

Nausea

DNA Health Report

REPORT CATEGORY —



GUT 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

09 Your recommendations

25 Next Steps

- 25 Your Lab Results

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

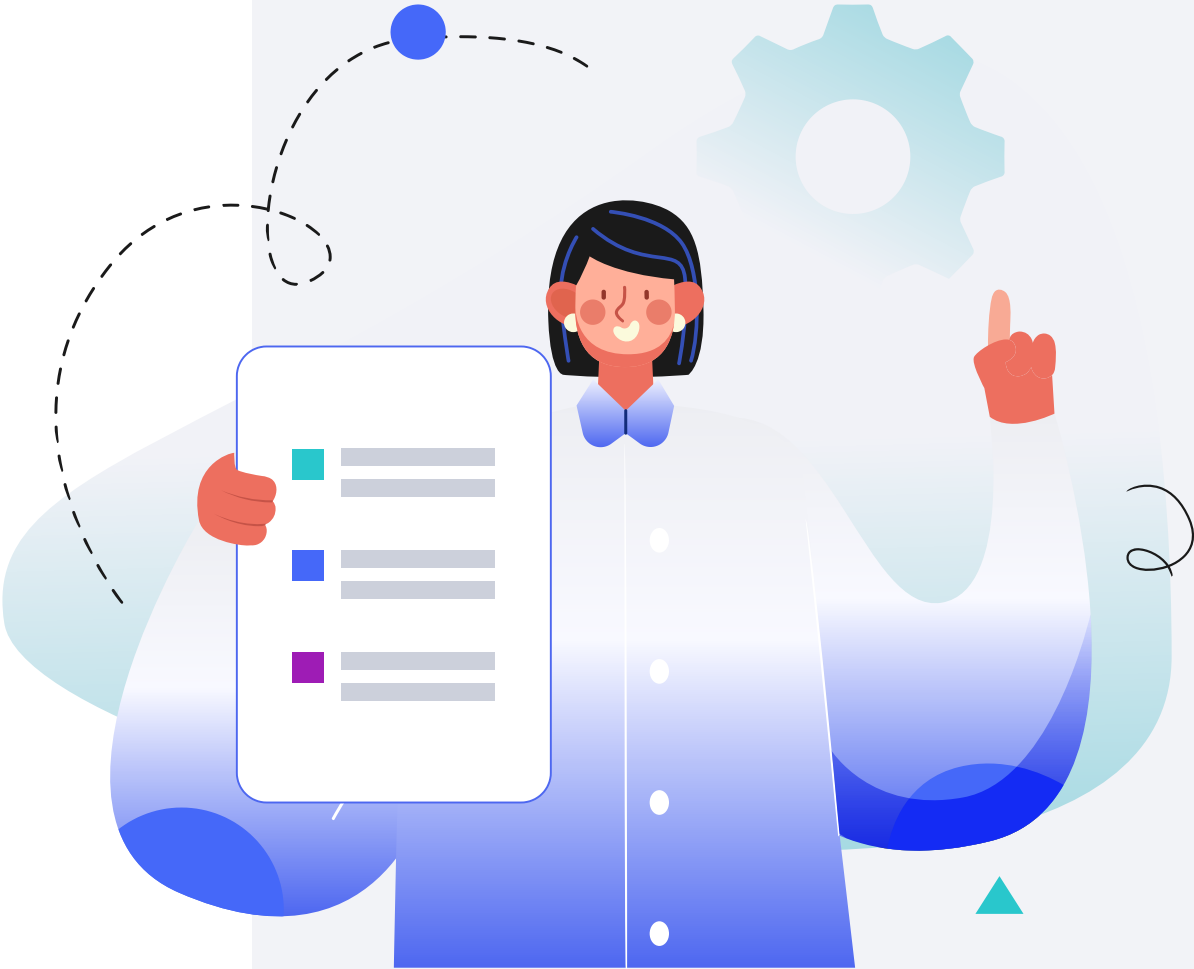
5ft 5" 165cm

WEIGHT

137lb 62kg

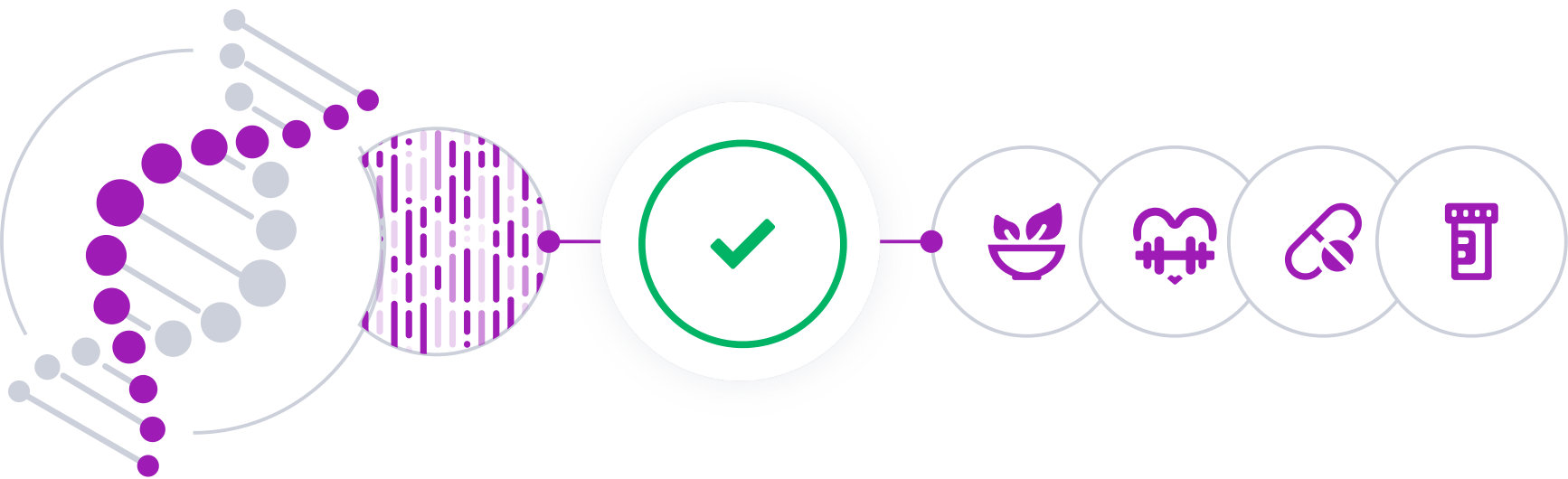
DISCLAIMER

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.

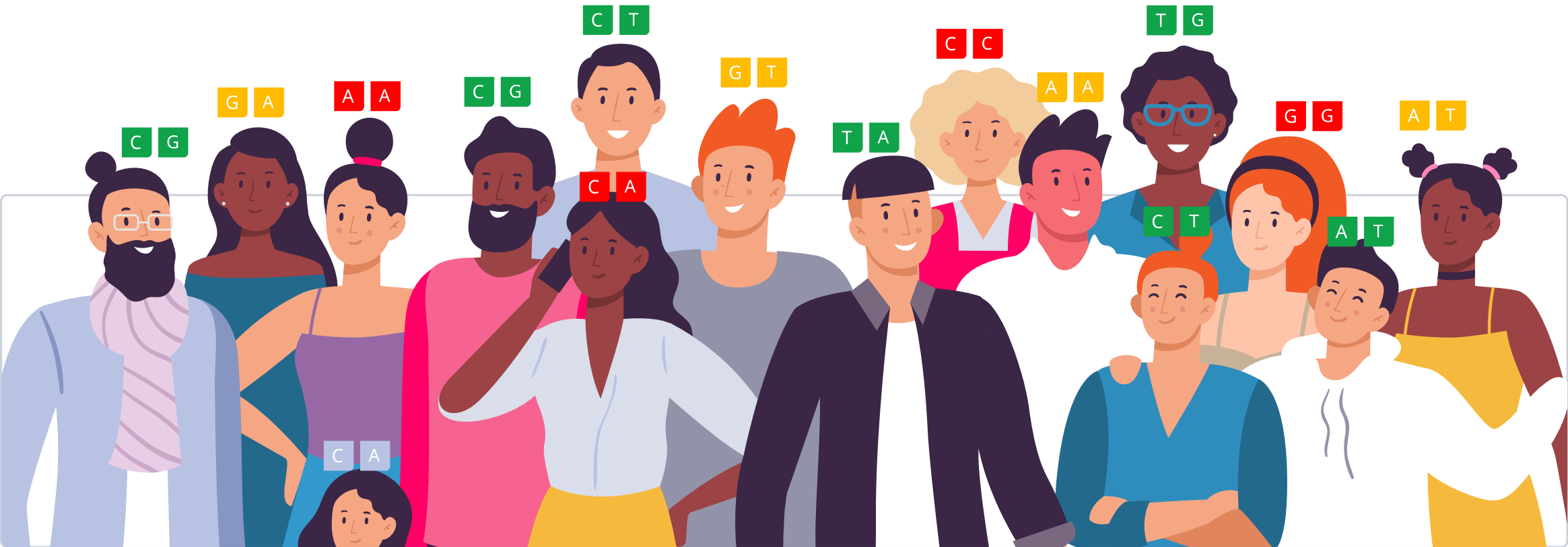


Similarly, our Trait Reports look at how your DNA influences your traits.



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

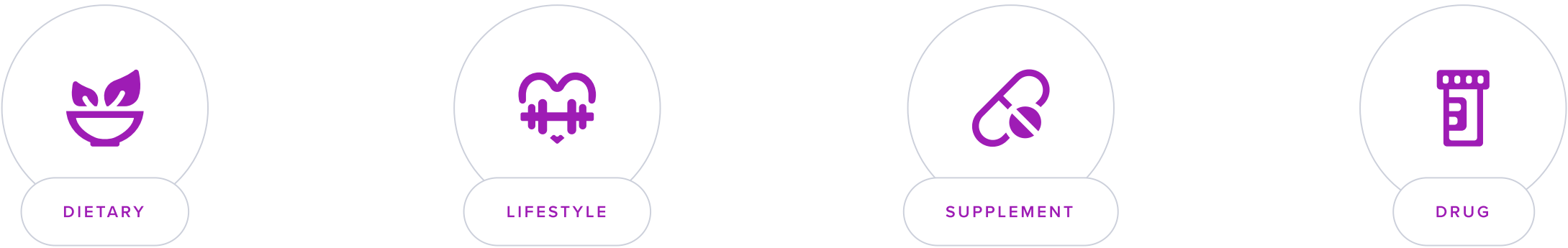
You have 2 risk alleles

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

Nausea is the sensation of feeling the urge to vomit. It is a symptom of many different conditions, ranging from minor issues to potentially severe illnesses. Nausea can be acute, or it can persist and become chronic.

Signs and symptoms that can accompany nausea include:

- Increased salivation
- Dizziness or light-headedness
- Abdominal pain or discomfort
- Diarrhea
- Fever

Causes and Genetics

Common situations or conditions that can result in nausea include:

- Stomach flu or gastroenteritis.
- Pregnancy (morning sickness).
- Motion sickness or seasickness.
- Intense pain.
- Emotional stress, fear, or anxiety.
- Overeating or consuming spicy foods.
- Excessive alcohol consumption or substance misuse.
- Food poisoning.
- Certain medications or medical treatments, such as chemotherapy or radiation.
- Gallbladder disease.
- Gastroesophageal reflux disease (GERD).
- Gastroparesis or delayed stomach emptying.

While nausea is primarily a symptom resulting from various conditions or stimuli, genetics can play a role in an individual's susceptibility to certain triggers of nausea. For instance, there may be a genetic predisposition to conditions like motion sickness or migraines.



TYPICAL LIKELIHOOD

Typical likelihood of having nausea based on 1,670 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
KCND2	rs12706265	CC
/	rs62493919	GG
/	rs1355625	AA
/	rs10928874	TA
PPP2R1A	rs8108607	TC
NT5M	rs8082383	CC
GJB4	rs11589940	CC
SLCO3A1	rs1568209	GG
SLC5A8	rs7956620	AA
MEIS2	rs2681320	TT
C9ORF50	rs10118527	CC
C9ORF50	rs10118507	CC
CPEB2	rs6848922	TT
FGF14	rs1927382	CC
CLDN14	rs2071049	CC
SPATS2L	rs1561296	CT
MTNR1B	rs7118248	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	Ginger	500 mg	2	Avoid Triggers	
3	Acupuncture	1 hour	4	Music Therapy	30 minutes
5	Acupressure	1 minute	6	Pyridoxine (Vitamin B6)	50 mg
7	Aromatherapy	30 minutes	8	Topical Capsaicin	
9	Self-Hypnosis	20 minutes	10	Avoid Large Meals	
11	Peppermint Oil	180 mg	12	Chamomile	300 mg
13	Peppermint Oil Aromatherapy	30 minutes	14	Chewing	
15	Cupping Therapy	15 minutes	16	Deep Breathing	5 minutes
17	Hyperbaric Oxygen Therapy	90 minutes	18	Avoid Spicy Food	
19	Grape Juice				

1



Ginger

IMPACT

4 / 5

EVIDENCE

4 / 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

A review of 23 randomized trials found that ginger supplementation helps reduce acute vomiting in chemotherapy-induced nausea and vomiting (CINV). In breast cancer patients, ginger was effective and safe for CINV based on five studies. However, results were mixed in three studies, indicating ginger's limited impact on overall CINV outcomes and highlighting the need for further research [\[R, R, R, R, R\]](#).

Oral ginger, at lower doses (<1500 mg), effectively reduced pregnancy nausea but not vomiting in 12 randomized trials (1,278 women). A meta-analysis of 13 trials confirmed ginger's benefits, similar to those of vitamin B6. For nausea and vomiting of early pregnancy, ginger (1 g/day for at least 4 days) significantly improved the symptoms in 6 studies [\[R, R, R\]](#).

Ginger (≥1g) may also prevent postoperative nausea and vomiting (PONV) with minimal side effects. It may reduce nausea severity, rescue antiemetic use, and PONV incidence, making it a safe alternative to antiemetic drugs [\[R, R, R, R\]](#).

2



Avoid Triggers

IMPACT4 / 5

EVIDENCE4 / 5

How to implement

Identify substances or environmental factors that exacerbate your condition, such as specific foods, stress, or allergens, and actively avoid them. This may involve reading food labels, asking about ingredients when eating out, and making changes to your home or work environment to reduce exposure to identified triggers.

Description

A "trigger" is something that prompts or worsens the symptoms of a health condition. They can be something you eat or come into contact with. Triggers can lead to a wide range of symptoms, such as gut and skin problems and migraines.

A "trigger" is something that prompts or worsens the symptoms of a health condition.

A **food trigger** can be something you eat.

A **physical trigger** can cause a change to your body through physical contact. It can include swimming in cold water or something you touch or inhale [\[R, R, R\]](#).

Triggers can lead to a wide range of symptoms in people who are sensitive to them. These may include [\[R, R, R, R, R, R, R, R\]](#):

- Gut problems
- Skin problems
- Migraines

How it helps

Nausea can be caused by many triggers, including [\[R, R\]](#):

- Strong odors or tastes
- Motion
- Overeating
- Alcohol or drug intoxication
- Heat and humidity
- Flickering lights

Experts recommend avoiding these triggers to prevent nausea [\[R\]](#).

3



Acupuncture

IMPACT3 / 5

EVIDENCE3 / 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

Receiving acupuncture may help reduce nausea after surgical procedures. Acupuncture may be most effective when applied on the PC6 acupoint, both alone and combined with other acupoints [\[R, R, R, R, R, R, R, R\]](#).

Electrical acupuncture and acupoint stimulation without needles may also help with postoperative nausea and vomiting [\[R, R, R, R\]](#).

Acupuncture may trigger the release of natural painkillers and increase blood flow, potentially reducing feelings of nausea.

4



Music Therapy

IMPACT3 / 5

EVIDENCE3 / 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

A meta-analysis of 7 studies and 576 patients undergoing surgical procedures found that music therapy reduces postoperative vomiting but not postoperative nausea. Another meta-analysis (10 trials and 632 cancer patients) found that music therapy reduces anticipatory chemotherapy-induced nausea and vomiting and lowers the severity of delayed vomiting [\[R\]](#), [\[R\]](#).

Music therapy may help by diverting the mind, reducing stress, and inducing relaxation.

5

Acupressure

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Apply firm pressure on specific acupoints related to your condition using your fingers or a blunt object for 1-3 minutes. Repeat this process 2-3 times a day for several weeks to potentially observe improvements.

TYPICAL STARTING DOSE

1 minute

Description

Acupressure is a traditional Chinese healing technique that involves applying pressure to specific points on the body to promote relaxation, alleviate pain, and improve overall well-being.

How it helps

Acupressure may reduce nausea during pregnancy, after surgical procedures, and during treatments with chemotherapeutic drugs. Stimulation of the PC6 acupoint may be particularly effective [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

6

Pyridoxine (Vitamin B6)

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Take a pyridoxine (vitamin B6) supplement daily. Requirements range from 1.3 to 1.7 milligrams per day for adults, but supplement doses usually start from 50 mg. Consult with a healthcare provider for higher doses or specific medical conditions that might benefit from increased supplementation.

TYPICAL STARTING DOSE

50 mg

Description

A **vitamin B6 supplement** of up to 1.3-1.7 mg per day can be taken to meet needs not achieved through diet. Long term supplementation of vitamin B6 can be problematic, so talk to your doctor before using.

How it helps

Supplementation with vitamin B6, both alone and as part of multi-ingredient preparations, may help reduce nausea during early pregnancy [\[R\]](#).

7



Aromatherapy

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Select essential oils like lavender, peppermint, or eucalyptus. Use a diffuser to disperse the scent into your room for 30-60 minutes at a time, up to 3 times a day. Alternatively, apply a few drops diluted in a carrier oil directly to your skin, such as on your temples or wrists, twice a day.

TYPICAL STARTING DOSE

30 minutes

Description

Aromatherapy is a holistic practice that uses the scents and aromas of essential oils to promote physical, mental, and emotional well-being. It is often used for relaxation, stress reduction, and to address various health concerns through inhalation or topical application of essential oils.

Aromatherapy uses concentrated plant extracts known as **essential oils**. They can be inhaled using a diffuser (a device that releases small amounts of oil into the air) or applied to the skin using a roller [\[R\]](#).

[Lavender](#) is a decorative flower and a calming herb and its essential oil is commonly used in aromatherapy. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#):

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

Essential oils can be harmful if not used properly. Tips for using them safely include [\[R\]](#), [\[R\]](#):

- Diluting them properly using a plant-based carrier oil (such as olive oil or almond oil)
- Using diffusers in a well-ventilated area for a maximum of 1 hour
- If using on the skin, testing a small area first and waiting a day before using more
- Keeping essential oils away from candles or other heat sources

How it helps

A Cochrane review of 7 studies and 663 participants concluded that aromatherapy may slightly reduce nausea and the need for medication. However, the authors warned about the low quality of the included studies [\[R\]](#).

In a placebo-controlled trial of 75 patients with breast cancer, receiving 20 minutes of aromatherapy foot massage or 3 minutes of inhalation aromatherapy with a mixture of English peppermint, bergamot, and cardamom oil reduced chemotherapy-induced nausea and vomiting. However, inhaled ginger aromatherapy failed to reduce chemotherapy-induced nausea and vomiting in 2 placebo-controlled trials of 49 children with cancer and 60 women with breast cancer [\[R\]](#), [\[R\]](#), [\[R\]](#).

8

Topical Capsaicin

IMPACT2 / 5

EVIDENCE2 / 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

A meta-analysis of 7 studies and 106 participants concluded that topical capsaicin resolves cannabinoid hyperemesis syndrome within a reasonable time [\[R\]](#).

In a non-placebo-controlled trial of 186 surgical patients, applying a capsaicin ointment on the hands before surgery reduced postoperative nausea, vomiting, and the need for anti-emetic medication [\[R\]](#).

Topical capsaicin also reduced nausea and vomiting in a placebo-controlled trial of 30 pregnant women [\[R\]](#).

9



Self-Hypnosis

IMPACT

2 / 5

EVIDENCE

2 / 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

A meta-analysis of 6 trials concluded that hypnosis reduces chemotherapy-induced nausea and vomiting in children with cancer [\[R\]](#).

10



Avoid Large Meals

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Divide your daily food intake into smaller portions spread out over five to six times a day instead of having three large meals. Ensure that each portion is balanced and includes a variety of nutrients. This means having breakfast, a mid-morning snack, lunch, an afternoon snack, dinner, and possibly a light evening snack, depending on your caloric needs.

Description

Eating smaller, more frequent meals may help prevent overeating. This involves eating the same number of meals at about the same times every day. Doing so may help with issues like blood pressure, body weight, cholesterol levels, and migraines.

Eating smaller, more frequent meals may help prevent overeating. One way to do this is to keep a regular meal schedule. This involves eating the same number of meals at about the same times every day. Doing so may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Manage blood pressure
- Balance the internal clock
- Maintain a healthy body weight
- Support healthy cholesterol levels
- Prevent migraines

How it helps

Pregnant women are usually advised to eat small, frequent meals instead of fewer, larger meals to reduce nausea [\[R\]](#), [\[R\]](#), [\[R\]](#).

Smaller meals may be easier to digest and thus help prevent feelings of nausea.

11



Peppermint Oil

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 180-400 mg of peppermint oil in capsule form daily before meals. It is recommended to continue this regimen for at least 4 weeks to evaluate its effects.

TYPICAL STARTING DOSE

180 mg

Description

Peppermint oil is an essential oil derived from the peppermint plant (*Mentha × piperita*). It has a long history of traditional use, dating back to ancient Egypt and Rome, where it was utilized for digestive and respiratory issues. Its main compounds, menthol and menthone are utilized for a variety of potential health benefits, including digestion, skin care, headaches, and respiratory congestion.

People use peppermint in foods, cosmetics, and supplements. [Peppermint oil](#) is an essential oil from peppermint leaves. It may ease muscle pain, relieve headaches, and improve digestion [\[R\]](#), [\[R\]](#).

Please note: *Peppermint oil may interact with certain medications. If you are taking any medications, consult your doctor before using peppermint oil* [\[R\]](#), [\[R\]](#).

How it helps

Aromatherapy with peppermint oil may help with chemotherapy-induced nausea. In a placebo-controlled trial of 84 breast cancer patients undergoing chemotherapy, receiving oral peppermint oil reduced nausea, vomiting, and anorexia [\[R\]](#), [\[R\]](#).

12



Chamomile

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take chamomile supplements in the form of capsules or tablets, usually ranging from 300 to 400 mg, up to three times daily between meals. If using chamomile tea as a supplement, drink 1 to 4 cups daily.

TYPICAL STARTING DOSE

300 mg

Description

Chamomile is an herbal remedy derived from the dried flowers of the chamomile plant. It is widely used for its calming and soothing properties

Chamomile is an herb native to Africa, Asia, and Europe. It was used as a traditional herbal remedy in ancient Greece, Rome, and Egypt. Today, chamomile is used in cosmetics, aromatherapy, tea, and supplements. It may help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Skin problems
- Period cramps
- Gut problems
- Sleep quality
- Mood

How it helps

In a placebo-controlled trial of 65 women with breast cancer, supplementation with chamomile extract (500 mg, 2x/day) relieved chemotherapy-induced nausea and vomiting as effectively as ginger [\[R\]](#).

Chamomile was even more effective than ginger at relieving nausea and vomiting in a placebo-controlled trial of 105 pregnant women [\[R\]](#).

Chamomile may help through its anti-inflammatory properties.

13



Peppermint Oil Aromatherapy

IMPACT

1 / 5

EVIDENCE

3 / 5

How to implement

Add 2-3 drops of peppermint oil to a diffuser filled with water and use it in your home or office space for about 30 minutes to an hour daily for a calming effect and to aid with focus and digestion.

TYPICAL STARTING DOSE

30 minutes

Description

Peppermint oil is extracted from the leaves of the peppermint plant, and has a long history of medicinal usage. Peppermint aromatherapy involves the inhalation of the diffuse essential oil derived from the peppermint plant. It is known for its potential to alleviate headaches, reduce stress, and improve mental clarity, making it a popular choice for promoting relaxation and mental well-being.

Aromatherapy uses concentrated plant extracts known as **essential oils**. They can be inhaled using a diffuser (a device that releases small amounts of oil into the air) or applied to the skin using a roller [R].

Peppermint oil is an **essential oil from peppermint leaves**. It may ease muscle pain, relieve headaches, and improve digestion [R, R].

Essential oils can be harmful if not used properly. Tips for using them safely include [R, R]:

- Diluting them properly using a plant-based carrier oil (such as olive oil or almond oil)
- Using diffusers in a well-ventilated area for a maximum of 1 hour
- If using on the skin, testing a small area first and waiting a day before using more
- Keeping essential oils away from candles or other heat sources

Please note: *Peppermint oil may interact with certain medications. If you are taking any medications, consult your doctor before using peppermint oil* [R, R].

How it helps

Peppermint has been studied for its potential effects on nausea and vomiting in various contexts, and several studies have found it to be beneficial. Here are some key findings:

- **Pregnancy-Related Nausea and Vomiting:** Peppermint aromatherapy has been found effective in reducing nausea and vomiting during the first trimester of pregnancy [R].
- **Chemotherapy-Induced Nausea and Vomiting:** A study on breast cancer patients undergoing chemotherapy showed that peppermint extract significantly reduced the severity of nausea, vomiting, and anorexia [R].
- **Cancer Patients Undergoing Chemotherapy:** Inhaled peppermint oil was found to significantly reduce the frequency and severity of nausea, vomiting, and retching in cancer patients following chemotherapy [R].
- **Postoperative Nausea and Vomiting:** The inhalation of peppermint essential oil was shown to have beneficial effects on reducing nausea and vomiting after open-heart surgery [R].
- **Hospitalized Patients:** Peppermint essential oil was effective as an independent or complementary modality for relief of nausea and vomiting in hospitalized patients [R].

14



Chewing

IMPACT

1 / 5

EVIDENCE

2 / 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 94 women undergoing laparoscopic or breast surgery, chewing gum was as effective as ondansetron at reducing postoperative nausea and vomiting [R].

However, a meta-analysis concluded that chewing gum doesn't reduce postoperative nausea in adolescents undergoing surgery for scoliosis [R].

Chewing slowly gives the brain ample time to receive "fullness" signals while you're eating, reducing the risk of feeling nauseous.

15



Cupping Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To practice cupping therapy as part of your lifestyle, schedule sessions with a qualified therapist once or twice a month to address specific concerns or for general wellness. Each session usually lasts between 5 to 15 minutes. Consistent treatment over several months may yield the best results.

TYPICAL STARTING DOSE

15 minutes

Description

Cupping therapy is an alternative therapy that involves placing cups on the skin to create suction. Some believe it may help with pain relief and muscle tension.

How it helps

In a non-placebo-controlled trial of 206 patients receiving general anesthesia, dry cupping delivered in the operating room reduced the rates of postoperative nausea and vomiting [R].

16



Deep Breathing

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice deep breathing exercises for 5-10 minutes at least twice a day, ideally in the morning and before bed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose.

TYPICAL STARTING DOSE

5 minutes

Description

Deep breathing techniques, such as diaphragmatic or abdominal breathing, can promote relaxation, reduce stress, and improve lung capacity. Regular deep breathing exercises can contribute to overall mental and physical well-being by reducing tension and increasing oxygen supply to the body.

How it helps

Breathing exercises may be effective in reducing pain and nausea in patients undergoing laparoscopic surgery [\[R, R\]](#).

Deep breathing may activate the parasympathetic nervous system, potentially counteracting feelings of nausea by inducing a state of relaxation.

17



Hyperbaric Oxygen Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Schedule and attend sessions in a hyperbaric oxygen therapy chamber as your doctor prescribes, typically for about 60 to 90 minutes per session. The exact number of sessions required can vary based on the condition being treated, but it often ranges from 20 to 40 sessions, which may be conducted daily or a few times a week.

TYPICAL STARTING DOSE

90 minutes

Description

Hyperbaric oxygen therapy increases the amount of oxygen in the blood and tissues, which can help to improve circulation, reduce inflammation, and promote healing.

How it helps

In a non-placebo-controlled trial of 100 patients receiving standardized sevoflurane anesthesia for breast surgery, postoperative administration of oxygen 50% for 2 hours decreased the incidence of vomiting. The combination of oxygen therapy and Benson relaxation technique reduced chemotherapy-induced nausea and vomiting in a non-placebo-controlled trial of 100 gastric cancer patients [\[R, R\]](#).

Please note: Hyperbaric oxygen therapy is a potentially dangerous procedure that should only be performed under medical supervision. People with pneumothorax or congestive heart failure are at especially high risk of adverse effects. Because highly concentrated oxygen can easily catch on fire, avoid potential fire sources around hyperbaric oxygen chambers, oxygen gas cylinders, tanks, and concentrators [\[R, R\]](#).

18



Avoid Spicy Food

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Eliminate or significantly reduce consumption of foods high in spices, such as hot peppers, curry, and salsa, from your daily diet.

Description

For individuals sensitive to spicy foods, avoiding excessively hot or spicy dishes can prevent digestive discomfort and heartburn, promoting better gastrointestinal comfort and overall well-being.

How it helps

Pregnant women are commonly recommended to avoid spicy foods to reduce nausea. However, there is little evidence on the effectiveness of specific diets to prevent nausea and vomiting during pregnancy [\[R\]](#), [\[R\]](#), [\[R\]](#).

Spicy foods can irritate the stomach lining, leading to nausea.

19



Grape Juice

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Consume 8-12 ounces of pure grape juice, preferably made from Concord grapes, daily. This can be done in one sitting or divided into smaller servings throughout the day. Continue this practice daily as part of your regular diet.

Description

Grape juice is made from the whole grape and is typically purple or white depending on the variety of grape used. Grape juice contains flavonoids and polyphenols that provide several health benefits [\[R\]](#)..

Fruit juices are naturally high in sugars, lack the fiber of whole fruit, and often contain added sugars. Care should be taken if sugar consumption is a concern.

How it helps

In this study, the experimental, grape juice group experienced reduced nausea and vomiting, but a high dropout rate (50%) limited statistical significance. Initial anxiety, depression, and hostility correlated with these symptoms and quality of life. Further research with a larger sample and protocol adjustments are needed for conclusive results [\[R\]](#).

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.

	Lipase	55 U/L		9 Nov 2025
	Potassium, Serum	5.2 mmol/L		9 Nov 2025
	Vitamin B6	55 ng/mL		13 Jan 2026