

Obsessive-Compulsive Tendencies

DNA Health Report

REPORT CATEGORY —



MENTAL HEALTH

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

[Obsessive-compulsive disorder](#) (OCD) is a mental health condition. People with OCD have [\[R\]](#), [\[R\]](#), [\[R\]](#):

- **Obsessions:** recurrent thoughts or urges that people feel little control over and cause anxiety
- **Compulsions:** an act or thought that people feel compelled to do in order to relieve the anxiety

Some of the most common obsessions have to do with [\[R\]](#):

- Germs
- Doubt
- Organization

Compulsions that may help relieve anxiety from these obsessions may include [\[R\]](#):

- Excessive washing or cleaning
- Checking things repeatedly
- Keeping things in strict order

Many people feel the need to keep things clean or orderly. However, those with OCD may feel the need to do so to such an extent that it affects their daily life [\[R\]](#).

For example, someone with OCD may have a strong aversion to touching a hand railing on a bus. If they touch it, they may have the urge to wash their hands. Obsession about the event may lead to repeated hand washing. Sometimes, they may not stop washing their hands until their skin turns raw.

Acts like these often take up a lot of time. They may also [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Put a strain on relationships
- Lead to school or work problems
- Contribute to skin problems like eczema
- Increase thoughts of suicide

Up to 2.3% of people in the United States develop OCD at some point in their lives. It is often a lifelong condition, but there may be times when symptoms are less intense [\[R\]](#), [\[R\]](#), [\[R\]](#).

Contributing Factors

Key Takeaways:

- OCD is affected by genes impacting impulse control, learning, and decision making.
- OCD is a rare condition, so even if your genetic risk is high, the overall risk is low.
- High levels of stress and/or trauma can be a factor in raising the risk. If you have a high genetic risk, you may want to address these issues if they are relevant.
- Click the **next steps** tab for relevant labs.

People with OCD have recurrent obsessions, which cause anxiety, and compulsions, which are supposed to relieve the anxiety. Many factors may play a role in the development of OCD. These include [R](#), [R](#), [R](#), [R](#), [R](#):

- Stressful or traumatic life events
- **Genetics**

Genes that may play a role in OCD may influence parts of the brain that help people [R](#), [R](#), [R](#), [R](#):

- Learn
- Make decisions
- Control their impulses



MORE LIKELY

More likely to have OCD based on 4,117 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
TCF25	rs4785741	TT
PCDH18	rs11735612	AA
KIF16B	rs6034559	TC
FOXB1	rs8032150	CG
CDH2	rs12605662	AG
FAM76B	rs11021169	GG
CLN5	rs11149058	TT
ANKRD18A	rs10973956	AC
FANCL	rs35881094	GT
TRPC4	rs6563569	CT
SSH2	rs6354	TT
DLC1	rs75216060	AA
DRAXIN	rs12045323	CC
IMPA2	rs2075824	CC
RHOJ	rs59093387	GG
UFL1	rs767619	TT
PTH2R	rs78907274	AA
CCN1	rs72722664	GG
EIF4EBP2	rs9731813	AA
FBXW12	rs17080138	CC
TNF	rs1800629	GG
LSAMP	rs149183310	AA
ATP9A	rs55797066	TT
ARPP21	rs73070160	CC

GENE	SNP	GENOTYPE
ADGRA3	rs61792199	AA
/	rs25531	TT
NECTIN1	rs4271390	CC
TXNL1	rs12959570	AA
CYLC2	rs7848024	GG
CHMP2B	rs4988462	CC
CAMTA1	rs7524258	CC
/	rs859980	TT

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	Psychotherapy	1 hour	2	Cognitive-Behavioral Therapy (CBT)	
3	Neurostimulation Treatment	30 minutes	4	Biofeedback	
5	N-acetylcysteine (NAC)	600 mg	6	Acceptance and Commitment Therapy (ACT)	
7	Aerobic Exercise (Cardio)	1 hour	8	Exercise At Least One Hour a Day	1 hour
9	Zinc	10 mg	10	Myo-inositol	4 g
11	Inositol	2 g	12	Mindfulness Meditation	30 minutes
13	Yoga	30 minutes	14	Kundalini Yoga	1 hour
15	Neurofeedback	1 hour	16	Meditation	30 minutes
17	Mindfulness	30 minutes	18	Glycine	3 g
19	Red Feathers (Echium Amoenum)		20	Milk Thistle (Silymarin)	300 mg
21	Ashwagandha	120 mg	22	Valerian	500 mg
23	Carnosine	1000 mg	24	Music Therapy	30 minutes
25	Acupuncture	1 hour	26	Art Therapy	1 hour
27	Sarcosine	2 g	28	Pranayama (Yoga Breathing)	15 minutes

1



Psychotherapy

IMPACT

5 / 5

EVIDENCE

5 / 5

How to implement

Schedule and attend regular sessions with a licensed psychotherapist, typically once a week for 50-60 minutes, over a period of several months to years depending on your individual needs and progress. Consistency is key, and the duration can vary widely based on personal goals and the type of psychotherapy being practiced.

TYPICAL STARTING DOSE

1 hour

Description

Psychotherapy is a broad term for therapeutic approaches that address mental and emotional health issues through talking and counseling. It can be used to treat a wide range of psychological and emotional challenges.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences and help reduce stress [R, R].

Psychotherapy is a great way to improve many conditions, including [R, R, R, R, R, R]:

- Depression
- Anxiety disorders
- PTSD
- OCD
- Weight problems
- Eating disorders

Cognitive-behavioral therapy (CBT) is a type of psychotherapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [R].

How it helps

Experts recommend cognitive-behavioral therapy (CBT) as a first-line treatment for OCD. It may help improve OCD symptoms. In some cases, a combination of CBT and medication may have even better effects [R, R, R, R, R, R, R, R].

One important component of CBT for OCD is **exposure and response prevention (ERP)**. ERP involves gradually exposing a person to things that may trigger an obsession. Then, the person tries to resist the associated compulsion [R, R, R, R, R].

2



Cognitive-Behavioral Therapy (CBT)

IMPACT

5 / 5

EVIDENCE

5 / 5

How to implement

Schedule weekly sessions with a certified cognitive-behavioral therapist for a period of 5 to 20 weeks. Engage actively in exercises assigned by your therapist both during sessions and as homework to apply CBT strategies to daily life.

Description

Cognitive-behavioral therapy (CBT) is a psychotherapeutic approach that has been effective in treating various mental health conditions by helping individuals identify and change negative thought patterns and behaviors. It is widely used for conditions like depression, anxiety, and phobias.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences [\[R\]](#).

Talk therapy is a great way to improve many conditions, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Substance use disorder
- Bipolar disorder

Cognitive-behavioral therapy (CBT) is a type of talk therapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

Experts recommend cognitive-behavioral therapy (CBT) as a preferred treatment for OCD. It may help improve OCD symptoms. In some cases, a combination of CBT and medication may have even better effects [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

One important component of CBT for OCD is **exposure and response prevention (ERP)**. ERP involves gradually exposing a person to things that may trigger an obsession. Then, the person tries to resist the associated compulsion [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

3



Neurostimulation Treatment

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Schedule sessions for neurostimulation treatment with a qualified healthcare provider. Typically, treatments are conducted 2-3 times a week for a duration of 4-6 weeks, depending on your specific condition and response to treatment. Ensure each session lasts approximately 30-60 minutes.

TYPICAL STARTING DOSE

30 minutes

Description

Neurostimulation treatments encompass various therapies that use electrical or magnetic stimulation to modulate neural activity, potentially alleviating chronic pain, mood disorders, or neurological conditions.

How it helps

In a meta-analysis of 10 clinical trials and almost 300 people with OCD, repetitive transcranial magnetic stimulation (rTMS) decreased the symptoms in approximately 35% of the patients (versus 13% for the mock treatment) [\[R\]](#).

A deep TMS device (BrainsWay) was approved by the FDA as an adjunct in the treatment of adult OCD in 2018 [\[R\]](#).

Short-term side effects of rTMS include pain, burning, prickling sensation (paresthesia), and hypomania (a mild form of mania). High-frequency rTMS has been reported to cause hearing changes, altered levels of blood TSH and lactate levels, and seizures (in rare cases) [\[R\]](#).

A meta-analysis of 8 non-placebo-controlled trials with 85 people and 38 observational studies of 225 people concluded that deep brain stimulation (DBS) may improve OCD and depressive symptoms in people with treatment-resistant OCD [\[R\]](#).

However, this technique may cause adverse effects such as anxiety worsening (22% of cases), hypomania (20%), throbbing or flushing (10%), memory impairment (8%), scalp tingling or numbness (6%), headaches (6%), stomachache and nausea (6%), depressive mood (4%), suicidal thoughts (3%), insomnia (3%), and bleeding in the brain (2%) [\[R\]](#), [\[R\]](#).

A DBS device (Medtronic) was approved by the FDA as an adjunct in the treatment of adult OCD in 2009 despite the scarcity of clinical trials under a 'humanitarian device exemption'. However, the decision was criticized by some researchers who thought that approving an insufficiently researched treatment puts patients at risk [\[R\]](#), [\[R\]](#).

rTMS and DBS may help with OCD by targeting the brain cortico-striato-thalamo-cortical system and normalizing its activity [\[R\]](#), [\[R\]](#).

4



Biofeedback

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Attend biofeedback sessions once or twice a week for about 8 to 10 weeks. During these sessions, a therapist will guide you through exercises to control different body functions, such as heart rate or muscle tension, using monitors that provide feedback on your physiological state. Practice the techniques learned during sessions at home daily to improve symptoms and manage your condition.

Description

Biofeedback is a type of therapy that teaches people how to control certain body functions, such as heart rate, blood pressure, and muscle tension. It can be used to treat a variety of conditions, including stress, anxiety, and chronic pain.

Biofeedback is a kind of “**brain training**” in which sensors are attached to your body. They detect information like your heart rate, temperature, and breathing rate. By seeing this information, you may be better able to control these functions [\[R\]](#), [\[R\]](#).

Biofeedback is used to help with [\[R\]](#), [\[R\]](#):

- Gut problems
- Chronic pain
- Migraines
- Insomnia
- Attention

[Neurofeedback](#) is a form of biofeedback that measures brain activity in real time [\[R\]](#).

How it helps

Two meta-analyses (the largest one with 9 studies and 1211 patients) concluded that neurofeedback treatment improves OCD symptoms [\[R\]](#), [\[R\]](#).

Biofeedback may help by teaching you to control your body's functions, like heart rate or muscle tension, which can be amplified during periods of stress. This self-regulation can aid in reducing anxiety and obsessive thoughts.

5



N-acetylcysteine (NAC)

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Take 600 mg of N-Acetylcysteine (NAC) supplement daily with water. It can be taken at any time of the day, but try to take it at the same time each day for best results.

TYPICAL STARTING DOSE
600 mg

Description

NAC is a supplement that contains a form of the amino acid cysteine, a protein building block that your body uses to make the antioxidant glutathione. It is used for its potential antioxidant properties and its ability to support lung, gut, and mental health.

[N-acetylcysteine](#) (NAC) is converted to cysteine in the body. Cysteine is a protein building block (amino acid) that helps make the antioxidant glutathione [\[R\]](#).

People take NAC to potentially support [\[R\]](#), [\[R\]](#):

- Mental health
- Ovarian health and pregnancy outcomes
- Lung health
- Gut health

How it helps

In a 12-week study of 50 people with compulsive hair pulling (trichotillomania, which is on the OCD spectrum), taking 1,200-2,400 mg of NAC daily improved the symptoms “much or very much” in 56% of the patients (compared with only 16% of the placebo group) [\[R\]](#).

A systematic review of four pilot trials using NAC (2,400–3,000 mg/day) for 12-weeks concluded that NAC was promising at reducing the severity of OCD symptoms and caused minimal side effects [\[R\]](#).

NAC (up to 2,700 mg/day) showed similar effectiveness in a more recent placebo-controlled trial of 11 people with OCD [\[R\]](#).

However, two 16-week trials of 84 people didn’t find NAC (3,000 mg/day) more effective than the placebo [\[R\]](#), [\[R\]](#).

NAC (2,000-2,400 mg/day) added to the effects of SSRIs (citalopram and fluvoxamine) in improving resistance to compulsions in two 10-week placebo-controlled trials of 79 people with OCD [\[R\]](#), [\[R\]](#).

NAC is thought to work by decreasing glutamate in the synapse and increasing glutathione. In line with this, low glutathione in certain brain regions (cingulate cortex) has been found in patients with OCD [\[R\]](#), [\[R\]](#).

6



Acceptance and Commitment Therapy (ACT)

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Participate in Acceptance and Commitment Therapy (ACT) sessions with a licensed therapist weekly for a minimum of 8 to 12 weeks. During this period, engage in daily ACT exercises at home as recommended by your therapist, such as mindfulness practices and writing exercises that help you connect with your values and accept your thoughts without judgment.

Description

ACT is a type of psychotherapy that focuses on accepting one's thoughts and feelings while committing to actions that align with personal values. It is used to improve mental well-being and treat conditions like anxiety and depression.

How it helps

A meta-analysis of 14 studies and 413 participants concluded that ACT may improve OCD symptoms and psychological inflexibility, both alone and when used as an add-on to conventional treatments [\[R\]](#).

ACT helps individuals embrace their thoughts and feelings rather than fighting or feeling guilty for them. This can be particularly effective in managing obsessive-compulsive tendencies.

7



Aerobic Exercise (Cardio)

IMPACT

3 / 5

EVIDENCE

2 / 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

In 5 trials (2 of them controlled) of 152 people with OCD receiving behavioral or pharmacological therapy, a 12-week aerobic exercise intervention reduced OCD symptoms. The benefits remained for 6 months [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Aerobic exercise may help with OCD by:

- Increasing positive affect and decreasing negative affect [\[R\]](#)
- Reducing obsessive thoughts and behaviors [\[R\]](#)

8



Exercise At Least One Hour a Day

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE
1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

In 5 trials (2 of them controlled) of 152 people with OCD receiving behavioral or pharmacological therapy, a 12-week aerobic exercise intervention reduced OCD symptoms. The benefits remained for 6 months [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Exercise may help with OCD by:

- Increasing positive affect and decreasing negative affect [\[R\]](#)
- Reducing obsessive thoughts and behaviors [\[R\]](#)

9



Zinc

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

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

TYPICAL STARTING DOSE

10 mg

Description

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

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

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

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

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

How it helps

Scientists have discovered that zinc may play a role in inhibiting excitatory neurotransmission, and activates multiple receptors, including those of GABA and glutamate [\[R\]](#), [\[R\]](#).

Blood zinc levels were 69.2% lower in mild OCD patients than non-OCD patients in a study of almost 100 people [\[R\]](#).

In an 8-week placebo-controlled trial of 23 OCD patients, zinc supplementation (440 mg/day as an add-on to fluoxetine) helped decrease obsessions and compulsions without causing adverse effects [\[R\]](#).

10



Myo-inositol

IMPACT2 / 5

EVIDENCE2 / 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

In two 6-week placebo-controlled trials of 23 OCD patients, taking 18 g of inositol daily for 6 weeks improved OCD, anxiety, and depression symptoms, and caused very few side effects (mostly digestive). The same dose only enhanced the effects of SSRIs in 3 out of 10 patients with treatment-resistant OCD in an uncontrolled trial [\[R\]](#), [\[R\]](#), [\[R\]](#).

At this dose, inositol was more effective than fluvoxamine in a non-placebo-controlled trial of 20 people with panic disorder. Because this drug is approved for OCD, further clinical trials comparing both treatments could shed some light on the effectiveness of inositol [\[R\]](#).

In a brain imaging study of 14 people with OCD, those who responded to inositol showed increased baseline activity in a brain region (left medial prefrontal region) but reduced activity after inositol treatment in other regions (left superior temporal gyrus, middle frontal gyrus and precuneus, and right paramedian post-central gyrus) when compared to non-responders [\[R\]](#).

Inositol, a component of cell membranes, is involved in cell communication and also increases the sensitivity of serotonin receptors [\[R\]](#).

11



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 [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

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Inositol, a component of cell membranes, is involved in cell communication and also increases the sensitivity of serotonin receptors [\[R\]](#).

12

Mindfulness Meditation

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Practice mindfulness meditation for 10-20 minutes daily. Find a quiet, comfortable place to sit or lie down, then focus on your breath, observing thoughts and sensations without judgment. Consistency is key, so try to incorporate it into your daily routine, perhaps in the morning or before bed.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness meditation involves focused attention on the breath or a specific point of focus to cultivate mindfulness and reduce stress. Regular meditation practice is associated with improved mental clarity, emotional regulation, and overall well-being.

How it helps

Mindfulness meditation is thought to help people with anxiety to mentally avoid their triggers. A non-placebo-controlled trial with 17 participants showed a reduction in OCD symptoms in patients who partook in mindfulness meditation [\[R\]](#).

Combining mindfulness meditation with cognitive-behavioral therapy (mindfulness-based cognitive therapy) improved OCD symptoms in 2 studies of 137 people. However, mindfulness meditation provided no additional benefits to exposure and response prevention therapy in a non-placebo-controlled trial of 37 people with OCD [\[R, R, R\]](#).

13



Yoga

IMPACT

2 / 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

In a small uncontrolled trial of 5 people with OCD, practicing yoga breathing techniques for one year improved core OCD symptoms and anxiety [\[R\]](#).

A variant called kundalini yoga improved OCD symptoms in 2 non-placebo-controlled trials of 29 people. In one of them, it was more effective than mindfulness meditation [\[R\]](#), [\[R\]](#).

Yoga may help by promoting relaxation.

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Kundalini Yoga

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Participate in a Kundalini yoga class or follow an online session for 60 to 90 minutes, at least three times per week. Ensure the practice includes a combination of dynamic movements, specific postures, breathing techniques, meditation, and the chanting of mantras.

TYPICAL STARTING DOSE

1 hour

Description

Kundalini yoga is a practice that combines physical postures, breathing techniques, and meditation. It is associated with reduced stress, improved mental clarity, and enhanced overall well-being.

How it helps

Kundalini yoga improved OCD symptoms in 2 non-placebo-controlled trials of 29 people. In one of them, it was more effective than mindfulness meditation [R, R].

15

Neurofeedback

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Attend neurofeedback sessions with a trained therapist, usually once or twice a week, for a minimum of 20 sessions. Each session typically lasts 30 to 60 minutes where sensors are placed on your scalp to monitor brainwave activity, and feedback is given in real-time to help you learn to control or alter your brain functions.

TYPICAL STARTING DOSE

1 hour

Description

Neurofeedback is a therapeutic technique that helps individuals regulate brain activity, potentially improving focus, reducing anxiety, and enhancing cognitive function by providing real-time feedback on brainwave patterns.

How it helps

In a placebo-controlled trial of 20 people with OCD, neurofeedback (25 sessions) reduced the frequency of compulsions [R].

A meta-analysis of 5 studies (2 of them controlled trials) involving 89 people found some beneficial effects for neurofeedback, although the authors warned about the high heterogeneity and low quality of the included studies [R].

Neurofeedback trains your brain to alter its brainwave patterns, improving your self-control and reducing obsessions and compulsions.

16



Meditation

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

Meditation is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [\[R\]](#):

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [\[R\]](#), [\[R\]](#):

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

Mindfulness meditation is thought to help people with anxiety to mentally avoid their triggers. A non-placebo-controlled trial with 17 participants showed a reduction in OCD symptoms in patients who partook in mindfulness meditation [\[R\]](#).

Combining mindfulness meditation with cognitive-behavioral therapy (mindfulness-based cognitive therapy) improved OCD symptoms in 2 studies of 137 people. However, mindfulness meditation provided no additional benefits to exposure and response prevention therapy in a non-placebo-controlled trial of 37 people with OCD [\[R\]](#), [\[R\]](#), [\[R\]](#).

17

Mindfulness

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [R].

Mindfulness and other types of [meditation](#) may improve [R]:

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

Mindfulness helps manage Obsessive-Compulsive Tendencies by training the mind to focus on the present moment, which can reduce intrusive obsessive thoughts. It also promotes acceptance of these thoughts without acting on them, breaking the obsessive-compulsive cycle.

Mindfulness-based cognitive therapy was shown to have a moderate effect (standardized mean difference: 0.283), but this was enough to indicate a significant reduction in obsessive-compulsive symptoms in the experimental groups compared to the control groups (p = .002) [R].

18



Glycine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 3 to 5 grams of glycine supplement per day with water, preferably before bedtime for sleep improvement or spread throughout the day for general health benefits. Continue indefinitely as needed, but consult a healthcare provider for long-term use beyond three months.

TYPICAL STARTING DOSE

3 g

Description

Glycine is an amino acid that may have calming and anti-inflammatory effects, potentially benefiting sleep quality and joint health.

If you can't get enough glycine from food sources, glycine supplements are available. Daily doses of up to **6 g** have been safely used for up to **4 weeks**. Consult your doctor before supplementing.

How it helps

In a placebo-controlled trial of 24 patients with OCD, supplementation with glycine (60 g/day) for 12 weeks improved OCD scores [\[R\]](#).

Glycine may help by increasing the efficiency of brain chemicals associated with memory and cognitive functioning.

19



Red Feathers (Echium Amoenum)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement of Echium amoenum, commonly known as red feathers, daily. This can be in the form of a capsule or a tea. If taking in capsule form, follow the dosage instructions provided on the product packaging. For tea, steep 1-2 teaspoons of dried Echium amoenum flowers in hot water for 10 minutes, and drink 1-2 times daily.

Description

Red feathers (Echium amoenum), also commonly known as "Gol-e-Gavzaban" or borage flower, is a medicinal plant used in Iranian folk medicine. It contains polyphenolic compounds, anthocyanins, flavonoids, and rosmarinic acid. Traditionally used as a sedative and to enhance mood, it is used today to potentially benefit mood.

How it helps

In a 6-week placebo-controlled trial of 44 OCD patients, 500 mg of red feathers (*Echium amoenum*, an Iranian relative of borage) extract 1x/day decreased OCD symptoms and anxiety [\[R\]](#).

Echium amoenum is believed to have calming properties that may help reduce anxiety and potentially alleviate some symptoms of OCD.

20



Milk Thistle (Silymarin)

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a 300 mg milk thistle (silymarin) supplement daily with water, preferably with a meal for better absorption. Continue this regimen as advised by your healthcare provider.

TYPICAL STARTING DOSE

300 mg

Description

Silymarin is a natural plant extract derived from the milk thistle plant (*Silybum marianum*). It has been traditionally used for its potential anti-inflammatory and liver-protective properties. Silymarin consists of several flavonolignans, including silybin, silydianin, and silychristin.

Milk thistle (*Silybum marianum*) is a purple flowering plant in the daisy family. Traditionally, it has been used for liver problems. Some people also eat the leaves in salads [\[R\]](#), [\[R\]](#).

The extract of milk thistle is called *silymarin* [\[R\]](#), [\[R\]](#), [\[R\]](#).

People use milk thistle to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Liver problems
- Blood sugar control
- Indigestion
- Skin problems

How it helps

In an 8-week non-placebo-controlled trial of 35 OCD patients, 200 mg/day milk thistle decreased the symptoms. However, it was less effective than fluoxetine (30 mg/day) [\[R\]](#).

Silymarin may help by inhibiting serotonin reuptake, which may regulate mood and reduce anxiety.

21



Ashwagandha

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 250-600 mg of ashwagandha supplement daily. It can be consumed with water or a meal, depending on your preference or as advised by a healthcare provider.

TYPICAL STARTING DOSE

120 mg

Description

[Ashwagandha](#) (*Withania somnifera*) is an herb used in traditional Indian medicine. This herb is known as an *adaptogen* because it helps people adapt to stress.

This herb is known as an *adaptogen* because it helps people adapt to stress [\[R\]](#), [\[R\]](#).

How it helps

In a placebo-controlled trial of 30 patients with OCD, supplementation with ashwagandha (120 mg/day) as an add-on to SSRIs for 6 weeks improved the symptoms better than SSRIs alone [\[R\]](#).

Ashwagandha might help due to its adaptogenic properties, which are known to regulate stress hormones and promote a sense of calm and balance.

22



Valerian

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500 mg of valerian supplement about 30 minutes to an hour before bedtime to help improve sleep quality. Do this daily for best results.

TYPICAL STARTING DOSE

500 mg

Description

Valerian is an herbal supplement made from the roots of the Valeriana officinalis plant. It is commonly used as a natural remedy for sleep disorders and anxiety due to its potential to induce relaxation and improve sleep quality.

[Valerian root](#) is a medicinal herb with relaxing properties. People use it to improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sleep
- Seizures
- Anxiety
- Headaches

Compounds in valerian help [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce stress
- Suppress inflammation
- Relax muscles

How it helps

Valerian root has properties that can help reduce anxiety and stress, which can indirectly decrease the severity of obsessive-compulsive tendencies. However, it doesn't directly treat the core aspects of the condition.

In a placebo-controlled trial of 31 patients with OCD, supplementation with valerian extract (765 mg/day) for 8 weeks significantly improved the symptoms [\[R\]](#).

23



Carnosine

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 500 mg of carnosine twice daily with meals. Continue this regimen for at least 2 to 4 weeks to start noticing benefits. It can be taken as a capsule or powder form mixed with water or juice.

TYPICAL STARTING DOSE
1000 mg

Description

Carnosine is a naturally occurring compound found in muscle tissues and certain foods. It is believed to have antioxidant properties and may support muscle function and overall cellular health.

[Carnosine](#) ([β-alanine](#)-[L-histidine](#)) is a compound naturally produced by the body. We also get it from eating meat and fish. Carnosine is abundant in our [\[R\]](#), [\[R\]](#):

- Muscles
- Heart
- Brain
- Nose

Carnosine has several important functions in the body, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Being an antioxidant
- Improving muscle function
- Removing toxic metals

During exercise, **carnosine may prevent muscle fatigue and boost athletic performance**. It may also help improve sugar metabolism [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

In a 10-week placebo-controlled trial of 44 patients with moderate to severe OCD, L-carnosine as an adjuvant to fluvoxamine significantly reduced obsessive-compulsive symptoms [\[R\]](#).

Carnosine may help by promoting healthy neurotransmitter activity. It is also thought to help reduce brain inflammation, which could contribute to OCD.

24



Music Therapy

IMPACT

1 / 5

EVIDENCE

1 / 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

Music therapy helped to alleviate symptoms of obsession and anxiety in one month in a non-placebo-controlled trial of 30 patients already receiving treatment for OCD [\[R\]](#).

Music therapy may help by providing an outlet for expressing emotions and reducing anxiety.

25



Acupuncture

IMPACT

1 / 5

EVIDENCE

1 / 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

In a non-placebo-controlled trial of 19 people with OCD, acupuncture (as an add-on therapy) improved the symptoms. However, the study compared acupuncture with the absence of treatment instead of using a proper placebo control (i.e., needles randomly placed by someone without training in acupuncture) [\[R\]](#).

The stimulation of acupoints with a transcutaneous electrical device (TEAS), used as an add-on to conventional therapy, improved OCD symptoms better than conventional therapy alone in a placebo-controlled trial of 360 people [\[R\]](#).

Acupuncture may help by reducing anxiety and stress.

26



Art Therapy

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Participate in art therapy sessions, which can include activities such as painting, sculpting, or drawing, for 1-2 hours per week. These sessions can be done either in group settings guided by a trained art therapist or individually, depending on your comfort level and goals. It is beneficial to engage in this practice consistently for several months to observe the therapeutic benefits.

TYPICAL STARTING DOSE

1 hour

Description

Art therapy is a type of therapy that encourages free self-expression and reflection through [\[R\]](#):

- Painting
- Drawing
- Clay modeling

It may be combined with mindfulness. Mindfulness is the practice of being aware of the present moment without any judgment [\[R\]](#).

Art therapy is used to improve [\[R\]](#):

- Self-esteem
- Self-awareness
- Emotional resilience
- Social skills

How it helps

A randomized controlled trial of 57 patients with personality disorders (including OCD) found that an art therapy intervention (1.5 hours/week for 10 weeks) was an effective treatment because it not only reduces personality disorder pathology and maladaptive modes, but also helps patients to develop adaptive, positive modes that indicate better mental health and self-regulation [\[R\]](#).

27



Sarcosine

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take sarcosine as an oral supplement, typically in powder form. The common dosage ranges from 2 grams to 3 grams per day, usually divided into two equal doses taken in the morning and evening. It is recommended to continue this regimen for at least 4 to 6 weeks to observe effects.

TYPICAL STARTING DOSE

2 g

Description

Sarcosine is a naturally occurring amino acid derivative that has been studied for its potential role in cognitive function and mental health.

How it helps

In an uncontrolled trial of 26 patients with OCD, supplementation with sarcosine (500-2000 mg/day) alone or as an add-on to conventional treatment for 10 weeks decreased OCD scores (by 19.8% on average), especially in drug-naive patients [R].

Sarcosine may help by acting on the NMDA receptors in the brain, which influence compulsive behavior. Additionally, it can reduce anxiety levels and improve mood, which are often linked to this condition.

28



Pranayama (Yoga Breathing)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice pranayama for 10 to 15 minutes daily. Choose a quiet, comfortable spot where you won't be disturbed. Begin with simple techniques like Ujjayi (Ocean Breath) or Anulom Vilom (Alternate Nostril Breathing), gradually working your way up to more advanced techniques. Consistency is key for observing benefits.

TYPICAL STARTING DOSE

15 minutes

Description

Pranayama is a yogic practice involving controlled and mindful breathing techniques. It is believed to enhance mental clarity, reduce stress, and improve respiratory health by optimizing the flow of life force energy (prana) in the body.

How it helps

In a small uncontrolled trial of 5 people with OCD, practicing yoga breathing techniques for one year improved core OCD symptoms and anxiety [R].

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 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.

