

Irregular Periods

DNA Health Report

REPORT CATEGORY —



REPRODUCTIVE
HEALTH

Sample Client

Report date: 15 January 2026

Powered by

omicsedge

Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

10 Your recommendations

31 Next Steps

- 31 Your Lab Results

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

On average, those who menstruate do so for 7 years of their life [R]. That's a long time.

This translates to around 400 or 500 periods across a lifetime [R].

While periods can sometimes be challenging to manage, one place you can find solace is in the predictability of the cycle, allowing you to plan (somewhat) accordingly.

However, every period you have may not be identical. These differences can have a big impact on your day-to-day life.

For some, the length of a cycle or their period isn’t predictable. Some people may also bleed more than others, and periods can also cause people a lot of pain. **These are all considered irregular periods.**

The inconvenience of an unpredictable menstrual cycle may have you asking if there’s anything you can do to help.

One thing that probably won’t help is moving in with someone who has a regular cycle! “Period syncing,” with other people and with the moon, appears to be a myth [R, R, R].

So, what can you do?

Well, although exercise is always recommended, exercising too strenuously can contribute to irregular periods, so you should do your best to manage your exercise routine and not overexert yourself [R, R].

Alternatively, being overweight can also increase the risk of irregular periods by contributing to hormone imbalance [R, R].

Carrying a certain variant of the [FTO](#) gene may increase the risk of being overweight [R, R]. In this instance, doing your best to maintain a healthy weight may help support a regular menstrual cycle.

Read on to find out more about:

- **How your genetics play a role in irregular periods**
- **Your genetic risk score based on over 21,000 genetic variants**
- **Personalized recommendations based on your genetics**

About Irregular Periods

Key Takeaways:

- Genes involved in irregular periods may influence reproductive organ growth and development as well as hormones.
- Other potential risk factors (besides normal changes during pregnancy and menopause) for irregular periods include birth control, other medications or health conditions, low body weight, extreme exercise, stress, hormone disorders, and structural problems in the reproductive system.
- About **25%** of all women experience irregular periods.
- If your genetic risk is high, taking action on factors you can change may lower your overall risk.

The menstrual cycle lasts about 28 days. On average, menstruation (the period) lasts 3-5 days of this cycle. However, periods as short as 2 days or as long as 7 days can still be normal [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

In a narrow sense, irregular periods are cycles that [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Are shorter than 21 days
- Are longer than 35 days
- Vary greatly in length

In a broader sense, irregular periods can also include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heavy bleeding during periods
- Painful periods
- Prolonged menstrual bleeding (periods that often last more than 8 days)
- Missing three or more periods (when not pregnant)

Up to 25% of women experience period irregularities [\[R\]](#).

Changes to the menstrual cycle normally happen during pregnancy, breastfeeding, and menopause. Other potential causes of irregular periods include [\[R\]](#):

- Birth control



TYPICAL LIKELIHOOD

Typical likelihood of irregular periods based on 20,241 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
SALL3	rs149383320	AA
ARL14EP	rs11031005	TT
ARL14EP	rs74485684	TT
BMPR1B	rs1544387	GG
BHLHE41	rs10842700	CG
BORCS7	rs78602818	GG
CCDC170	rs12173791	GG
ARMC2	rs151250757	CC
OR8S1	rs565819225	GG
MIA2	rs150673908	GG
PDE4B	rs76470828	TT
RANBP17	rs191540122	CC
TPH2	rs374833420	AA
WWOX	rs74649398	CC
SOS2	rs77037646	TT
AIG1	rs9399423	CC
MYOM2	rs188291369	CC
MYOM2	rs150346375	CC
HMG20A	rs144269166	CC
MYOM2	rs192267770	CC
UGT3A1	rs182422598	GG
AHNAK2	rs79210101	GG
CYP1B1	rs77272595	CC
PNPLA8	rs182790190	AA

- Other medications
- Low body weight
- Extreme exercise
- Stress
- Hormone disorders
- Structural problems in the reproductive system
- **Genetics**

Irregular periods may be caused by a health condition. If this is the case, you may also have symptoms like [\[R\]](#):

- Nipple discharge
- Hair loss
- Excess facial hair growth
- Headaches
- Vision changes
- Pelvic pain
- Acne

Irregular periods are typically not dangerous. However, they may be caused by another condition that can cause complications like infertility. In such cases, a doctor will work to find and treat the underlying cause. Medication or surgery may be needed [\[R\]](#).

Some of the differences in the menstrual cycle may be attributed to genetics. Genes involved in irregular periods may influence [\[R\]](#), [\[R\]](#):

- Reproductive organ growth and development
- Hormones

GENE	SNP	GENOTYPE
PANX1	rs12420523	CC
GRM5	rs79575534	TT
AIG1	rs150166066	AA
ID4	rs145568696	CC
REV1	rs189498443	CC
FAM120AOS	rs75088872	CC
DLEU7	rs138243736	TT
KCNRG	rs141621233	AA
ARPP21	rs184947998	CC
MTSS1	rs80104305	TT
ARMC2	rs149145215	GG
DRD3	rs117338724	TT
DLEU7	rs17074268	TT
RBMS1	rs573492041	CC
/	rs142122930	TT
SPRY4	rs143736698	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	Low-Intensity Exercise	1 hour	2	Sufficient Calorie Intake	
3	Relaxation Techniques	30 minutes	4	Avoid Air Pollution	
5	Aerobic Exercise (Cardio)	1 hour	6	Inositol	2 g
7	Fenugreek	500 mg	8	Maintain Optimal Vitamin D Levels	1000 iu
9	D-chiro-inositol (DCI)	600 mg	10	Avoid Pollution	
11	Wild Mint	500 mg	12	Chasteberry	150 mg
13	Fennel	100 mg	14	Avoid Mercury Exposure	
15	Omega-3 (Fish Oil)	500 mg	16	Cinnamon	500 mg
17	Yoga	30 minutes	18	Yoga Nidra	30 minutes
19	Cinnamon And Chinese Peony		20	Myo-inositol	4 g
21	Avoid PFAS Exposure				

1



Low-Intensity Exercise

IMPACT4 / 5

EVIDENCE4 / 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

Not being physically active is a risk factor for irregular periods [\[R, R, R, R\]](#).

Regular, moderate exercise (about 30 min/day, 5-7 times per week) may [\[R, R, R\]](#):

- Support regular periods
- Decrease blood loss during periods

Interestingly, **getting a lot of exercise may also increase the risk**. Menstrual problems tend to be more common among athletes. This may be because intense exercise can alter sex hormone levels [\[R, R, R, R, R, R, R\]](#).

2



Sufficient Calorie Intake

IMPACT3 / 5

EVIDENCE4 / 5

How to implement

Consume a daily amount of calories that meets your body's energy needs based on your age, sex, weight, height, and physical activity level. Use an online calorie calculator or consult a dietitian to determine your specific caloric needs. Aim to distribute your calorie intake evenly across meals throughout the day.

Description

Calories measure the amount of energy supplied by food. Your body needs this energy to support all of its functions [\[R\]](#).

You get calories from eating foods rich in carbs, fat, and protein. These calories can be used for energy or stored as fat. Fat is used for energy during a calorie deficit. This may happen when there’s a low intake of calories or when calories are lost with exercise [\[R\]](#).

The average adult needs 30-40 calories per kilogram of body weight to have enough energy for the day. Exact needs can vary widely depending on age, gender, and physical activity. Not eating enough calories may result in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Weight loss
- [Nutrient deficiency](#)
- Fatigue

How it helps

Eating disorders are linked to an increased risk of irregular periods. This is because low calorie intake can change sex hormone levels [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

For those who are not eating enough, getting more calories may support regular periods [\[R\]](#), [\[R\]](#).

3



Relaxation Techniques

IMPACT

3 / 5

EVIDENCE

4 / 5

How to implement

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

TYPICAL STARTING DOSE

30 minutes

Description

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

We all get stressed from time to time.

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

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

People use relaxation techniques to improve conditions like [\[R, R, R\]](#):

- Anxiety
- Depression
- Chronic pain

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

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

How it helps

Stress may contribute to irregular periods by disrupting the balance of hormones in the body [\[R, R, R, R, R, R, R, R, R\]](#).

Learning to manage stress may help reduce the risk of irregular periods [\[R, R, R\]](#).

4



Avoid Air Pollution

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Stay indoors on days when air quality indexes (AQI) indicate high pollution levels, which are often reported by weather services or government environmental agencies. **Install air purifiers** in your home, especially in bedrooms, to reduce indoor pollutants. Limit outdoor exercise when air pollution warnings are issued, opting for indoor activities instead.

Description

Avoiding air pollution by reducing exposure to pollutants in the environment is essential for respiratory and overall health. It can help lower the risk of respiratory diseases, cardiovascular conditions, and other health issues associated with poor air quality.

While city life is convenient in a lot of ways, it comes with some health hazards. Cars, factories, and other sources increase air [pollution](#) [R].

Air pollution plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Lung disease
- Heart disease
- Diabetes
- Asthma
- Skin conditions

How it helps

Research involving tens of thousands of women found that increased exposure to air pollution may affect menstrual health. With a small increase in particulate matter exposure around the first menstrual period, women may have an 8-10% higher risk of having irregular periods [\[R\]](#).

Some studies even noted a slight increase in visits to the doctor for menstrual disorders when there was a rise in certain pollutants like PM10 and nitrogen dioxide (NO2) [\[R\]](#).

5

Aerobic Exercise (Cardio)

IMPACT3 / 5

EVIDENCE3 / 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

Not being physically active is a risk factor for irregular periods [\[R, R, R, R\]](#).

Regular, moderate aerobic exercise (about 30 min/day, 5-7 times per week) may [\[R, R, R\]](#):

- Support regular periods
- Decrease blood loss during periods

Interestingly, **getting a lot of exercise may also increase the risk**. Menstrual problems tend to be more common among athletes. This may be because intense exercise can alter sex hormone levels [\[R, R, R, R, R, R, R\]](#).

6



Inositol

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take inositol as a daily supplement, usually available in powder or capsule form. The typical dosage ranges from 2 grams to 18 grams per day, divided into smaller doses taken with meals and water to aid absorption. It's important to start with a lower dose and gradually increase to avoid digestive side effects.

TYPICAL STARTING DOSE

2 g

Description

Inositol is a naturally occurring compound that plays a role in cell signaling and neurotransmitter function. It has been studied for its potential in promoting mental health and managing conditions like anxiety and depression when used as a supplement under the guidance of a healthcare professional.

Inositol is a type of sugar that our bodies need to function. It was considered a vitamin (vitamin B8) until it was discovered that our bodies can make it from another common sugar, glucose [\[R\]](#).

[Myo-inositol](#) is the most common form of inositol. It plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart health
- Normal blood sugar levels
- Mental health
- Cognitive function
- Reproductive health

Myo-inositol can convert to [D-chiro-inositol](#) in the body. These two forms of inositol are often combined in supplements. People use them to improve blood sugar control and PCOS [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

A study of women with polycystic ovary syndrome with irregular cycles found that the percentage of women reporting regular menstrual cycles increased with increasing duration of DCI supplementation over 15 months [\[R\]](#).

Another study of 137 young, overweight women with PCOS also revealed that, after 6 months of supplementation with myo-inositol or with D-chiro-inositol, women had more regularity of the menstrual cycle. These supplements also reduced acne and improved insulin resistance [\[R\]](#).

7



Fenugreek

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a 500 mg fenugreek supplement daily, preferably with a meal to aid in digestion and absorption.

TYPICAL STARTING DOSE

500 mg

Description

Fenugreek is an herb and spice commonly used in traditional medicine for its potential to support digestive health, regulate blood sugar levels, and promote lactation in nursing mothers. Its compounds, such as soluble fiber and fenugreek seeds, contribute to its various health benefits.

[Fenugreek](#) is a leafy green legume originating from central Asia. Its leaves and seeds are both used in cooking. Some people also use the seeds to make tea [[R](#), [R](#)].

People use fenugreek tea or supplements for [[R](#), [R](#), [R](#), [R](#)]:

- Reproductive health
- Blood sugar control
- Decreasing cholesterol

How it helps

Fenugreek seed extract (1,000 mg/day for 2-3 months) may support regular periods for those with polycystic ovary syndrome by [[R](#), [R](#)]:

- Balancing sex hormones
- Supporting ovary health

8



Maintain Optimal Vitamin D Levels

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Low levels of vitamin D may be linked to irregular periods [\[R\]](#).

Getting more vitamin D may support regular periods by balancing sex hormones [\[R\]](#), [\[R\]](#).

Please note: *Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day* [\[R\]](#).

9



D-chiro-inositol (DCI)

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take a supplement containing 600-1200 mg of D-chiro-inositol daily, preferably with meals to enhance absorption. This dosage may vary based on individual health conditions and goals, so it's essential to consult with a healthcare professional for personal guidance.

TYPICAL STARTING DOSE

600 mg

Description

D-chiro-inositol is a compound related to inositol that is used as a dietary supplement, particularly in the management of polycystic ovarian syndrome (PCOS). It may help improve insulin sensitivity and hormonal balance in individuals with PCOS.

How it helps

A study of women with polycystic ovary syndrome with irregular cycles found that the percentage of women reporting regular menstrual cycles increased with increasing duration of DCI supplementation over 15 months [\[R\]](#).

Another study of 137 young, overweight women with PCOS also revealed that, after 6 months of supplementation with myo-inositol or with D-chiro-inositol, women had more regularity of the menstrual cycle. These supplements also reduced acne and improved insulin resistance [\[R\]](#).

10



Avoid Pollution

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Minimize your exposure to pollution by staying indoors on days when air quality is poor, using air purifiers at home, and avoiding heavy traffic areas whenever possible. Aim to check the air quality index (AQI) daily, especially if you live in urban or industrial areas, and adjust your outdoor activities accordingly.

Description

Urban environments come with some health hazards. Cars, factories, and other sources increase air [pollution](#). This can play a role in lung and heart disease, diabetes, and allergies. Other forms of pollution like environmental pollutants and noise pollution may also contribute to health problems.

While city life is convenient in a lot of ways, it comes with some health hazards. Cars, factories, and other sources increase air [pollution](#) [\[R\]](#).

Air pollution plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Lung disease
- Heart disease
- Diabetes
- Allergies

Other forms of pollution can cause a number of health issues as well. Environmental pollutants, such as mercury and PCBs (polychlorinated biphenyls), may reduce lifespan [\[R\]](#), [\[R\]](#).

How it helps

A variety of pollutants may increase the risk of irregular periods. They may be especially harmful during puberty, when the menstrual cycle is being established. Harmful pollutants include:

- Air pollutants [\[R\]](#)
- Pesticides and herbicides [\[R\]](#), [\[R\]](#)
- Water contaminants and industrial chemicals [\[R\]](#), [\[R\]](#)

Pollutants may contribute to irregular periods by interfering with sex hormones [\[R\]](#).

11



Wild Mint

IMPACT2 / 5

EVIDENCE1 / 5

How to implement

Take 500 mg of wild mint leaf extract in capsule form daily, preferably with a meal to enhance absorption. Continue this regimen for at least 4-6 weeks to observe potential benefits.

TYPICAL STARTING DOSE

500 mg

Description

Wild mint is a plant known for its aromatic leaves and is used in herbal teas and culinary dishes. It may aid in digestion and alleviate symptoms of indigestion or nausea. The main compound responsible for its minty aroma and flavor is menthol.

Wild mint (*Mentha longifolia*) is one of many members of the mint family, an herb grown around the world [\[R\]](#).

The oils and leaves of wild mint are used in cooking and cosmetics. They may also help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Gut problems
- Headaches
- Irregular periods

How it helps

Wild mint may support regular periods. Helpful forms include:

- **Syrup (3 tablespoons/day for 2 weeks)** [\[R\]](#)
- **Tea (3 cups/day for 2 weeks)** [\[R\]](#)

Tea made from wild mint, fennel, and chasteberry may also help [\[R\]](#).

Wild mint may help by supporting healthy levels of sex hormones [\[R\]](#).

12



Chasteberry

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take 150-500 mg of chasteberry extract daily, ideally in the morning to align with the body's natural hormonal rhythms. This dose is typically recommended for a duration of at least three months to evaluate its effectiveness on symptoms.

TYPICAL STARTING DOSE

150 mg

Description

Chasteberry, also known as chaste tree or Vitex, is an herb commonly used to support women's health, particularly in addressing symptoms of premenstrual syndrome (PMS) and hormonal imbalances. It may help regulate the menstrual cycle and alleviate some PMS symptoms.

Chasteberry is the fruit of the chaste tree (*Vitex agnus-castus*), a plant native to Europe and Asia [\[R\]](#), [\[R\]](#).

Early studies note that chasteberry may help with menstrual problems [\[R\]](#).

How it helps

Chasteberry extract (1-3 mg on the first day of the cycle for 3 cycles in a row) may support regular periods in women with polycystic ovary syndrome [\[R\]](#).

Drinking tea made from chasteberry, fennel, and wild mint may also help with irregular periods [\[R\]](#).

Chasteberry may help by balancing sex hormone levels [\[R\]](#).

Please note: *Chasteberry may not be safe for women who are pregnant or breastfeeding. It may also not be safe for women with hormone-related conditions, such as some cancers. Chasteberry may interact with some medications. Talk to your doctor before taking chasteberry* [\[R\]](#).

13



Fennel

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take a fennel supplement in doses ranging from 100 to 600 mg per day, divided into two or three doses. It is recommended to start with a lower dose to assess tolerance. Continue taking the supplement for up to three months to evaluate its effectiveness.

TYPICAL STARTING DOSE

100 mg

Description

Fennel is a flavorful herb and vegetable with potential digestive and anti-inflammatory properties. It can be used in cooking to add flavor to dishes while potentially offering digestive support.

[Fennel](#) (*Foeniculum vulgare*) is an herb belonging to the carrot family. Fennel shoots, bulbs, leaves, and seeds are edible and used in food. Parts of the plant are also used in soaps and perfumes [\[R\]](#), [\[R\]](#), [\[R\]](#).

As an herbal remedy, fennel may help with period cramps and anxiety [\[R\]](#), [\[R\]](#).

How it helps

Fennel extract (200 mg/day for 21 days) may help with irregular periods. It may help by balancing sex hormones [\[R\]](#).

Drinking tea made from fennel, wild mint, and chasteberry may support regular periods [\[R\]](#).

Please note: *Limit sun exposure or wear sunscreen if you are taking fennel. It may contribute to skin rashes by making some people more sensitive to sunlight. Don't take fennel if you are allergic. If you are pregnant or breastfeeding, consult your doctor before using fennel* [\[R\]](#).

How to implement

Description

Mercury and other [heavy metals](#) are found in the soil, water, food, and some commonly-used household products. They adversely affect the environment and living organisms. According to some studies, mercury is considered **the most toxic heavy metal** in the environment [R, R].

- Tuna
- Shark
- Swordfish

How it helps

Avoiding mercury exposure is beneficial for those with irregular periods, as mercury can disrupt the balance of hormones, including those that regulate menstrual cycles. Therefore, limiting your exposure to sources of mercury, such as certain seafoods and products, could help in managing your condition.

Occupational mercury exposure is significantly associated with menstrual issues such as longer periods, cycle delays, and blood volume changes, as well as dysmenorrhea. It can also lead to adverse reproductive outcomes like pregnancy-induced hypertension, stillbirth, low birth weight, and birth defects in offspring [R].

Reproductive hazards in 704 female workers exposed to low-level metallic mercury and 583 controls were investigated. Females exposed to low-level mercury for a long term mainly manifested dysmenorrhoea, and the incidence of dysmenorrhoea increased with exposure dose, suggesting a dose-response relationship [R].

15



Omega-3 (Fish Oil)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

Omega-3s (3 g/day for 8 weeks) may support regular periods in women with polycystic ovary syndrome [\[R\]](#).

They may help by balancing sex hormones [\[R\]](#).

Please note: *Omega-3s can interact with blood thinners (like aspirin, Plavix, Coumadin). Consult your doctor before taking omega-3s* [\[R\]](#).

16



Cinnamon

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 1 g cinnamon supplement once daily, ideally with a meal to aid absorption. This can be in the form of a capsule or tablet. Continue this regimen as long as it aligns with your health goals and under the guidance of a healthcare provider.

TYPICAL STARTING DOSE

500 mg

Description

Cinnamon is a popular spice that may have various health benefits, including improving blood sugar control, reducing inflammation, and providing antioxidants. It's commonly used in both culinary and herbal applications.

[Cinnamon](#) is a spice made from the bark of *Cinnamomum* trees. Cinnamon can [\[R\]](#):

- Decrease inflammation
- Fight [oxidative stress](#)
- Kill microbes

Cinnamon is mainly used in cooking and fragrances. **As a natural remedy, people use cinnamon to reduce blood sugar** [\[R\]](#).

There are two main types of cinnamon [\[R\]](#):

- Ceylon or ‘true’ cinnamon (*Cinnamomum verum*)
- Chinese or Cassia cinnamon (*Cinnamomum cassia*)

How it helps

In a study of 26 women with PCOS, supplementation with cinnamon (1.5 g/day for 6 months) improved menstrual cyclicity [\[R\]](#).

17



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 irregular periods by disrupting the balance of hormones in the body [\[R, R, R, R, R, R, R, R, R\]](#).

Learning to manage stress may help reduce the risk of irregular periods [\[R, R, R\]](#).

For instance, yoga has been shown to reduce menstrual distress [\[R, R\]](#).

18



Yoga Nidra

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice Yoga Nidra for 30-45 minutes per session. Choose a quiet, comfortable place where you won't be disturbed. Aim to do this 3-5 times a week, preferably in the evening before bed to help improve sleep quality and reduce stress.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga nidra is a guided meditation and relaxation practice that originates from yoga traditions. It is used for reducing stress, improving sleep quality, and promoting mental relaxation, often involving deep introspection and heightened awareness.

How it helps

In a non-placebo-controlled trial of 126 women with menstrual irregularities, practicing yoga nidra (35-45 min/day, 5x/week for 6 months) decreased TSH, FSH, LH, and prolactin levels, and improved blood pressure and heart rate [R, R].

Yoga nidra may help regulate menstrual cycles by reducing stress and balancing hormones, which are often the root causes of irregular periods.

19



Cinnamon And Chinese Peony

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 500 mg cinnamon supplement once daily, ideally with a meal to aid absorption. This can be in the form of a capsule or tablet. Continue this regimen as long as it aligns with your health goals and under the guidance of a healthcare provider.

Take 500 mg of white peony (chinese peony) supplement daily. It can be consumed with or without food, according to your preference.

Description

Cinnamon is a popular spice that may have various health benefits, including improving blood sugar control, reducing inflammation, and providing antioxidants. It's commonly used in both culinary and herbal applications.

White peony is a plant extract derived from the root of the *Paeonia lactiflora* plant, commonly known as Chinese and sometimes red peony. It has been used traditionally in Chinese herbal medicine for its potential anti-inflammatory and pain-relieving properties. The main compounds in white peony extract include paeoniflorin and other glycosides.

How it helps

A herbal remedy combining Cassia cinnamon and Chinese peony (for 8 weeks) reduced LH levels and improved menstrual cycle regularity in a study of 100 women [R].

20



Myo-inositol

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 2 grams of myo-inositol supplement orally twice a day, preferably with meals to enhance absorption. This regimen should be followed daily for at least 6 months to observe significant benefits.

TYPICAL STARTING DOSE

4 g

Description

Myo-inositol is a naturally occurring compound that plays a role in various cellular functions. It is used in dietary supplements and is believed to have potential benefits for mental health, hormone regulation, and insulin sensitivity.

Inositol is a type of sugar that our bodies need to function. It was considered a vitamin (vitamin B8) until it was discovered that our bodies can make it from another common sugar, glucose [\[R\]](#).

[Myo-inositol](#) is the most common form of inositol. It plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart health
- Normal blood sugar levels
- Mental health
- Cognitive function
- Reproductive health

Myo-inositol can convert to [D-chiro-inositol](#) in the body. These two forms of inositol are often combined in supplements. People use them to improve blood sugar control and PCOS [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

A study of 137 young, overweight women with PCOS also revealed that, after 6 months of supplementation with myo-inositol or with D-chiro-inositol, women had more regularity of the menstrual cycle. These supplements also reduced acne and improved insulin resistance [\[R\]](#).

21



Avoid PFAS Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To avoid PFAS exposure, choose products that are labeled PFAS-free, especially when selecting cookware, cosmetics, and clothing. Reduce the consumption of packaged and fast foods since the packaging often contains PFAS. Use a water filter that is certified to remove PFAS compounds for your drinking and cooking water.

Description

Avoiding per- and polyfluoroalkyl substances (PFAS) exposure means avoiding products and environments contaminated with these chemicals, which can help prevent potential health issues like hormonal disruption and adverse effects on liver and immune function.

How it helps

A study of 950 women associated high levels of PFOA, PFOS, PFNA, and PFHxS with respectively 52%, 29%, 50%, and 80% higher risk of a self-reported history of irregular menstrual cycle and respectively 50%, 34%, 49%, and 73% higher risk of long menstrual cycle [\[R\]](#).

PFAS can disrupt hormone balance, including reproductive hormones, potentially leading to irregular periods.

Next Steps

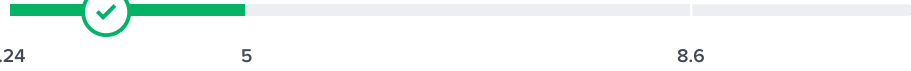
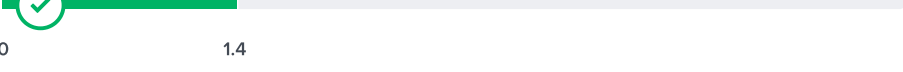
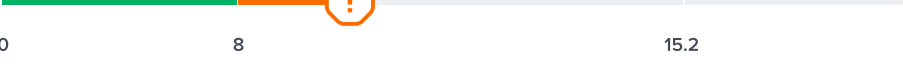
Remember, your genes only tell one important part of your health story!

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
	FSH	2.46 mIU/mL		9 Nov 2025
	LH	2.73 mIU/mL		9 Nov 2025
	SHBG	39.3 nmol/L		9 Nov 2025
	Progesterone	0.22 ng/mL		9 Nov 2025
	Prolactin	9.83 ng/mL		9 Nov 2025
	Vitamin D, 25-Hydroxy, Total	58.59 ng/mL		9 Nov 2025
	T3, Free (FT3)	3.34 pg/mL		9 Nov 2025
	Estradiol	101.46 pg/mL		9 Nov 2025