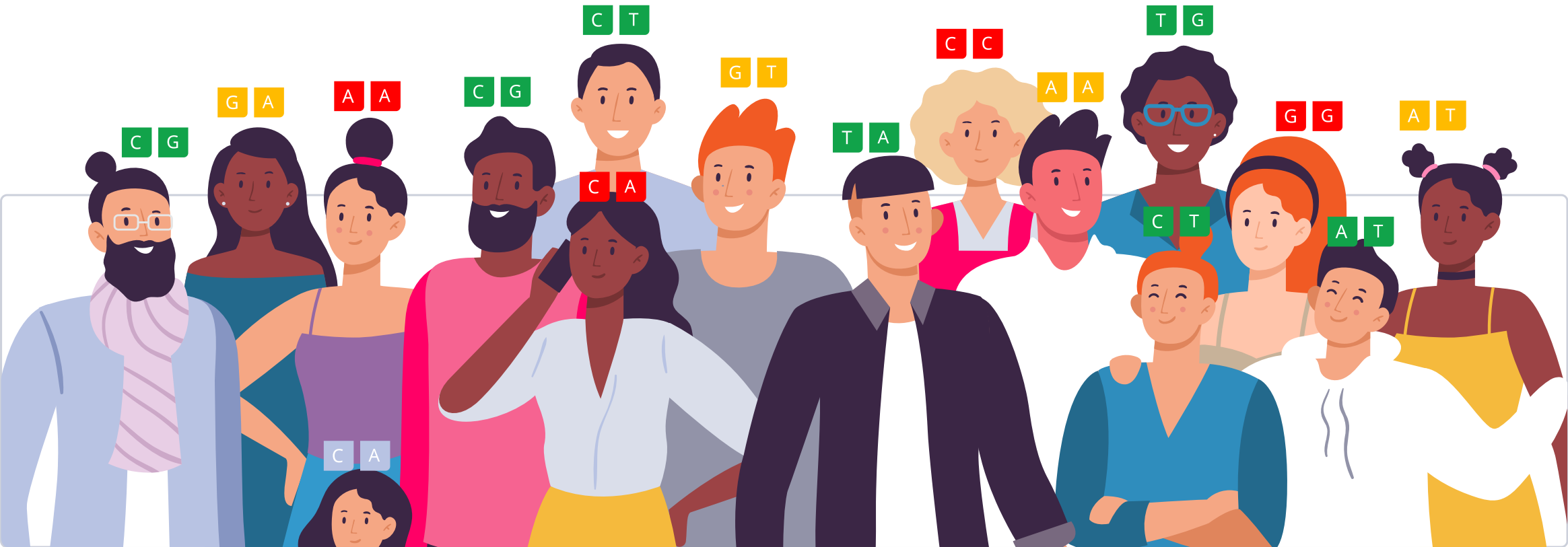


Similarly, our Trait Reports look at how your DNA influences your traits.



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

Labyrinthitis is an inner ear disorder characterized primarily by vertigo, dizziness, and difficulties with balance and coordination. This condition occurs when the labyrinth, a maze-like combination of fluid-filled channels and structures in the inner ear, becomes inflamed. An infection usually causes it.

The inflammation disrupts the function of the vestibular system, which is responsible for the body's sense of balance and spatial orientation. Symptoms can be sudden and intense, often triggered by movements of the head, and may be accompanied by nausea or vomiting.

Causes and Treatment

In addition to balance issues, labyrinthitis is sometimes associated with hearing problems such as ringing in the ears (tinnitus) or hearing loss, since the labyrinth is also integral to the auditory system. These effects may create significant distress and impair an individual's ability to perform daily activities. While they are often acute and resolve over time, some symptoms can persist and require medical intervention.

Labyrinthitis is typically caused by viral infections but can sometimes result from bacterial infections or, less commonly, by other conditions or autoimmune responses. Treatment focuses on relieving symptoms and addressing the underlying cause, if known.



TYPICAL LIKELIHOOD

Typical likelihood of labyrinthitis based on 48,290 genetic variants we looked at



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	Serrapeptase	2	Avoid Loud Noises
3	Ginkgo120 mg	4	Avoid Rapid Weight Changes
5	Balance And Mobility Training30 minutes	6	Zinc15 mg
7	Ginger500 mg		

1



Serrapeptase

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take serrapeptase on an empty stomach, which means at least 2 hours after eating and 30 minutes before eating. The typical dosage ranges from 10,000 to 60,000 units per day, depending on the specific health condition being addressed. It is often recommended to start with a lower dose to assess tolerance and then gradually increase as needed. This supplement is usually taken in capsule form once daily.

Description

Serrapeptase is an enzyme derived from the silkworm and is used today as a dietary supplement for its potential anti-inflammatory properties, supporting joint health and reducing inflammation.

Serrapeptase is an enzyme that helps the body break down some types of protein. This might help **decrease inflammation and mucus**.

People use serrapeptase for conditions like back pain, joint pain, and other conditions involving pain and inflammation. It may also relieve cough by breaking down mucus. However, there is weak evidence to support these uses.

How it helps

In a placebo-controlled trial of 193 participants with acute or chronic ear, nose, or throat disorders, supplementation with serrapeptase for 7-8 days improved symptoms such as inflammation or swelling and was well-tolerated [\[R\]](#).

2



Avoid Loud Noises

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Limit exposure to loud noises by keeping the volume down on personal audio devices, wearing earplugs at concerts or noisy work environments, and taking breaks in quiet areas when possible. Attempt to maintain noise levels below 85 decibels, especially for prolonged periods, to protect your hearing.

Description

Most sounds you’re exposed to daily are quiet. However, there are times when sounds can be uncomfortably loud. **Exposure to loud noise for long periods of time can damage the cells of the inner ear.** This may lead to hearing impairment and conditions like tinnitus.

Exposure to loud noises may damage the inner ear or the auditory nerve. This may lead to hearing impairment or conditions like tinnitus [\[R, R\]](#).

Potentially damaging noises can be anything at a volume **above 70 decibels** (dB). The louder the noise, the less time it takes to cause damage to your ear. For reference, some volume levels of common sounds include [\[R, R\]](#):

- Whispering (30 dB)
- Normal conversation (60-70 dB)
- Motorcycle (95 dB)
- Ambulance siren (110-129 dB)
- Fireworks, gunshots (140-165 dB)

How it helps

Loud noises can exacerbate symptoms of labyrinthitis, such as vertigo and hearing loss, by putting additional stress on the inner ear. Minimizing exposure to loud environments can help reduce symptom severity and promote recovery.

3



Ginkgo

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 120 mg of Ginkgo supplement daily, preferably with meals to aid absorption. This dosage is typically split into two 60 mg doses taken in the morning and evening for best results.

TYPICAL STARTING DOSE

120 mg

Description

[Ginkgo](#) (*Ginkgo biloba*) is an ancient tree used in traditional Chinese medicine [\[R\]](#), [\[R\]](#).

According to limited evidence, ginkgo leaf extract may help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Dementia
- Eye problems
- Blood vessel problems
- Vitiligo

How it helps

Ginkgo biloba has been studied for its potential to improve blood flow and reduce inflammation, which are critical factors in managing labyrinthitis. Better blood flow to the inner ear can help alleviate some of the symptoms associated with labyrinthitis, such as vertigo and hearing loss.

4



Avoid Rapid Weight Changes

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Maintain a consistent, healthy weight by avoiding extreme dieting or sudden increases in food intake. Aim for gradual weight changes, not exceeding 1-2 pounds per week, by adjusting your diet and physical activity levels accordingly. This approach should be sustained over a long-term period to ensure health and prevent potential adverse effects on the body.

Description

Avoiding extreme and rapid weight changes, whether through crash diets or excessive calorie restriction, is essential for preventing negative health consequences such as nutritional deficiencies and metabolic disruptions.

Your weight is determined by the number of calories you consume compared to those you burn. Changes in exercise frequency, amount and type of food consumed, and alcohol intake may alter your energy expenditure. This may cause small weight fluctuations [\[R\]](#).

Some people may gain or lose weight at a faster rate. Rapid weight fluctuations may be due to [\[R\]](#), [\[R\]](#):

- Very drastic diets
- Water retention or dehydration
- Hormonal changes
- Pregnancy
- Taking certain medications
- Certain health conditions

How it helps

Rapid weight changes can affect the fluid balance in the body, potentially impacting the inner ear and exacerbating labyrinthitis symptoms. Maintaining a stable weight can help manage the condition more effectively.

5



Balance And Mobility Training

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate balance and mobility exercises into your routine three to four times per week. Each session should last approximately 30 minutes and include activities such as standing on one foot, walking heel to toe, and tai chi or yoga. Start with simple exercises and gradually increase difficulty as your balance improves.

TYPICAL STARTING DOSE

30 minutes

Description

Balance and mobility training exercises, such as yoga or tai chi, can improve stability and reduce the risk of falls, particularly among older adults. These exercises enhance overall physical function.

How it helps

Balance and mobility training can help individuals with labyrinthitis by improving their ability to manage vertigo and balance issues. These exercises are designed to retrain the brain to process balance information more effectively, despite the inner ear damage caused by the condition.

6



Zinc

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

15 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

[Zinc](#) is an essential mineral. Your body needs it to [\[R\]](#), [\[R\]](#):

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

Zinc plays a role in maintaining a healthy immune system, which can help in reducing the infection's duration and severity if labyrinthitis is caused by a viral infection.

7



Ginger

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

TYPICAL STARTING DOSE
500 mg

Description

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

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

- Nausea
- Menstrual cramps
- Joint pain

How it helps

Ginger is known for its anti-inflammatory and anti-nausea properties. In cases of labyrinthitis, where inflammation and nausea due to vertigo are common symptoms, ginger can help reduce these discomforts. It helps by blocking certain inflammatory compounds in the body and can also suppress the nervous system's response that causes nausea.