

Joint Stiffness

DNA Health Report

REPORT CATEGORY —



JOINT & TENDON
HEALTH

Sample Client

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

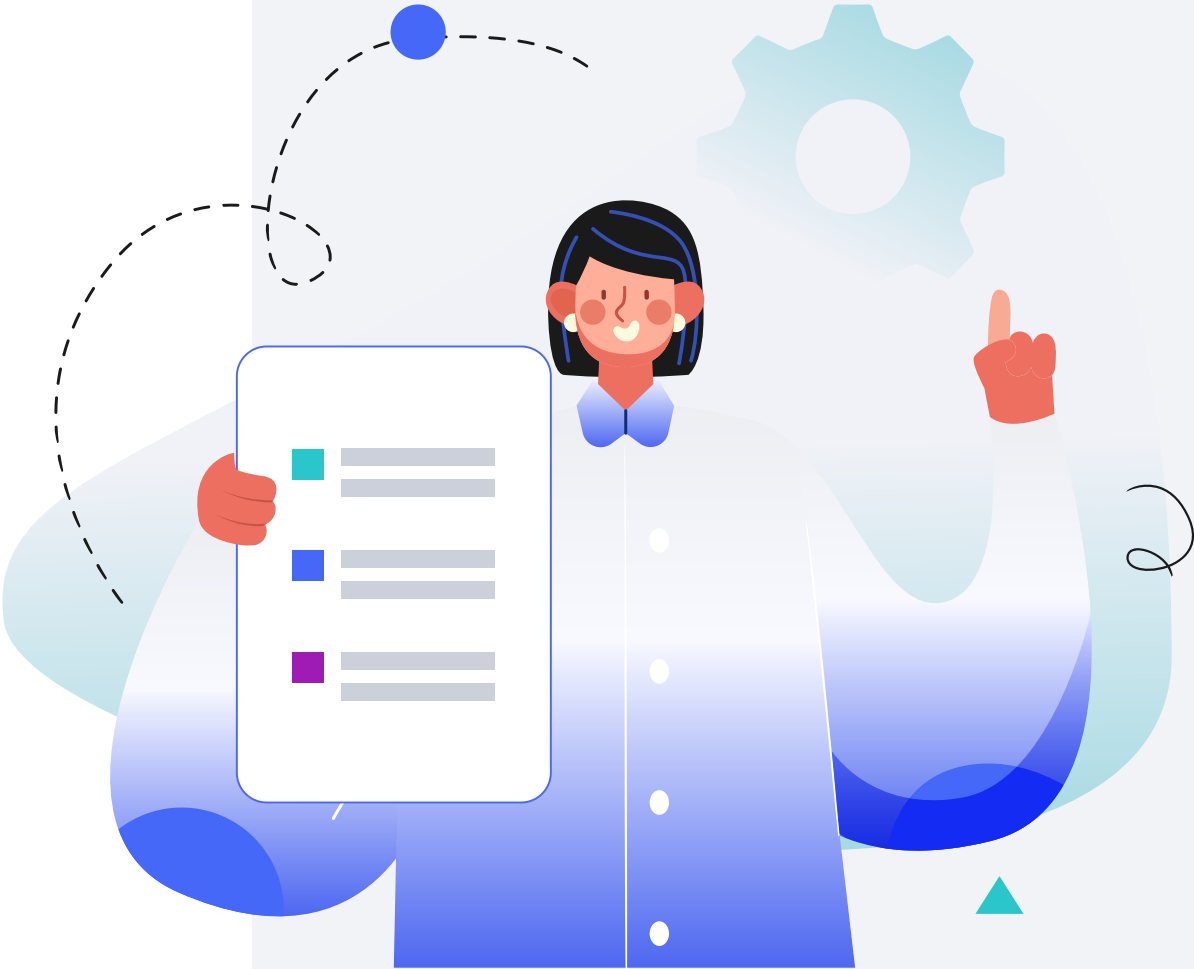
5ft 5" 165cm

WEIGHT

137lb 62kg

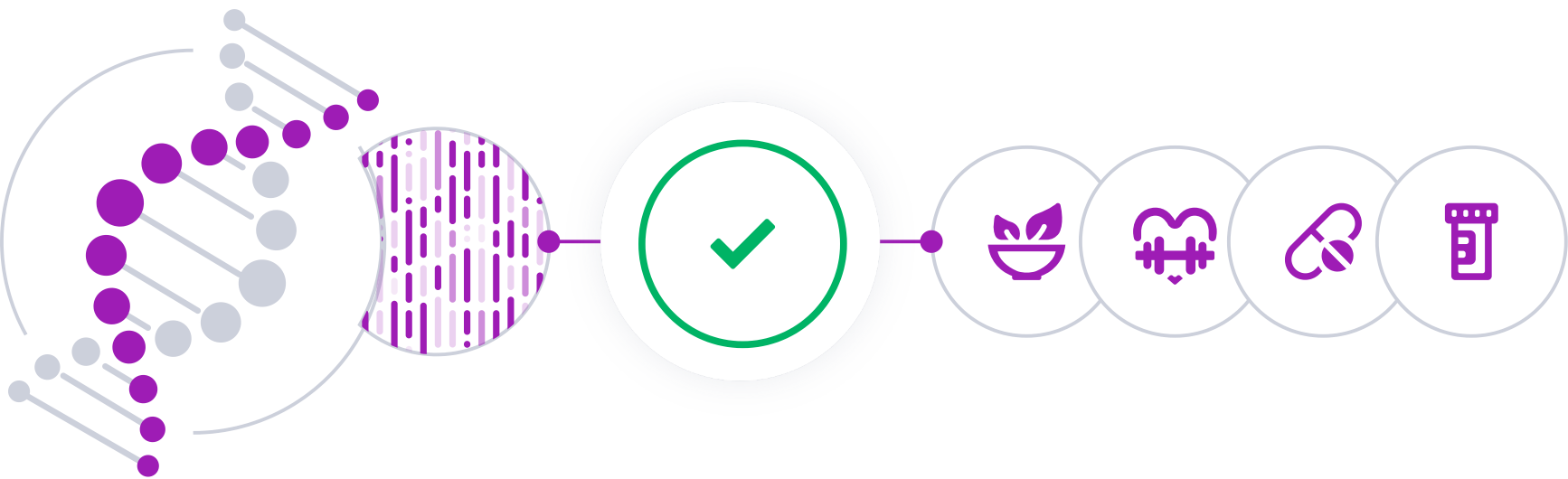
DISCLAIMER

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.



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.

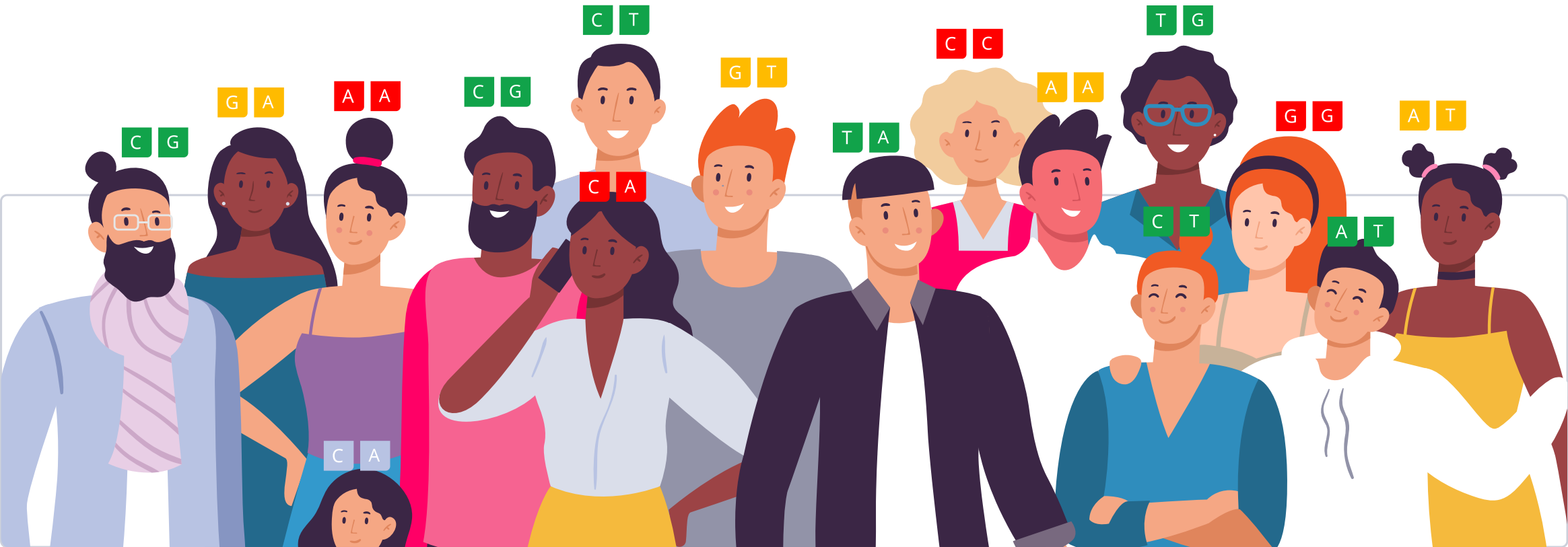


Similarly, our Trait Reports look at how your DNA influences your traits.



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

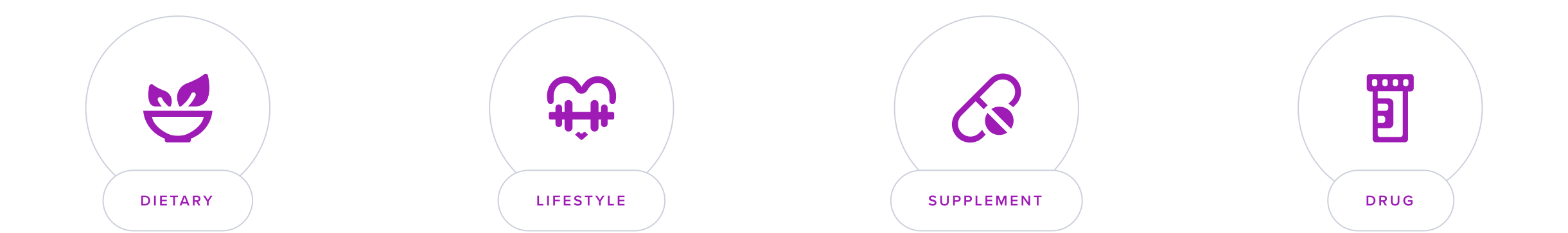
You have 2 risk alleles

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

Joint stiffness refers to the sensation of difficulty in moving a joint or the apparent loss of range of motion in a joint. This condition can occur in any joint of the body, including the knees, shoulders, hips, or fingers. Joint stiffness can be a symptom of various conditions, such as osteoarthritis, rheumatoid arthritis, or injury.

It is often accompanied by pain and discomfort, particularly during movement or after periods of inactivity, like upon waking in the morning. The stiffness usually results from changes in the joint tissues, such as inflammation, fluid accumulation, or damage to the joint cartilage.

Management

The impact of joint stiffness on a person's life can be significant. It can impair the ability to perform daily tasks, reduce the quality of life, and limit participation in work, social, and recreational activities.

Management of joint stiffness may involve various interventions, including physical therapy, exercise to promote flexibility and strength, medications to reduce inflammation, and in some cases, surgical options. Lifestyle changes, such as weight management and ergonomic adjustments, can also help in reducing stress on the affected joints and improving symptoms.



TYPICAL LIKELIHOOD

Typical likelihood of joint stiffness based on 841,427 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	Aerobic Exercise (Cardio)	1 hour	2	Aquatic Exercise	1 hour
3	Topical Boswellia		4	Green-Lipped Mussel Extract	1000 mg
5	Topical Comfrey		6	Glucosamine	1500 mg
7	Topical Ginger		8	Chondroitin	800 mg
9	Tai Chi	1 hour	10	Extra Virgin Olive Oil (EVOO)	
11	Topical Green Tea		12	Topical Curcumin	
13	Massage	30 minutes	14	Acupuncture	1 hour
15	Topical Chamomile		16	Topical Aloe Vera	
17	Topical Capsaicin		18	Topical Peppermint Oil	
19	Turmeric		20	Apply Heat	15 minutes
21	Dietary Omega-3 Fatty Acids		22	Ginger	500 mg
23	Topical CBD				

1



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

Exercise (including cardio) may reduce joint stiffness in people with knee osteoarthritis. Both land-based and aquatic exercise may help [\[R\]](#), [\[R\]](#).

In a non-placebo-controlled trial of 32 adults with cerebral palsy, treadmill training for 6 weeks reduced ankle joint stiffness [\[R\]](#).

Aerobic exercise may help by improving muscle strength, endurance, and flexibility around the joints.

2



Aquatic Exercise

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in aquatic exercise sessions, such as swimming or water aerobics, for 60 minutes, 3 to 5 times per week. Ensure the exercise intensity is moderate, allowing you to talk but not sing during the activity. Consistency over time is key, so aim to incorporate this into your weekly routine for at least 3 to 6 months to observe benefits.

TYPICAL STARTING DOSE

1 hour

Description

Aquatic exercise involves physical activity performed in water, such as swimming, water aerobics, or aquatic therapy. It is gentle on the joints, making it suitable for individuals with mobility issues, and can help improve cardiovascular fitness and muscle strength.

Aquatic exercise is any type of low-impact physical activity performed in a pool. In this type of cardio exercise, water helps the body float, which reduces gravity and makes the practice more comfortable and tolerable [\[R\]](#), [\[R\]](#).

Compared to land-based exercise, aquatic exercise may be better by [\[R\]](#):

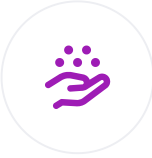
- Reducing the stress and impact on joints
- Lowering fracture risk

Hence, it is usually **recommended for the elderly**. Aquatic exercise is also suitable for people who don't know how to swim [\[R\]](#).

How it helps

Exercising in water provides gentle resistance without putting too much strain on the joints. It can help improve strength, flexibility, and reduce stiffness.

3



Topical Boswellia

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a topical boswellia cream or gel with a concentration of 1-3% boswellic acids to the affected area. Use this topical treatment 2-3 times daily, gently massaging it into the skin until fully absorbed. Continue this regimen for at least 8 weeks to observe potential benefits.

Description

Boswellia extract, derived from the resin of the Boswellia serrata tree, contains boswellic acids and is applied topically for its anti-inflammatory properties. It is often used to relieve joint pain associated with conditions like osteoarthritis.

How it helps

Boswellia has been shown to have anti-inflammatory and analgesic properties, potentially reducing joint stiffness and increasing range of motion.

4



Green-Lipped Mussel Extract

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1000-2000 milligrams of green-lipped mussel extract daily, in divided doses if necessary, with meals to potentially aid in reducing inflammation and joint pain. It's recommended to assess its efficacy over a period of at least 4-8 weeks.

TYPICAL STARTING DOSE

1000 mg

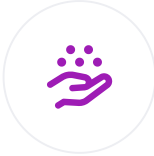
Description

Green-lipped mussel extract is used for its potential anti-inflammatory properties and may help alleviate joint pain and symptoms of conditions like osteoarthritis. It is commonly used in dietary supplements to support joint health.

How it helps

Green-Lipped Mussel Extract contains omega-3 fatty acids and other unique lipids that have anti-inflammatory properties. It has been shown to reduce joint stiffness and pain in some people with osteoarthritis and other joint disorders.

5



Topical Comfrey

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply comfrey cream or ointment directly to the affected area 3 times a day for up to 10 days. Do not use on broken skin or ingest orally.

Description

Comfrey is a plant-derived topical application made from the comfrey plant. It is used for its potential anti-inflammatory properties and to support the healing of minor wounds, bruises, and sprains.

Please note: oral comfrey is toxic!

How it helps

Comfrey contains allantoin, which promotes cell regeneration and can reduce pain and inflammation in stiff joints.

6



Glucosamine

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take glucosamine as a dietary supplement, commonly available in capsules or liquid form. The standard dose is 1500 mg per day, which can be taken all at once or divided into multiple doses throughout the day. It's often recommended to continue taking glucosamine for at least 3 to 4 months to evaluate its effectiveness in relieving joint pain or osteoarthritis symptoms.

TYPICAL STARTING DOSE
1500 mg

Description

Glucosamine is a supplement commonly used to support joint health and may help alleviate symptoms of osteoarthritis. It's believed to promote cartilage health and reduce joint discomfort, but individual responses can vary.

[Glucosamine](#) is a compound naturally made by the body. It helps keep the connective tissues, such as the cartilage in the joints, strong and elastic [\[R\]](#).

Many people use glucosamine supplements to support joint health [\[R, R, R\]](#).

How it helps

Glucosamine is a natural compound that helps rebuild cartilage in the joints. Its supplementation can lead to reduced joint pain and stiffness, especially in people with osteoarthritis.

7



Topical Ginger

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a thin layer of ginger extract or gel directly to the affected area of skin. Use up to two times daily, massaging gently into the skin for absorption. Continue this routine for at least 3-4 weeks to evaluate effectiveness.

Description

Ginger topical applications, often in the form of gels or oils, utilize the anti-inflammatory and antioxidant properties of gingerol, the main compound in ginger root. They are used for soothing sore muscles, reducing joint pain, and supporting circulation. Extracts from pink and blue ginger are used topically for their potential antioxidant and anti-aging benefits. They may be included in skincare products to support skin health and combat signs of aging.

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

- Nausea
- Menstrual cramps
- Joint pain

Applying topical ginger products on painful areas may also help.

How it helps

Ginger contains compounds with potent anti-inflammatory and antioxidant effects that can help reduce joint stiffness and pain.

8



Chondroitin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 400 mg of chondroitin sulfate orally, three times a day or 800 mg once daily. This supplement regimen is typically followed for up to 6 months to support joint health.

TYPICAL STARTING DOSE

800 mg

Description

Chondroitin is often used as a supplement to support joint health and reduce the symptoms of osteoarthritis. It may help improve joint mobility and reduce discomfort in individuals with joint-related issues.

Chondroitin is a major component of cartilage. It helps keep cartilage healthy, and it provides the building blocks for the body to produce new cartilage.

People often combine chondroitin with glucosamine as supplements for joint health [\[R\]](#), [\[R\]](#).

How it helps

Chondroitin, often used in conjunction with glucosamine, helps draw water and nutrients into the cartilage, keeping it spongy and healthy. This can reduce joint stiffness and improve mobility. It also might slow the breakdown of cartilage and reduce inflammation in the joints.

9



Tai Chi

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice Tai Chi for 30 to 60 minutes at least twice a week. Choose a quiet, spacious area and follow along with a qualified instructor, either in person at a class or through an online video tutorial, to ensure proper technique and maximum benefit.

TYPICAL STARTING DOSE

1 hour

Description

Tai Chi is a traditional Chinese mind-body practice involving slow, flowing movements and deep breathing. It is known for its potential to reduce stress, improve balance, and enhance overall physical and mental well-being.

Tai chi involves gentle movements and breathing to strengthen and relax the mind and body. Practicing tai chi may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Manage pain
- Improve fitness
- Increase well-being
- Improve sleep and mood

How it helps

Tai Chi is a gentle form of exercise that involves slow movements and deep breathing. It can help improve balance, flexibility, and strength, while also reducing joint stiffness.

10



Extra Virgin Olive Oil (EVOO)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate 1-2 tablespoons of extra virgin olive oil into your daily diet. Use it as a dressing for salads, vegetables, or incorporate it into cooking, but avoid using it at high temperatures to preserve its health benefits.

Description

Extra virgin olive oil is a high-quality olive oil obtained from the first pressing of olives. It is rich in monounsaturated fats and antioxidants, like polyphenols, and is associated with various health benefits, including heart health and anti-inflammatory properties.

[Olive oil](#) is fat from the olive, a traditional tree of the Mediterranean Basin [\[R\]](#).

Olive oil has anti-inflammatory and antioxidant properties. It may also reduce the risk of [\[R\]](#), [\[R\]](#):

- Heart disease
- Diabetes
- Cancer

Olive oil is also the primary fat source in the [Mediterranean diet](#), which may improve brain and heart health [\[R\]](#).

How it helps

EVOO contains oleocanthal, a compound that has anti-inflammatory effects similar to ibuprofen, which can help reduce joint stiffness by lowering inflammation in the joints.

11



Topical Green Tea

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a green tea extract cream or lotion to the affected area of the skin once or twice daily, depending on the specific product instructions. Ensure the skin is clean and dry before application.

Description

Green tea extracts, rich in catechins and antioxidants, are used topically for their potential to protect the skin from UV damage, reduce inflammation, and address conditions like acne. Green tea is sourced from the leaves of the *Camellia sinensis* plant.

[Green tea](#) is made from the same plant as black tea (*Camellia sinensis*). However, the leaves and buds are processed differently [\[R\]](#).

Green tea contains **catechins**. These are antioxidants that help reduce [oxidative stress](#) and inflammation [\[R\]](#).

EGCG is the main catechin found in green tea. It may help reduce inflammation and support healthy skin [\[R\]](#).

How it helps

The polyphenols in green tea have anti-inflammatory properties that may help alleviate joint stiffness by reducing inflammation.

12

Topical Curcumin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a cream or gel containing curcumin directly to the affected area of the skin. This should be done 2-3 times daily. It's best to continue this application for as long as the condition persists or according to the product's specific instructions.

Description

Curcumin is a compound found in turmeric, a plant-derived topical application used for its anti-inflammatory and antioxidant properties. It is applied to the skin to reduce inflammation and soothe conditions like arthritis and skin irritations.

[Turmeric](#) is a yellow spice from India. It may reduce inflammation and [oxidative stress](#) [R].

The most important active compound in turmeric is **curcumin**. People use curcumin for [R, R, R, R, R]:

- Joint pain
- Hay fever
- Mood
- High blood sugar
- Gut health

How it helps

Curcumin, derived from turmeric, has strong anti-inflammatory effects that can help decrease joint pain and stiffness by reducing inflammation.

13



Massage

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Schedule a massage session, ideally with a licensed therapist, for 30-60 minutes, once a week. Choose a type of massage that suits your specific needs, such as Swedish for relaxation or deep tissue for muscle tension.

TYPICAL STARTING DOSE

30 minutes

Description

Massage therapy involves the manipulation of soft tissues to relax muscles, reduce stress, and alleviate pain. It can improve circulation, promote relaxation, and provide relief from various physical and mental health concerns.

If you’ve ever had a professional [massage](#), then you probably know how much good it can do. Massages may help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Pain
- Fatigue

Reflexology is a type of massage. It involves applying pressure to specific parts of your feet or hands. In theory, by pressing on these areas, you can relieve tension from other parts of the body [\[R\]](#).

Acupressure is a similar technique, in which pressure points are used to help with stress and pain [\[R\]](#), [\[R\]](#).

How it helps

Massage can increase circulation in areas around stiff joints, which helps in reducing swelling, increasing mobility, and easing pain.

14



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.

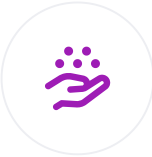
[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [R](#), [R](#), [R](#), [R](#), [R](#):

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

Acupuncture can help relieve joint stiffness by promoting blood flow to the stiff areas. This increase in blood flow can help to reduce pain and improve mobility in the joints.

15



Topical Chamomile

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a chamomile cream or ointment directly to the affected area of the skin 2-3 times daily. Ensure the skin is clean before application. Continue use for as long as symptoms persist or according to the product's specific instructions.

Description

Chamomile extract, obtained from the flowers of the Matricaria chamomilla plant, is used topically for its anti-inflammatory and calming properties. It is commonly applied to soothe irritated skin and alleviate conditions like dermatitis.

How it helps

The anti-inflammatory properties of chamomile can help soothe joint stiffness, reducing inflammation and discomfort.

16

Topical Aloe Vera

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a thin layer of pure aloe vera gel extracted directly from the aloe plant or an aloe vera-based product directly to the affected area. Gently rub it in until it is absorbed. Repeat this application 2-3 times daily until the symptoms improve.

Description

Aloe vera is a plant-derived gel known for its skin-soothing and healing properties. Topical applications of aloe vera are commonly used to relieve sunburn, minor burns, and skin irritation, promoting faster healing and reducing discomfort.

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

Topical aloe vera may help soothe burns and skin conditions [\[R\]](#).

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

How it helps

Aloe Vera has cooling and anti-inflammatory effects, which can soothe the skin and underlying tissues of a stiff joint, enhancing mobility.

17



Topical Capsaicin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a capsaicin cream or gel to the affected area 3 to 4 times daily. Make sure the skin is clean and intact before application. Avoid contact with eyes, mouth, and other sensitive areas. Use consistently for several weeks to see improvement.

Description

Capsaicin is a compound found in chili peppers and is used topically in creams and patches for its potential to alleviate pain related to conditions like arthritis, neuropathy, and muscle soreness.

[Capsaicin](#) is the compound that makes chili peppers spicy [\[R\]](#).

People use topical capsaicin to relieve pain and oral capsaicin to aid weight loss [\[R\]](#), [\[R\]](#).

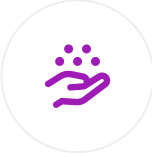
In the short term, capsaicin causes pain. However, **if you’re exposed to a lot of capsaicin over a long period of time, it can reduce your pain sensitivity** [\[R\]](#), [\[R\]](#).

***Please note:** Capsaicin may irritate the skin. Consult your doctor if the irritation is severe or lasts longer than 4 weeks. If capsaicin gets in your eyes, flush them with water immediately and consult your doctor [\[R\]](#), [\[R\]](#), [\[R\]](#).*

How it helps

Capsaicin temporarily reduces substance P, a pain transmitter. Its application can decrease the sensation of pain and improve joint flexibility.

18



Topical Peppermint Oil

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply 2-3 drops of peppermint oil diluted in a carrier oil (such as coconut or jojoba oil) directly to the area of concern. Do this no more than 2-3 times daily. Always perform a patch test on a small area of your skin first to check for any adverse reactions.

Description

Peppermint oil, extracted from the peppermint plant, is used topically for its cooling and soothing properties. It can provide relief from headaches, muscle aches, and skin irritations when applied to affected areas.

How it helps

Peppermint oil has analgesic and anti-inflammatory properties, which can help relieve pain and stiffness in the joints.

19



Turmeric

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate 500-1000 mg of turmeric into your daily diet, either by adding ground turmeric spice to your food, such as in curries, soups, and smoothies, or by taking a dietary turmeric supplement. This should be done daily for at least 8 weeks to observe potential health benefits.

Description

Turmeric is a bright yellow spice derived from the root of the *Curcuma longa* plant. It contains curcumin, a potent antioxidant and anti-inflammatory compound. Turmeric is used for various health conditions, including reducing inflammation, alleviating joint pain, and supporting digestive health.

How it helps

Turmeric contains curcumin, a compound known for its anti-inflammatory properties. It can help reduce symptoms of joint stiffness by decreasing inflammation in the joints, improving mobility, and reducing pain.

20



Apply Heat

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

TYPICAL STARTING DOSE

15 minutes

Description

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

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

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

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

How it helps

Applying heat to stiff joints can increase blood flow and relax the muscles around them. This can reduce pain and improve movement.

21



Dietary Omega-3 Fatty Acids

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods high in omega-3 fatty acids into your diet daily. This includes eating fish such as salmon, mackerel, and sardines at least twice a week. Alternatively, include a tablespoon of flaxseed oil or chia seeds in your daily diet.

Description

[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. **EPA and DHA are vital for mental and heart health** [\[R\]](#), [\[R\]](#), [\[R\]](#).

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

- Salmon
- Tuna
- Herring
- Sardines

For optimal health, 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-3 fatty acids, found in foods like fish, have anti-inflammatory properties that can help reduce joint stiffness. Consuming omega-3s can decrease inflammation in the body, offering relief to stiff joints.

22



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 has been shown to possess anti-inflammatory and antioxidative properties. Consuming ginger regularly can help reduce inflammation and pain in individuals with joint stiffness, leading to improved joint function.

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Topical CBD

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a CBD-infused cream or ointment to the affected area of the skin 2-3 times per day, gently massaging it into the skin until fully absorbed. Continue this regimen for at least 4 weeks to assess effectiveness.

Description

CBD, derived from the cannabis plant, is used topically in various skincare products for its potential anti-inflammatory and soothing effects on the skin. It is applied to address skin conditions like acne, eczema, and psoriasis.

[Cannabidiol](#) (CBD) is a compound found in cannabis. Unlike its cousin THC, **CBD is not psychoactive and can’t get you “high”** [\[R\]](#).

People use CBD to:

- Reduce anxiety [\[R, R\]](#)
- Relieve pain [\[R, R, R\]](#)
- Prevent seizures [\[R\]](#)
- Improve sleep [\[R\]](#)

Topical CBD products are also available. People use them for skincare, joint problems, and more [\[R, R\]](#).

How it helps

CBD may help reduce inflammation and pain perception in joints, aiding in the reduction of stiffness.

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.

✓	ESR	1 mm/hr	✓	0 6 15 100	9 Nov 2025
✓	Rheumatoid Factor	7.7 IU/mL	✓	0 14	9 Nov 2025
✓	Uric Acid	4.4 mg/dL	✓	2 3.7 4 6 9	9 Nov 2025
✓	Vitamin D, 25-Hydroxy, Total	58.59 ng/mL	✓	10 20 30 75 150	9 Nov 2025