

Runny Nose

DNA Health Report

REPORT CATEGORIES —



INFLAMMATION &
AUTOIMMUNITY



IMMUNITY &
INFECTIONS



RESPIRATORY HEALTH

Sample Client

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

DISCLAIMER

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



How this works

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



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



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

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



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

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

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



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

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

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

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

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



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

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



Impact

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

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

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

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

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

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

Introduction

Vasomotor rhinitis is a non-allergic condition characterized by chronic sneezing, congestion, or a runny nose that is not caused by an allergy or infection. The term 'vasomotor' refers to the control of blood vessel muscles, which, when dysfunctional, leads to symptomatic responses such as those seen in this condition.

Unlike allergic rhinitis, vasomotor rhinitis does not involve the immune system’s response to allergens. Instead, it is triggered by changes in weather, pollutants, spicy foods, stress, or hormonal changes, which cause the blood vessels in the nasal passages to expand, leading to nasal congestion and excessive nasal secretions.

Symptoms and Treatment

The symptoms of vasomotor rhinitis can significantly disrupt daily activities and reduce the quality of life, as the condition tends to be chronic with symptoms that come and go over time. There is no cure for vasomotor rhinitis, but its symptoms can be managed with various treatments aimed at reducing the overactivity of nasal blood vessels and controlling the nasal secretions.

These treatments include the use of nasal sprays, antihistamines, decongestants, and sometimes even surgery in more severe cases where other treatments fail to provide relief.



TYPICAL LIKELIHOOD

Typical likelihood of vasomotor rhinitis based on 32 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
FCER1G	rs2070902	CC
NEGR1	rs2815765	CC
SULT1A1	rs9282864	AA
SLC22A5	rs9687749	GG
SLC7A10	rs11671925	GA
JAZF1	rs9648346	CC
ID2	rs13395467	AA
RORA	rs10519067	AG
TTC6	rs61977073	AA
GATA3	rs11256017	CT
TSLP	rs1438673	CT
TLR1	rs5743618	AA
PLCL1	rs2164068	TA
RAD54L2	rs62257549	AG
ZBTB10	rs7824993	AG
FOSL2	rs11677002	TC
HLA-DQA1	rs34004019	AA
IL7R	rs7717955	CC
IL18R1	rs950881	GG
IKZF3	rs12939457	CT
KIAA1109	rs148505069	AA
SMAD3	rs17294280	AA
DAW1	rs6738964	TG
MYC	rs6470578	TA

GENE	SNP	GENOTYPE
ABO	rs2519093	TT
TNFSF11	rs7328203	TT
MFSD13A	rs35597970	CDEL()
HLA-B	rs2428494	TT
ALDH2	rs35350651	ADEL()
BCL6	rs2030519	GG
NFATC2	rs3787184	GG
CDK2AP1	rs63406760	DEL(G)T
LRRC32	rs7936323	GA
DEXI	rs11644510	TC

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	Intranasal Capsaicin	2	Avoid Exposure to Molds
3	Topical Capsaicin	4	Chicken broth
5	Vitamin C	6	Nasal Cleansing
2000 mg		8	Air Purifier
7	Probiotic Yogurt	10	Avoid Contact With Pollen
11	Avoid Contact With Dust	12	Topical Camphor
13	Regular Hand Washing	14	Lactobacillus Rhamnosus
		10 billion CFU	
15	Avoid Spicy Food	16	Butterbur
		75 mg	
17	Zinc		
15 mg			

1



Intranasal Capsaicin

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Apply a capsaicin nasal spray into each nostril, typically starting with one spray per nostril, up to three times a day. Adjust frequency based on symptom relief and tolerance, not exceeding the maximum dosage recommended by the product. Consult with a healthcare provider for duration of use tailored to individual needs.

Description

Intranasal capsaicin is a therapy that involves applying capsaicin (a compound found in chili peppers) to the nasal passages. It is used in some cases to relieve certain types of headache or sinus symptoms, although its efficacy can vary.

How it helps

Intranasal capsaicin improved vasomotor rhinitis symptoms while reducing nasal reactivity and congestion in 6 trials of over 100 patients [\[R, R, R, R, R, R\]](#).

2



Avoid Exposure to Molds

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Keep indoor humidity levels below 50% by using dehumidifiers or air conditioners, ensure proper ventilation in areas like bathrooms and kitchens, fix leaks promptly, and clean up any water damage within 24-48 hours to prevent mold growth. Regularly check and clean places where mold tends to accumulate, such as shower curtains, window sills, and refrigerator drip pans.

Description

[Molds](#) are tiny fungi that live all around us: in the soil and air, on food crops, and even on our skin. Some of them are beneficial while others can wreak havoc on our health. Inhaled mold may cause a range of respiratory symptoms, like infections, asthma, and coughing.

[Molds](#) are tiny fungi that live all around us: in the soil and air, on food crops, and even on our skin. Some of them are beneficial while others can wreak havoc on our health [\[R\]](#).

Inhaled mold may cause a range of respiratory symptoms, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Respiratory infections
- Reduced lung function
- Caugh
- Asthma worsening

Mycotoxins are the most dangerous aspect of **foodborne mold**. Exposure to higher amounts of these toxins can damage the organs and promote cancer growth [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Exposure to molds can trigger nasal congestion and irritation, worsening vasomotor rhinitis symptoms. By avoiding areas with high mold presence, individuals can reduce the frequency and severity of their episodes.

3



Topical Capsaicin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

Description

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

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

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

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

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

How it helps

Topical capsaicin, derived from chili peppers, has been shown to help reduce nasal congestion in vasomotor rhinitis. It works by depleting substance P, a neuropeptide involved in transmitting pain and causing inflammation. By decreasing the levels of substance P, capsaicin can decrease the nasal symptoms associated with vasomotor rhinitis.

4



Chicken broth

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume 8-12 ounces of homemade or low-sodium canned chicken broth daily. For best results, incorporate it into your diet for at least 7-14 days, especially during cold and flu season or when feeling under the weather.

Description

Chicken broth is known for its potential to provide relief from cold and flu symptoms. It can help soothe a sore throat and provide hydration when you're feeling unwell, and is also a great source of glutamine.

Chicken broth is a great source for glutamine and has a small amount of other trace minerals. Chicken broth contains 142.50 mg of glutamine per gram.

How it helps

Chicken broth can help to thin mucus and keep you hydrated, providing relief from a runny nose.

5



Vitamin C

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500-2000 mg of vitamin C supplement daily. It can be taken at any time of the day, with or without food, according to personal preference or tolerance.

TYPICAL STARTING DOSE

2000 mg

Description

[Vitamin C](#) is an essential nutrient. This means that our bodies can’t produce it on their own, so we have to get it from food or supplements [\[R\]](#).

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

- Citrus Fruits
- Peppers
- Brussel sprouts
- Kiwi
- Broccoli
- Tomato
- Cantaloupe
- Cauliflower
- Spinach

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [\[R\]](#), [\[R\]](#).

Vitamin C deficiency is called *scurvy*. In the past, many sailors suffered from it [\[R\]](#).

How it helps

Vitamin C can help reduce the severity and duration of cold symptoms, including a runny nose, by supporting the immune system.

6



Nasal Cleansing

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Perform nasal cleansing using a saline solution twice a day, in the morning and evening. Tilt your head sideways over a sink and gently pour the saline solution into the upper nostril, allowing it to flow out of the lower nostril, then switch sides.

Description

Nasal cleansing, often done using saline solutions or neti pots, helps clear nasal passages, alleviate congestion, and reduce allergy symptoms, promoting better respiratory comfort and improved breathing.

Nasal cleansing involves rinsing your nasal passages with a sterile salt solution. This is done with a squeeze bottle or a teapot-like container called a neti pot [\[R, R\]](#).

People mainly use nasal cleanses to relieve a stuffy nose, which may be caused by [\[R, R\]](#):

- Allergies
- Colds
- Sinus problems

How it helps

Nasal cleansing, also known as nasal irrigation, helps to remove mucus and allergens from the nasal passages. This can reduce nasal congestion and lessen the symptoms of a runny nose.

7



Probiotic Yogurt

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Probiotic yogurt can help improve the balance of good bacteria in the gut. This balance is important because the gut and immune system are closely linked. By maintaining a healthy gut flora, probiotic yogurt may help reduce inflammation and symptoms associated with vasomotor rhinitis.

8



Air Purifier

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Install an air purifier in your home, ideally in the rooms you spend the most time in, such as your bedroom and living room. Keep the air purifier on for at least 12 hours each day, or continuously if possible, to effectively reduce airborne contaminants. Regularly clean or replace the filters according to the manufacturer's instructions to maintain its efficiency.

Description

Air purification is the process of cleaning the air around us. Using a high-quality air purifier with a HEPA filter helps remove harmful particles like dust, smoke, and bacteria. Having clean air to breathe can help boost your health by reducing allergies, asthma problems, and even certain infections.

How it helps

Using air purifiers can remove airborne irritants and allergens from indoor environments. This helps reduce the triggers of vasomotor rhinitis, leading to fewer symptoms like nasal congestion and runny nose.

9



Sleep for 7+ Hours

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

[Sleep](#) supports your body and mind [\[R, R\]](#). More precisely, sleep helps:

- Support brain health [\[R, R\]](#)
- Maintain a healthy weight and appetite [\[R, R, R\]](#)
- Regulate blood pressure [\[R, R\]](#)
- Balance blood sugar [\[R, R\]](#)

Ways to sleep better include [\[R\]](#):

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that’s cool, dark, and quiet

How it helps

Getting enough sleep boosts the immune system. A stronger immune system can help the body fight off infections that cause a runny nose.

10



Avoid Contact With Pollen

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Stay indoors during high pollen count days, usually during early morning or late afternoon. Close windows and use air purifiers to keep indoor air clean. Shower and change clothes after being outside to remove pollen.

Description

Avoiding exposure to pollen can help alleviate allergy symptoms such as sneezing, runny nose, and itchy eyes, promoting respiratory comfort and overall well-being, particularly for individuals with allergies and allergic conditions.

How it helps

Although vasomotor rhinitis isn't an allergic reaction, pollen can still irritate the nasal passages of individuals with this condition. Avoiding contact with pollen by staying indoors during high pollen count days can help minimize symptoms.

11



Avoid Contact With Dust

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To avoid contact with dust, clean surfaces with a damp cloth at least twice a week, use a vacuum cleaner with a HEPA filter regularly on carpets and upholstery, and avoid using feather dusters that disperse dust into the air. Additionally, consider using air purifiers in rooms where you spend the most time and keep windows closed on windy days to prevent outdoor dust from coming in.

Description

Avoiding exposure to dust can help alleviate allergy symptoms such as sneezing, runny nose, and itchy eyes, promoting respiratory comfort and overall well-being, particularly for individuals with allergies or allergic conditions.

How it helps

Dust can contain allergens that irritate the nasal lining, causing or worsening a runny nose. Avoiding contact with dust helps to reduce exposure to these allergens, resulting in fewer symptoms.

12



Topical Camphor

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a camphor-containing cream or ointment to the affected area no more than three to four times daily. Do not use it on broken skin or ingest it. Always wash your hands after applying the product.

Description

Camphor is used in various topical products for its potential to relieve minor pain and itching. When applied properly, it can provide temporary relief from discomfort associated with skin conditions and muscle aches.

How it helps

Camphor has a cooling effect and can help reduce nasal congestion, which may alleviate runny nose symptoms.

13



Regular Hand Washing

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Wash your hands with soap and water for at least 20 seconds, making sure to scrub all surfaces of your hands, including the backs, between your fingers, and under your nails. Do this several times a day, especially before eating, after using the bathroom, after blowing your nose, coughing, or sneezing, and after touching garbage.

Description

Regular hand washing is a simple yet highly effective hygiene practice that helps prevent the spread of infectious diseases and illnesses. It is essential for reducing the transmission of harmful pathogens and maintaining overall health.

How it helps

Regular hand washing prevents the spread of germs that can cause respiratory infections, including those that lead to a runny nose. Keeping hands clean can significantly reduce the risk of catching these infections.

14



Lactobacillus Rhamnosus

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a probiotic supplement containing Lactobacillus rhamnosus. Typically, the suggested dose is 10 billion CFUs (colony-forming units) per day. This can be taken as a single daily dose or divided into two doses, morning and evening, with or without food. Continue this regimen for at least 4 weeks to observe benefits.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus rhamnosus is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

[Lactobacillus rhamnosus](#) is a [probiotic](#) bacterium, part of the normal gut microflora. Various foods may have added *L. rhamnosus*, including yogurt, cheese, and fermented legumes [\[R, R\]](#).

People take *L. rhamnosus* supplements to balance their immune system and help with infections, allergies, and dermatitis [\[R\]](#).

How it helps

Lactobacillus Rhamnosus can help alleviate symptoms of a runny nose by modulating the immune system and reducing the severity of respiratory tract infections.

15



Avoid Spicy Food

IMPACT

0 / 5

EVIDENCE

0 / 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

Spicy foods may exacerbate vasomotor rhinitis symptoms, such as nasal congestion and runny nose, because they can activate certain receptors in the nose, leading to an increase in nasal blood flow and mucus production.

16



Butterbur

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 75 mg butterbur supplement twice daily with meals to help manage your condition. Continue this regimen as advised by your healthcare provider.

TYPICAL STARTING DOSE
75 mg

Description

Butterbur is an herbal remedy commonly used for its potential to alleviate migraines and allergy symptoms. It contains compounds that may have anti-inflammatory and antispasmodic properties, providing natural relief for these conditions.

[Butterbur](#) is a shrub that has been used in traditional medicine for thousands of years. People even used it to treat plague during the Middle Ages [\[R\]](#).

Today, people mainly use a species of butterbur called *Petasites hybridus*. It may help relieve migraines and allergies [\[R, R\]](#).

How it helps

Butterbur has properties that can reduce inflammation and block chemicals that trigger swelling in the nasal passages. This can help alleviate symptoms of vasomotor rhinitis such as nasal congestion and runny nose.

17



Zinc

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

TYPICAL STARTING DOSE

15 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

Zinc may help to reduce the duration of cold symptoms, including a runny nose, by interfering with the replication of viruses that cause colds.

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.

✓	Eosinophils (%)	2.3 %	✓ 0 8	9 Nov 2025
✓	Eosinophils (Absolute)	0.16 x10^9/L	✓ 0 0.5 5	9 Nov 2025