SelfDecode™

Salicylate Sensitivity

Biohacker Report

REPORT CATEGORY

FOOD SENSITIVITIES

Sample Client

Report date: 15 January 2026

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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

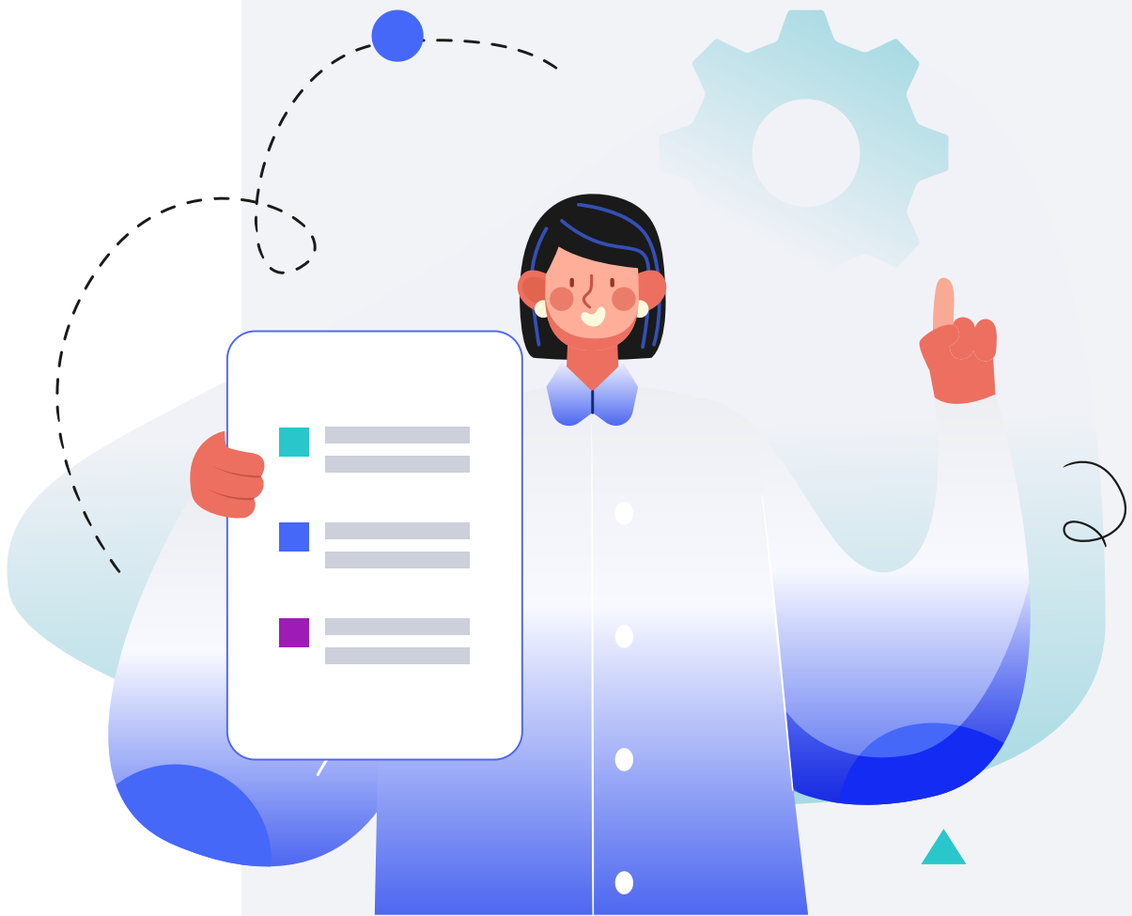
Male

HEIGHT

5ft 5" 165cm

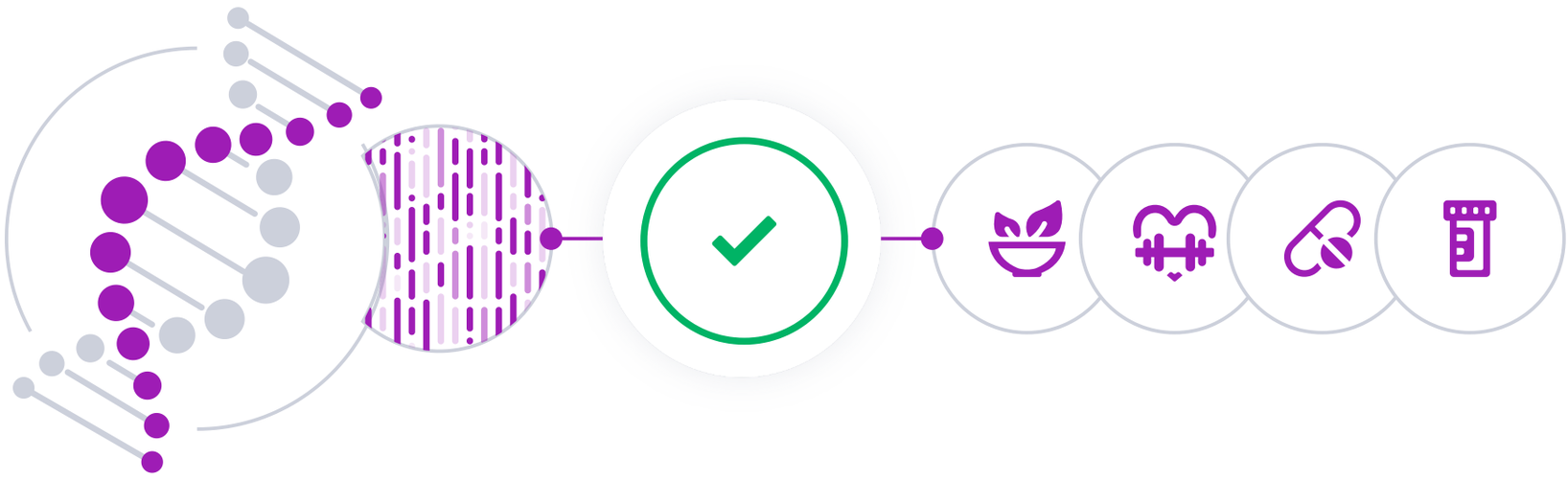
WEIGHT

137lb 62kg



How this works

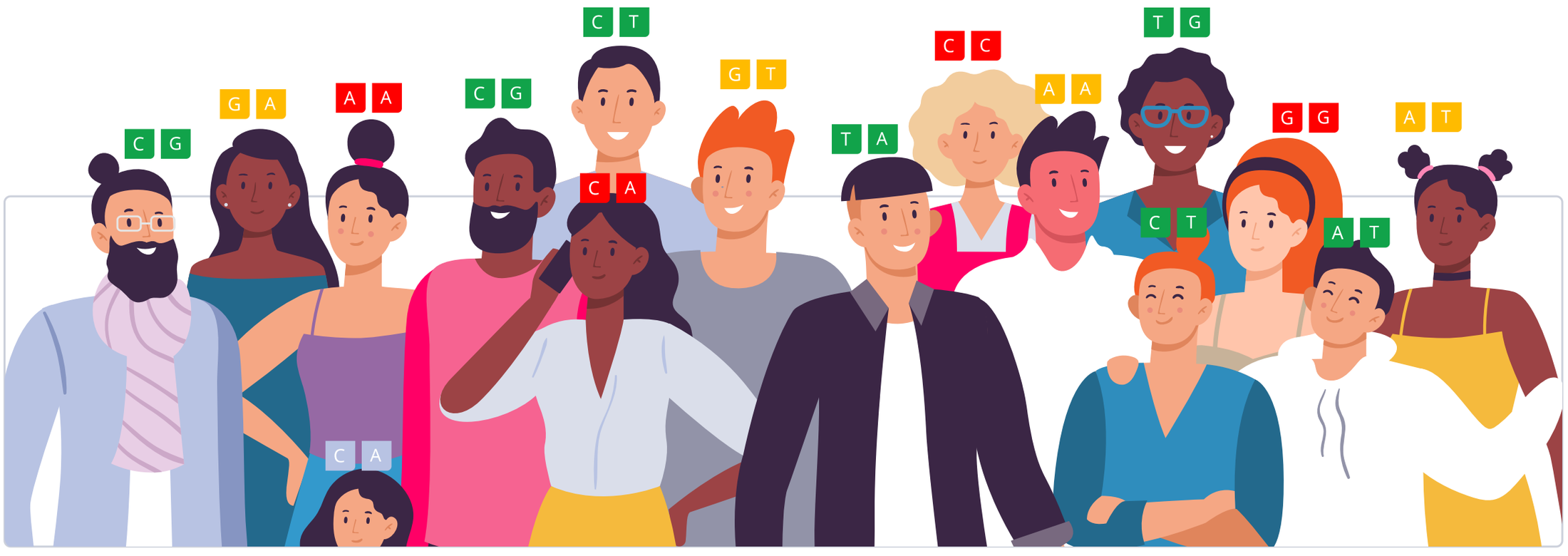
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

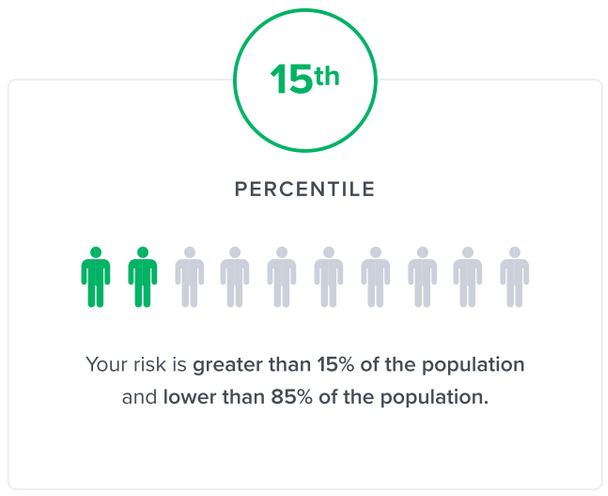
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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.

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

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



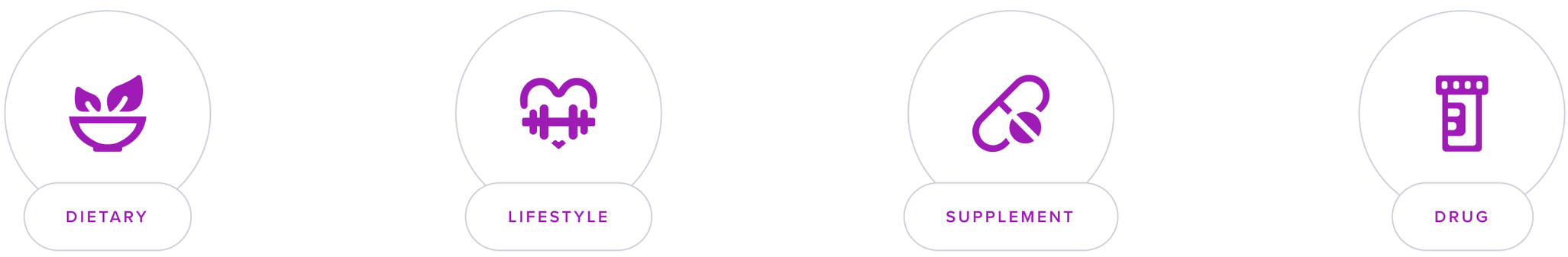
Genotype color info: AA You don't have any risk alleles | AA You have 1 risk allele | AA You have 2 risk alleles

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, afew 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

Salicylates are a group of chemicals containing salicylic acid. Salicylates are usually anti-inflammatory. However, in people with salicylate sensitivity, they can cause inflammation and unpleasant symptoms [R].

Synthetic salicylates are ingredients in some drugs, most notably **aspirin** (acetylsalicylic acid). Some topical painkillers may also contain them (methyl salicylate) [R, R, R].

Many fruits and spices contain salicylates, such as [R]:

- Sour apples
- Peaches
- Berries
- Ginger
- Cinnamon
- Cardamom
- Turmeric
- Cumin

The most common symptoms of salicylate sensitivity affect the respiratory tract. These include **breathing problems** and the development of **polyps.** Salicylates may also trigger **asthma attacks** [R].

Other symptoms of salicylate sensitivity include hives and digestive issues [R].

Contributing Factors

Salicylate sensitivity may affect anywhere between 1-2.5% of people worldwide. It's more common in people who also have [R, R, R, R]:

- **Asthma**
- Food allergies
- Irritable bowel syndrome (IBS)
- Inflammatory bowel disease (IBD)

According to some researchers, infections might trigger the development of salicylate sensitivity [R].

Genetics also plays a role in salicylate sensitivity. Involved genes may affect the immune response and inflammation [R, R].

Please note: Most studies for genetic predisposition to salicylate sensitivity involve people with asthma. It's uncertain whether and how much their results are relevant for healthy people.

TYPICAL

Likely typical salicylate sensitivity based on 57 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
TSC1	rs1073123	AA
KRT6B	rs4761880	TT
ATP10B	rs13180419	GG
RGS5	rs6691127	TT
RGS5	rs4409627	CC
NAV3	rs1402314	AA
GFI1B	rs7874234	TC
PDZD2	rs4867084	GG
AKR1E2	rs10904326	CT
AKR1E2	rs10904321	CT
DCBLD2	rs828616	AA
AK8	rs2771994	TC
NRP2	rs849530	AC
MEIS1	rs12619205	AG
CEP68	rs6741255	TC
ADRB2	rs1042713	GA
CENPN	rs9923415	AA
TLR4	rs7852394	CC
CLDN1	rs6809685	AA
HLA-DPB1	rs2281389	AA
PARVG	rs13057050	GG
HLA-DPB1	rs1042151	AA
CCL1	rs16969807	AA
KRT6B	rs11170121	TT
CLDN1	rs4571226	GG
CCL1	rs17661177	GG
RAG2	rs7129384	CC
CELF4	rs930026	CC
TBKBP1	rs4794067	TT
MFSD6	rs2286896	TT
DCAF4	rs12432987	AA
DCAF4	rs3742829	CC

GENE	SNP	GENOTYPE
DCDC2	rs3789224	GG
DNAJC15	rs9533399	AA
DCDC2	rs870601	CC
DCDC2	rs12055879	AA
AK8	rs1050700	TT
SDHC	rs4657015	GG
CEP68	rs7572857	GG
TMEM30A	rs9360910	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.

1. **Avoid Salicylates**
2. **Low-Histamine Diet**
3. **Air Purifier**
4. **Elimination Diet**
5. **Limit Coffee Intake**
6. **Avoid Exposure to Solvents**

1

Avoid Salicylates

IMPACT 4 / 5

EVIDENCE 3 / 5

How to implement

Eliminate foods and products containing salicylates from your diet. This includes avoiding fruits like berries, oranges, and grapes; vegetables such as cucumbers and zucchini; and products like chewing gum, certain toothpastes, and some spices. It's important to read labels on food, personal care products, and medications to ensure they do not contain salicylates.

Description

For individuals sensitive to salicylates, avoiding foods and products containing these compounds can help prevent symptoms such as hives, digestive discomfort, and headaches, promoting overall well-being. Many fruits and spices contain salicylates, such as peaches, berries, ginger, cinnamon, and tumeric.

Salicylates are a group of chemicals containing salicylic acid. Many fruits and spices contain salicylates, such as [R]:

- Sour apples
- Peaches
- Berries
- Ginger
- Cinnamon
- Cardamom
- Turmeric
- Cumin

Salicylates are also common ingredients of anti-inflammatory drugs such as **aspirin** (acetylsalicylic acid) [R].

However, in people with salicylate sensitivity, they can cause inflammation and unpleasant symptoms that mainly affect the respiratory tract [R].

How it helps

If you react to salicylates in food or medicine, your doctor or dietitian may use **the elimination and rechallenge dietary procedure** for diagnosis and symptom control. This involves eliminating dietary sources of salicylates and then gradually reintroducing them while closely monitoring symptoms [R].

Please note: *Avoiding food triggers may only help people who have been diagnosed with a food sensitivity. Please talk to your doctor if you suspect any food triggers* [R, R].

2

Low-Histamine Diet

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Exclude high-histamine foods such as aged cheeses, smoked meats, fermented products like sauerkraut and kombucha, alcohol, and preserved foods. Instead, focus on fresh meats, freshly caught fish, eggs, gluten-free grains, and fresh fruits and vegetables. Implement this diet consistently on a daily basis for at least 4 weeks to observe any improvements in symptoms.

Description

A low-histamine diet can be helpful for individuals with histamine intolerance or allergies, reducing the consumption of high-histamine foods and alleviating symptoms like headaches, hives, and digestive issues.

Histamine is an important chemical. Among other roles, it helps your body [R, R]:

- Protect itself from foreign invaders, by activating parts of the immune system
- Stay awake, by signaling certain parts of the brain
- Digest food, by increasing stomach acid

Histamine can also enter the body through the foods that you eat. Histamine-rich foods include [R, R]:

- Some fish (e.g., mackerel, tuna)
- Fermented foods and drinks (e.g., alcohol, yogurt, sauerkraut, cheese)
- Processed meats (e.g., sausages)
- Some fruits and vegetables (e.g., avocados, tomatoes, eggplant, spinach)

The way the food gets prepared may also play a role. Frying and grilling food may increase histamine levels. Boiling may decrease them [R].

How it helps

A diet low in histamine can sometimes help with salicylate sensitivity as both conditions can share common food triggers.

3

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

Air purifiers can assist in reducing the concentration of airborne chemicals and particles that may aggravate salicylate sensitivity symptoms.

4

Elimination Diet

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Begin by removing foods you suspect might be causing adverse reactions for 2-3 weeks. These often include dairy, gluten, soy, nuts, eggs, corn, and processed sugars. After this period, reintroduce each food group one at a time every 3 days, while noting any symptoms that may reappear. This process helps identify food intolerances or sensitivities.

Description

An elimination diet involves removing specific foods or food groups from the diet to identify and address potential food sensitivities or allergies. It can help alleviate symptoms such as digestive issues, skin problems, and allergic reactions by pinpointing trigger foods.

An elimination diet omits foods that can cause your body to have a reaction. Foods are removed for a period of time and then added back in. This helps figure out what foods are causing symptoms or making them worse [R].

Salicylates are compounds naturally found in many foods and drinks. These include wine, tea, beans, and tomatoes [R, R].

One form (*salicylic acid*) is found in aspirin. People who are sensitive to salicylates may have a reaction to aspirin and other NSAIDs [R, R].

How it helps

An elimination diet can help identify which foods exacerbate salicylate sensitivity by systematically removing and reintroducing suspected triggers.

5

Limit Coffee Intake

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Reduce your coffee consumption to no more than 2-3 cups (approximately 200-300 mg of caffeine) per day. Try to avoid drinking coffee after 2 PM to minimize potential impacts on sleep.

Description

Limiting coffee consumption can help prevent potential side effects like jitteriness, insomnia, and increased heart rate, while allowing for better sleep quality and overall energy regulation. Moderation in coffee intake supports overall well-being without overstimulation.

People often drink coffee for an energy and mood boost [R, R].

However, **coffee also comes with some drawbacks.** Drinking a lot of coffee can increase blood pressure and anxiety. It may also cause headaches [R, R, R].

How it helps

Coffee may contain varying levels of salicylates, so reducing intake can help manage sensitivity.

6

Avoid Exposure to Solvents

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Wear protective gloves and masks when using solvent-based products such as paint thinners, degreasers, or nail polish removers. Ensure adequate ventilation by working outdoors or in well-ventilated areas whenever possible. Seek solvent-free or low-VOC (Volatile Organic Compounds) alternatives for household and professional use.

Description

Avoiding exposure to organic solvents, often found in cleaning products and industrial settings, can reduce the risk of potential health issues such as respiratory problems and skin irritation. Implementing safety measures and proper ventilation helps minimize contact with these chemicals.

How it helps

Chemical solvents often contain salicylate compounds; therefore, avoiding them can reduce symptom triggers.