

Palpitations

DNA Health Report

REPORT CATEGORY —



HEART & BLOOD
VESSELS

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

You’ve seen it in the movies, you’ve heard it in songs, you’ve read it in a book. When you meet the one you love, your heart can skip a beat!

This isn’t just a romantic notion; **being lovesick is a real physiological response.**

When you’re attracted to someone, your body releases hormones such as norepinephrine and epinephrine (adrenaline). These cause physical reactions, one of which is palpitations [\[R\]](#)!

Whether or not your crush gives you heart flutters may be less of a Disney-style fairytale, and **more embedded in your DNA.**

If you carry a specific variant of the [ADRB1](#) gene, palpitations may be more likely to occur when you’re stressed. (Often, people experience stress when they’re around their crush) [\[R\]](#)!

It’s not just love that can trigger palpitations. Actually, there are a lot of different things that can contribute, including swallowing, not getting enough sleep, or eating spicy foods [\[R\]](#), [\[R\]](#).

Other triggers of heart flutters may also be determined by your DNA.

If you happen to carry a certain variant of the [ALDH2](#) gene, you may be more prone to palpitations caused by alcohol [\[R\]](#).

Likewise, if you carry a particular variant of the [CHRNA2](#) gene, you may be more prone to palpitations caused by cigarette smoke [\[R\]](#).

Read on to find out more about:

- **How your genetics play a role in palpitations**
- **Your genetic risk score based on over 1 million genetic variants**
- **Personalized recommendations based on your genetics**

Risk Factors And Genetics

Key Takeaways:

- While no heritability percentage exists yet for this condition, genes involved may influence various heart functions.
- Other risk factors include stress, anxiety, pregnancy, age, stimulants, overactive thyroid, and heart problems.
- Experiencing palpitations are not uncommon, particularly because they can result from causes unrelated to heart conditions, like anxiety.
- If your genetic risk is high, you can lower overall risk by taking action on risk factors that you can change.
- Click the **next steps** tab for relevant labs and lifestyle factors.

When the heart is working normally, it beats in a steady rhythm. Things like exercise or stress can speed it up temporarily [\[R\]](#), [\[R\]](#).

Palpitations are feelings that the heart is racing, pounding, fluttering, or skipping beats. They can be felt in the chest or throat [\[R\]](#).

Risk factors for palpitations include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Stress
- Anxiety
- Pregnancy
- Aging
- Stimulants (e.g., in coffee, cigarettes, and some medications)
- Overactive thyroid
- Heart problems

While palpitations can be scary, they are usually harmless. In those with palpitations due to heart problems, complications can occur. Seek emergency care if you have palpitations and [\[R\]](#), [\[R\]](#):

- Chest pain
- Severe shortness of breath
- Fainting



MORE LIKELY

More likely to have palpitations based on 1,209,944 genetic variants we looked at



PERCENTILE



Your risk is greater than 99% of the population and lower than 1% of the population.

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
TRIM33	rs6693430	GG
TRIM33	rs576432148	AA
TRIM33	rs2336579	TT
VANGL1	rs146633921	CC
NTNG1	rs113586420	CC
/	rs112002694	AA
PEX14	rs111303544	GG
/	rs113879811	TT
PRPF38B	rs150830373	CC
KIF1B	rs374430851	GG
/	rs372345235	CC
/	rs111640537	CC
/	rs12070100	CC
PIFO	rs187038126	TT
FBXO44	rs369701158	CC
COL11A1	rs80206932	CC
PIFO	rs150153130	CC
/	rs530195853	GG
/	rs12057505	GG
PRDM2	rs141161525	CC
/	rs11184531	CC
UBE4B	rs61782898	CC
/	rs11184526	CC
PRMT6	rs143823403	GG

- Severe dizziness

Genetics may play a role in people's chances of having palpitations. Genes involved in palpitations may influence heart function [R, R].

GENE	SNP	GENOTYPE
PERM1	rs138543362	GG
ZNF697	rs113542321	TT
TENT5C	rs142254460	CC
KIF1B	rs60490329	CC
ST7L	rs192255766	TT
MTOR	rs551629035	GG
/	rs9919305	TT
/	rs148678515	TT
SPAG17	rs138576102	CC
SPAG17	rs57221566	GG
COL11A1	rs542303135	GG
OLFM3	rs113591435	GG
RAP1A	rs116289484	CC
CD58	rs141148236	GG
MTOR	rs112840392	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	Limit Substance Use	2	Limit Caffeine Intake		
3	Relaxation Techniques	30 minutes	4	Dietary Iron	
5	Mindfulness	30 minutes	6	Meditation	30 minutes
7	Yoga	30 minutes	8	Breathing Techniques	10 minutes
9	Lemon Balm	500 mg	10	Psychotherapy	1 hour
11	Avoid Illicit Drugs		12	Magnesium	350 mg
13	Mindfulness Meditation	30 minutes	14	Avoid Meals 3-4 Hours Before Bedtime	
15	Deep Breathing	5 minutes	16	Drink at Least 8 Glasses of Water a Day	

1



Limit Substance Use

IMPACT4 / 5

EVIDENCE4 / 5

How to implement

Reduce the frequency and quantity of alcohol, tobacco, and any non-prescribed drugs you consume. For alcohol, aim to have no more than one drink per day if you're female and two if you're male. Avoid tobacco and non-prescribed drugs entirely whenever possible.

Description

Limiting substance use, particularly the misuse of alcohol, tobacco, and illicit drugs, is essential for preserving physical and mental health. Responsible and controlled use of these substances, or abstaining from them, supports a safer and healthier lifestyle.

Substances include alcohol and drugs. In some cases, substances can be used responsibly. For example, having 1-2 alcoholic drinks per day likely won't cause harm. Likewise, cannabis can be used for medical purposes in some countries or states [\[R\]](#), [\[R\]](#), [\[R\]](#).

However, these substances can also be misused. Substance misuse can lead to dependence on a substance. This can have long-term health and social consequences [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Even at low or prescribed doses, alcohol and some drugs can have side effects like palpitations [\[R\]](#), [\[R\]](#).

How it helps

A number of substances may contribute to palpitations when used alone or in combination with one another. They include:

- Cannabis [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Stimulants (e.g., meth, amphetamines, cocaine, ecstasy) [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Alcohol [\[R\]](#), [\[R\]](#)

The effects of alcohol may be stronger in those with alcohol sensitivity. **Alcohol combined with energy drinks** may be worse than alcohol alone [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

 PERSONALIZED TO YOUR GENES

Alcohol is more likely to cause palpitations in people with your **ADH1B** gene variant [\[R\]](#).

Amphetamines may be more likely to cause palpitations in people with your **BDNF** gene variant [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
ADH1B	rs1229984	TC	
BDNF	rs6265	TC	

2



Limit Caffeine Intake

IMPACT

3 / 5

EVIDENCE

4 / 5

How to implement

Limit your caffeine consumption to less than 200 milligrams per day, equivalent to about two 6-ounce cups of coffee. Aim to avoid caffeine-containing foods and beverages such as tea, chocolate, and some soft drinks, especially in the late afternoon and evening to minimize sleep disturbances.

Description

Although caffeine is the world's most popular stimulant, some people choose to limit or avoid it due to potential adverse effects on their sleep, mood, or blood pressure.

How it helps

Palpitations are a well-known side effect of having a lot of caffeine. In line with this, drinking too much coffee, tea, or energy drinks is linked to palpitations [[R](#), [R](#), [R](#), [R](#), [R](#), [R](#), [R](#)].

Many people mix energy drinks with alcohol or drugs. These combinations may have a stronger effect on palpitations than energy drinks alone [[R](#), [R](#), [R](#), [R](#), [R](#), [R](#), [R](#)].

3



Relaxation Techniques

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

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

TYPICAL STARTING DOSE

30 minutes

Description

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

We all get stressed from time to time.

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

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

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

- Anxiety
- Depression
- Chronic pain

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

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

How it helps

Stress and anxiety are linked to palpitations [\[R, R\]](#).

The following relaxation techniques may help reduce stress and palpitations:

- Meditation (e.g., mindfulness) [\[R, R\]](#)
- Yoga [\[R, R\]](#)
- Deep breathing [\[R\]](#)

4



Dietary Iron

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate iron-rich foods into your daily meals, such as red meat, chicken, turkey, fish, beans, lentils, tofu, cooked spinach, and fortified cereals. Aim for at least 18 mg of iron per day for adult women and 8 mg per day for adult men. It's also beneficial to pair these foods with vitamin C-rich foods like oranges, strawberries, or bell peppers to enhance iron absorption.

Description

Iron (Fe) is an essential mineral. It helps make [hemoglobin](#), a protein that carries oxygen to cells. In this way, iron **increases energy** and supports **brain and immune system function** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Foods rich in iron include [\[R\]](#):

- Oysters
- White beans
- Beef
- Chocolate
- Spinach
- Fortified cereals

Women should be getting **8-18 mg** of iron per day, while **men** should be getting **8 mg** [\[R\]](#).

Groups at risk of iron deficiency include [\[R\]](#):

- Menstruating women
- Children
- Vegetarians
- Routine blood donors

How it helps

The heart needs oxygen to function properly. Iron supports red blood cells in getting oxygen to the heart [\[R\]](#).

In line with this, **palpitations are a common symptom of anemia due to iron deficiency** [\[R\]](#).

In people with iron deficiency, getting more iron may reduce palpitations [\[R\]](#).

Please note: *A high dose of iron can be toxic. If you are not deficient, it is best to get iron from food. Talk to your doctor before taking iron supplements* [\[R\]](#).

Please note: *Increased iron intake from meat is linked to higher odds of diabetes and heart disease. Try to find a balance between plant and animal iron sources* [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

5



Mindfulness

IMPACT2 / 5

EVIDENCE1 / 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

Stress and anxiety are linked to palpitations [R, R].

The following relaxation techniques may help reduce stress and palpitations:

- Meditation (e.g., mindfulness) [R, R]
- Yoga [R, R]
- Deep breathing [R]

6



Meditation

IMPACT2 / 5

EVIDENCE1 / 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

Stress and anxiety are linked to palpitations [\[R\]](#), [\[R\]](#).

The following relaxation techniques may help reduce stress and palpitations:

- Meditation (e.g., mindfulness) [\[R\]](#), [\[R\]](#)
- Yoga [\[R\]](#), [\[R\]](#)
- Deep breathing [\[R\]](#)

7



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

Stress and anxiety are linked to palpitations [\[R\]](#), [\[R\]](#).

The following relaxation techniques may help reduce stress and palpitations:

- Meditation (e.g., mindfulness) [\[R\]](#), [\[R\]](#)
- Yoga [\[R\]](#), [\[R\]](#)
- Deep breathing [\[R\]](#)

8



Breathing Techniques

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Practice deep breathing exercises for 10 minutes daily, preferably in a quiet space where you won't be disturbed. 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. This can be done at any time of day to reduce stress and improve focus.

TYPICAL STARTING DOSE

10 minutes

Description

Breath awareness and specific breathing techniques, such as deep breathing or mindfulness-based practices, can help reduce stress, improve focus, and enhance overall mental well-being. These techniques are valuable tools for managing anxiety and promoting relaxation.

Most breathing techniques involve taking slow and even breaths. Their main goal is to prevent rapid breathing (**hyperventilation**) [\[R\]](#).

Breathing techniques tend to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Stress
- Anxiety
- Sleep problems
- Asthma

One example is the **Buteyko breathing technique**. It's often used by people with asthma or other conditions that affect the lungs [\[R\]](#).

Another example is **yogic breathing**. [Yoga](#) is a practice that combines breathing techniques with exercise and meditation [\[R\]](#), [\[R\]](#).

How it helps

Stress and anxiety are linked to palpitations [\[R\]](#), [\[R\]](#).

The following relaxation techniques may help reduce stress and palpitations:

- Meditation (e.g., mindfulness) [\[R\]](#), [\[R\]](#)
- Yoga [\[R\]](#), [\[R\]](#)
- Deep breathing [\[R\]](#)

9



Lemon Balm

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 500 mg lemon balm supplement daily. This dosage can be consumed at once or divided into smaller doses throughout the day, according to personal preference or the guidance of a healthcare provider.

TYPICAL STARTING DOSE

500 mg

Description

Lemon balm is an herb known for its calming and soothing properties. It is often used in herbal teas and aromatherapy to reduce stress and anxiety, promote relaxation, and improve sleep quality.

[Lemon balm](#) (*Melissa officinalis*) is an herb used in gardening and traditional medicine. **It’s rich in antioxidants and relaxing components** [\[R\]](#), [\[R\]](#).

People use lemon balm as a tea or supplement to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Relieve anxiety
- Improve sleep quality
- Reduce stress

How it helps

Based on a single small study, **lemon balm extract (1,000 mg/day for 2 weeks)** may help reduce palpitations [\[R\]](#).

Lemon balm may help by reducing anxiety [\[R\]](#).

Please note: *If you are taking medications, consult your doctor before using lemon balm* [\[R\]](#).

10



Psychotherapy

IMPACT

0 / 5

EVIDENCE

0 / 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

Psychotherapy helps manage stress and anxiety, which can trigger or exacerbate palpitations. By teaching coping skills, it assists in managing the emotional response, thereby reducing the occurrence of palpitations.

11



Avoid Illicit Drugs

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Refrain from using any illegal substances, including but not limited to, narcotics, stimulants, hallucinogens, and cannabis where it's not legalized. This means not purchasing, possessing, or consuming these substances in any form or amount. Commit to this practice indefinitely for long-term health benefits.

Description

Avoiding the use of illicit drugs is essential for preserving physical and mental health, as these substances can lead to addiction, mental health disorders, and other physical health issues. Abstaining from their use supports a safer and healthier lifestyle.

Illicit drugs are highly addictive, illegal drugs. Examples include **marijuana, cocaine, meth, and MDMA (ecstasy)**. The term can also refer to a non-medical use of drugs that are legally available (e.g., medical marijuana in some countries and states) [\[R\]](#).

Illicit drug use can have a **devastating impact on all aspects of your health and wellbeing**. It can lead to [\[R\]](#):

- Dependence and addiction
- Injury and accidents
- Health and sleep problems
- Problems in family and social life

How it helps

Illicit drugs can have stimulant effects and avoiding them can reduce the risk of palpitations.

12



Magnesium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take up to 350 mg of magnesium daily as a supplement, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

350 mg

Description

Magnesium is an essential mineral involved in various bodily functions, including muscle contractions, nerve signaling, and bone health. Maintaining adequate magnesium levels through diet or supplements can support overall well-being and reduce the risk of magnesium deficiency-related health issues.

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

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [\[R\]](#).

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [\[R\]](#).

How it helps

Magnesium may help maintain normal heart rhythm and is involved in the electrical activity of the heart, potentially reducing palpitations.

13



Mindfulness Meditation

IMPACT

0 / 5

EVIDENCE

0 / 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 can reduce stress and anxiety, which are potential triggers for palpitations.

14



Avoid Meals 3-4 Hours Before Bedtime

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Finish your last meal of the day at least 3 to 4 hours before you go to sleep. For example, if you usually go to bed at 10 pm, aim to have dinner no later than 6 pm to 7 pm.

Description

Avoiding meals, especially heavy meals, close to bedtime can help prevent digestive discomfort, indigestion, and disrupted sleep patterns. Opting for lighter evening meals promotes better digestion and overall sleep quality.

How it helps

Large meals increase vagal stimulation and can trigger heart palpitations, especially if consumed close to bedtime.

15



Deep Breathing

IMPACT

0 / 5

EVIDENCE

0 / 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

Deep breathing exercises can activate the parasympathetic nervous system and might help to slow the heart rate and reduce palpitations.

16



Drink at Least 8 Glasses of Water a Day

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume a total of at least 64 ounces (or approximately 1.9 liters) of water over the course of the day. This can be divided into 8 glasses, each containing 8 ounces of water. Aim to drink evenly throughout the day to avoid dehydration.

Description

Water is an essential nutrient for nearly every process in your body, helping to mainting brain and gut function, maintain a health weight, as well as energy and performance levels, among others.

Water is essential for life. It supports nearly every process in your body [\[R\]](#).

Water helps maintain [\[R\]](#):

- Energy and performance levels
- Brain function
- Gut function
- Healthy weight

Most experts recommend drinking **around 8 glasses (64 oz. or 2 L) of water daily**. You might need more or less than this, depending on how active you are, where you live, or what your overall health is like [\[R\]](#).

How it helps

Dehydration can lead to palpitations, so maintaining proper hydration is important for minimizing symptoms.

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.

	T4 Free (FT4)	1.26 ng/dL		9 Nov 2025
	TSH	2.76 mIU/mL		9 Nov 2025
	T4 (Thyroxine), Total	7.27 mcg/dL		9 Nov 2025
	Vitamin B12	687 pg/mL		9 Nov 2025
	T3, Free (FT3)	3.34 pg/mL		9 Nov 2025
	Potassium, Serum	5.2 mmol/L		9 Nov 2025
	T3 Total	0.95 ng/mL		9 Nov 2025