

Seizures

Disease Report

REPORT CATEGORY —



NERVE HEALTH

Sample Client

Report date: 15 January 2026

Powered by

 omicse Edge

Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

09 Your recommendations

39 Next Steps

- 39 Your Lab Results

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

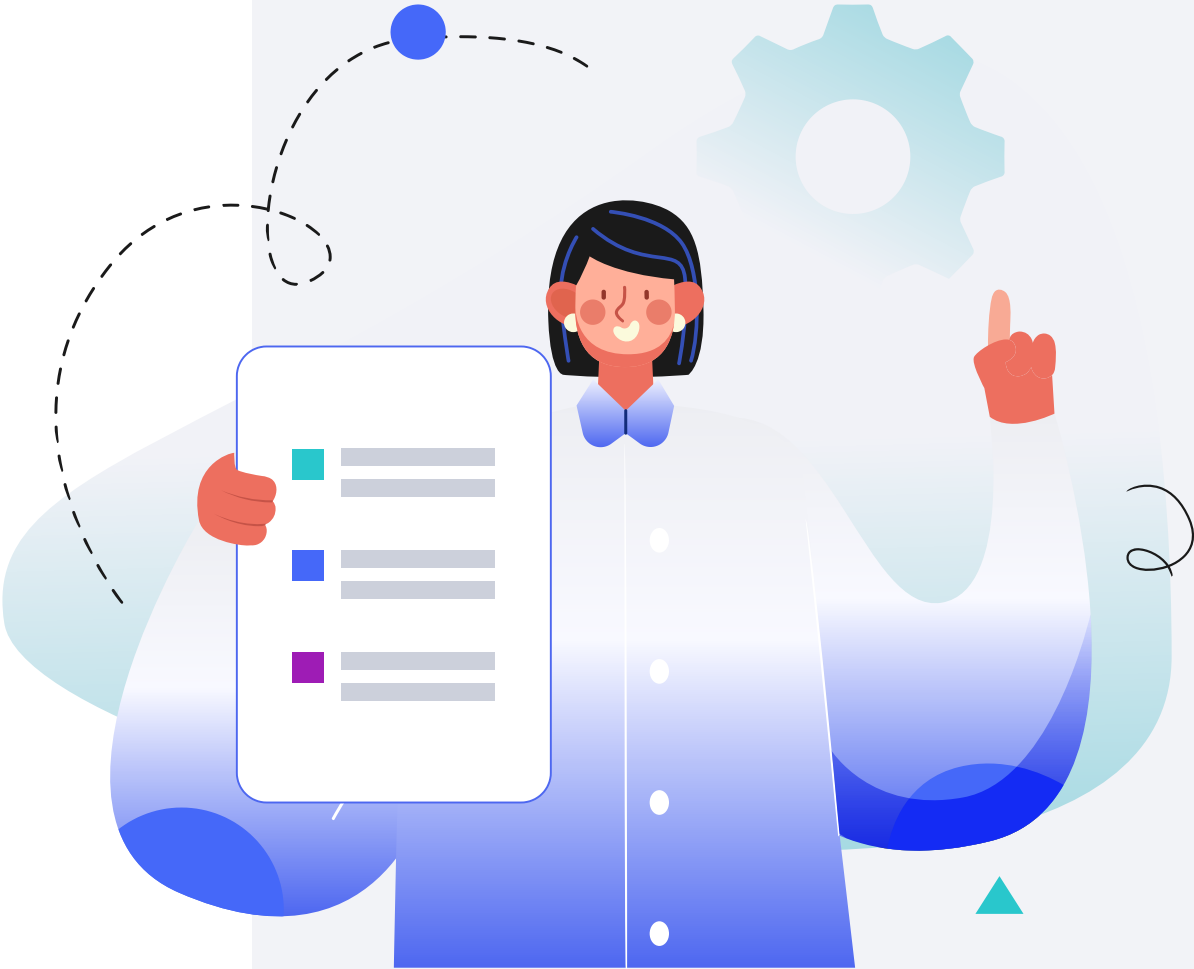
5ft 5" 165cm

WEIGHT

137lb 62kg

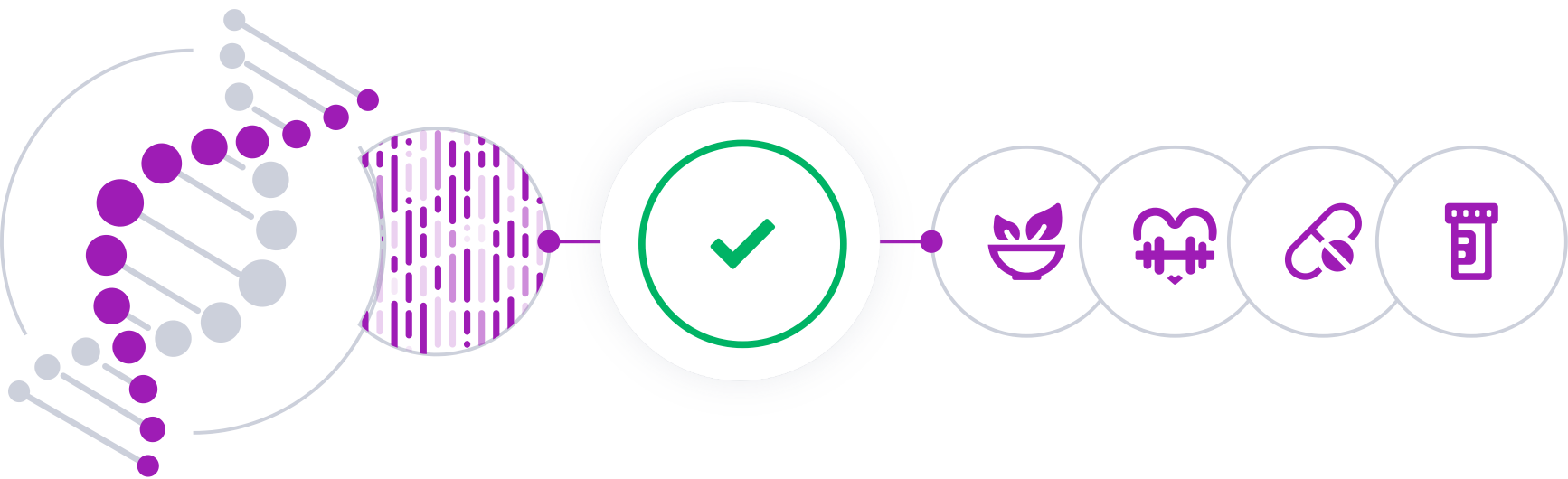
DISCLAIMER

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



How this works

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



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



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

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



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

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

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



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

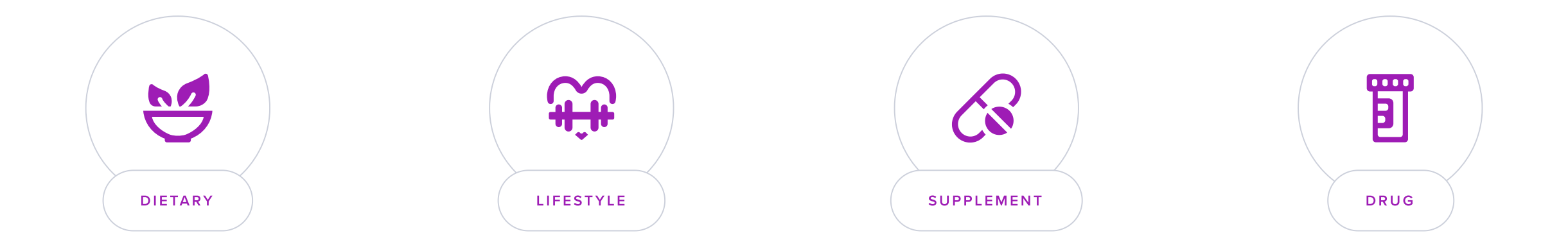
You have 2 risk alleles

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

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

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

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



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

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



Impact

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

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

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

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

Recommendation Evidence

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

Genotype-specific Evidence

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

Some things to keep in mind:

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

Introduction

Epilepsy is a central nervous system disorder in which brain activity becomes abnormal, leading to recurrent and unprovoked seizures. Seizures may cause problems with muscle control, movement, speech, vision, or awareness. They usually don't last very long, but they can have various symptoms.

Epilepsy can affect anyone, regardless of age, but it's more commonly diagnosed in children and adults over 60.

Common manifestations of epilepsy include:

- Temporary confusion or "spacing out."
- Uncontrollable twitching or jerking movements of the arms and legs.
- Complete loss of consciousness.
- Psychic symptoms such as fear, anxiety, or déjà vu.
- Staring spells.

Risk Factors and Genetics

Factors that might increase the risk of developing epilepsy include:

- A family history of epilepsy.
- Head injuries.
- Stroke or transient ischemic attack (TIA).
- Infectious diseases like meningitis, AIDS, and viral encephalitis.
- Prenatal injury or brain damage.
- Developmental disorders, such as autism or neurofibromatosis.
- Brain conditions that cause damage to the brain, such as brain tumors or cysts.
- Genetics

There is a strong genetic component to some forms of epilepsy, with multiple genes potentially playing a role in susceptibility. For example, genetically high prolactin levels may be associated with a higher risk of epilepsy [\[R\]](#).

While many people with epilepsy have no family history of the disorder, there are several epilepsy syndromes that are inherited. Some people may have a genetic predisposition that makes them more susceptible to the environmental triggers of epilepsy.



TYPICAL LIKELIHOOD

Typical likelihood of having seizures based on 1,672 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ATXN1	rs68082256	GG
CDK5RAP3	rs4794333	TT
KRTAP8-1	rs2833098	AA
PCDH7	rs1044352	GT
TRIM36	rs4596374	TC
GABRA2	rs11943905	TC
ZEB2	rs10496964	CC
COPZ2	rs72823592	GG
CSMD2	rs771390	CC
FMN2	rs12059546	GA
TTC21B	rs11890028	TT
GOLIM4	rs111577701	CC
TTC21B	rs6732655	TT
VRK2	rs13026414	TC
PTGS2	rs12720541	GT
MMP8	rs1939012	CT
SCN1A	rs12987787	TC
PCDH7	rs28498976	GA
GABRA2	rs535066	GT
VRK2	rs1402398	AA
THEMIS	rs13200150	GG
NEMP2	rs887696	TT
UBXN2A	rs4665630	TT
IQCM	rs10030601	TT
VRK2	rs2717068	CC
MAST4	rs39861	GA
VRK2	rs2947349	AA
TRIM36	rs55670112	AA

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	Keto Diet	2	Deep Brain Stimulation
3	CBD10 mg	4	Neurostimulation Treatment30 minutes
5	Atkins Diet	6	Vagal Nerve Stimulation5 minutes
7	Low-Carbohydrate Diet	8	Avoid Triggers
9	Exercise At Least One Hour a Day1 hour	10	Biofeedback
11	Transcranial Direct Current Stimulation (tDCS)30 minutes	12	Pyridoxine (Vitamin B6)50 mg
13	Sleep for 7+ Hours	14	Cognitive-Behavioral Therapy (CBT)
15	Omega-3 (Fish Oil)2000 mg	16	Avoid Illicit Drugs
17	Yoga30 minutes	18	Avoid Air Pollution
19	Thiamine Supplements100 mg	20	Diaphragmatic Breathing and Muscle Relaxation10 minutes
21	Gamma (40 Hz) Sensory Stimulation - Sound1 hour	22	Low-Glutamate Diet
23	Emoxypine	24	Listen to Music30 minutes
25	Mindfulness Meditation30 minutes	26	Progressive Muscle Relaxation10 minutes
27	Diaphragmatic Breathing10 minutes	28	Beta-Hydroxybutyric Acid11 g
29	Dietary Calcium	30	Magnesium350 mg

31	Uridine	150 mg
32	Myo-inositol	4 g
33	Limit Copper Intake	
34	Inositol	2 g

1



Keto Diet

IMPACT

4 / 5

EVIDENCE

5 / 5

How to implement

Adopt a diet that consists of about 70-80% fat, 10-20% protein, and 5-10% carbohydrates. Eliminate or significantly reduce the intake of sugar and starches like bread, pasta, rice, and potatoes, focusing instead on high-fat foods like meats, fatty fish, eggs, butter, and healthy oils, as well as low-carb vegetables like leafy greens. This dietary pattern should be maintained consistently for a period of at least 3-4 weeks to achieve ketosis, after which it can be adjusted based on individual goals and responses.

Description

The keto diet is a high-fat, low-carbohydrate eating plan designed to induce a state of ketosis in the body, where it primarily burns fat for energy. It is often used for weight loss and managing certain medical conditions.

The ketogenic diet, or the ‘keto’ diet, is rich in fat and restricts carb intake [\[R\]](#), [\[R\]](#).

On the ketogenic diet, 50 g of carbs or less are consumed per day. Around 55-80% of the calories come from fat [\[R\]](#).

The ketogenic diet depletes the body of sugars like glucose. When people fast or eat very little carbs, the body makes less insulin. In response, the body starts using fat for energy.

When the body only uses fat for energy, molecules called ketones are formed. This state is called *ketosis*.

The ketogenic diet may help with:

- Seizures [\[R\]](#)
- Excess weight [\[R\]](#)
- Diabetes [\[R\]](#), [\[R\]](#)

How it helps

Multiple meta-analyses (the largest one with 255 studies) concluded that ketogenic diets reduce seizure frequency in children and adults with epilepsy. In children with drug-resistant epilepsy, this diet is ~5 times more likely to reduce seizure frequency than a control diet, leading to a reduced frequency of at least 50% in 35-59% of patients. The ketogenic diet may be as effective as a modified Atkins diet in children and adolescents with epilepsy [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

2

i

Deep Brain Stimulation

IMPACT4 / 5

EVIDENCE4 / 5

How to implement

Deep brain stimulation is a medical procedure performed by healthcare professionals. It involves surgical implantation of electrodes into specific areas of the brain, connected to a pulse generator placed under the skin in the chest. The device settings are adjusted by a doctor to optimize patient outcomes.

Description

Deep brain stimulation (DBS) is a medical procedure that can help alleviate symptoms of certain neurological conditions, such as Parkinson's disease and essential tremor. It involves the implantation of electrodes in the brain and can significantly improve motor control and overall quality of life for some patients with these conditions.

How it helps

Deep brain stimulation can be used for people with drug-resistant epilepsy. It may reduce seizures in 59-73% of patients, especially when applied to specific brain regions such as the anterior thalamic nucleus, centromedian thalamic nucleus, or hippocampus [\[R, R, R, R\]](#).

Deep brain stimulation may help by regulating abnormal electrical signals that cause seizures.

3



CBD

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Take a CBD supplement in a dosage ranging from 10 to 40 milligrams per day. Start with the lowest dose and gradually increase it based on your body's response. This can be taken orally in the form of capsules, edibles, or oil drops under the tongue. For ongoing issues, such as anxiety or chronic pain, it may be used daily, while for acute issues, it might be used as needed.

TYPICAL STARTING DOSE

10 mg

Description

CBD is a non-psychoactive compound found in cannabis plants and is used in various forms, including oils and creams. It may have potential benefits for pain relief, anxiety reduction, and overall relaxation, although more research is needed to fully understand its effects.

[Cannabidiol](#) (CBD) is a compound found in cannabis. Unlike its cousin THC, CBD is not psychoactive and can’t get you “high” [\[R\]](#).

People use CBD to:

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

How it helps

CBD is approved for three refractory epilepsy syndromes in children: Dravet syndrome, Lennox-Gastaut syndrome, and tuberous sclerosis complex. Multiple meta-analyses (the largest one with 8 trials) found CBD highly efficacious, both as standalone and as an adjunct therapy with clobazam, for controlling treatment-resistant seizures. However, CBD may also increase the risk of adverse effects such as reduced appetite, somnolence, or diarrhea [\[R, R, R, R, R, R, R, R, R\]](#).

Please note: CBD can interact with medications and raise the levels of liver enzymes. It may not be safe for pregnant women. Never use CBD without consulting your doctor. Also, make sure to verify the legality of CBD in your country or state [\[R, R, R, R, R\]](#).

4

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

Neurostimulation treatment may reduce seizure frequency by 53-75% in people with treatment-resistant epilepsy. Deep brain stimulation and responsive neurostimulation may be especially effective and superior to vagus nerve stimulation [\[R, R, R\]](#).

These techniques may help by modulating brain activity and disrupting seizure-generating networks.

5



Atkins Diet

IMPACT

4 / 5

EVIDENCE

2 / 5

Description

The Atkins Diet is a low-carbohydrate eating plan designed to promote weight loss and improve health markers. This diet focuses on protein, healthy fats, and low-carb vegetables while limiting sugar and processed foods.

By reducing carbohydrate intake, the body shifts from metabolizing glucose to burning stored fat for energy, leading to weight loss.

In addition to promoting weight loss, the Atkins Diet may help:

- Lower blood glucose
- Lower triglycerides
- Increase HDL cholesterol
- Lower blood pressure
- Increase energy
- Reduce appetite

How it helps

A meta-analysis of 6 studies concluded that eating a modified Atkins diet reduces seizure frequency by 50% in people with drug-resistant epilepsy. This diet may show comparable effectiveness and tolerability to the keto diet [\[R\]](#), [\[R\]](#), [\[R\]](#).

The Atkins Diet may help by altering the body's energy utilization from glucose to ketone bodies, thus providing neuroprotective effects.

6



Vagal Nerve Stimulation

IMPACT

3 / 5

EVIDENCE

4 / 5

How to implement

Engage in activities that stimulate the vagal nerve, such as deep and slow breathing exercises for 5-10 minutes daily, practicing meditation or yoga regularly, and incorporating cold exposure by ending your showers with 30 seconds to 1 minute of cold water. Try to include these practices into your daily routine for ongoing benefits.

TYPICAL STARTING DOSE

5 minutes

Description

Vagal nerve stimulation is a medical procedure involving the implantation of a device that sends electrical impulses to the vagus nerve. It is used as a treatment for epilepsy and may also have potential applications in mood disorders and obesity management.

How it helps

Vagal nerve stimulation may reduce seizure frequency by about 50% in patients with treatment-resistant epilepsy [\[R, R, R, R\]](#).

However, other neurostimulation modalities such as deep brain stimulation and responsive neurostimulation may be more effective [\[R, R, R\]](#).

Vagal nerve stimulation may help by stabilizing abnormal brain activity.

7



Low-Carbohydrate Diet

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Limit your daily intake of carbohydrates to less than 26% of your total daily calories. For a standard 2000-calorie diet, this means consuming no more than 130 grams of carbohydrates per day. Focus on including non-starchy vegetables, lean proteins, and healthy fats in your meals while minimizing the intake of sugars, bread, pasta, and other high-carb foods.

Description

Low-carbohydrate diets can promote weight loss, improve blood sugar control, and support heart health. They may also be beneficial for individuals with certain medical conditions, such as epilepsy or metabolic syndrome.

How it helps

Several studies examined the effectiveness of ketogenic diets (KD) in managing epilepsy. Five randomized controlled trials (RCTs) involving 472 children with refractory epilepsy showed a significant reduction in seizures with KD. A meta-analysis comparing KD and the modified Atkins diet found KD more effective in achieving a >50% seizure reduction. Thirteen studies suggested KD's potential for seizure control in children, with uncertainties for adults. A comprehensive review of 24 systematic reviews and 255 original studies noted positive effects on seizures and cognition, with debated impacts on quality of life and growth. KD was generally safe, with common adverse events being gastrointestinal issues and metabolic disorders. For various epilepsy types, KD showed promise, including CDKL5-related epilepsy, Dravet syndrome, and drug-resistant epilepsy in infants, though some studies had limitations [\[R, R, R, R, R, R, R, R, R\]](#).

8



Avoid Triggers

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

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

Description

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

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

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

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

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

- Gut problems
- Skin problems
- Migraines

How it helps

The following factors may trigger epileptic seizures [\[R\]](#):

- Alcohol
- Flashing lights
- Illicit drugs
- Stress
- Dehydration
- Poor sleep
- Skipping meals

A meta-analysis of 22 studies found limited evidence that certain fruit juices (such as grapefruit, lime, pomegranate, kinnow, and star fruit) and caffeinated energy drinks may trigger seizures [\[R\]](#).

Experts recommend identifying and avoiding seizure triggers as part of the self-management of epilepsy [\[R\]](#).

9



Exercise At Least One Hour a Day

IMPACT

3 / 5

EVIDENCE

3 / 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

Moderate exercise may reduce seizure frequency while improving physical fitness and quality of life in people with epilepsy [\[R\]](#).

Exercise may help by improving overall health and stress management.

10



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

A meta-analysis of 10 studies concluded that EEG biofeedback reduces seizure frequency in people with epilepsy [\[R\]](#).

Biofeedback may help by teaching patients how to modify their brain patterns.

11



Transcranial Direct Current Stimulation (tDCS)

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Use a tDCS device for 20 to 30 minutes per session, targeting specific brain areas depending on the desired outcome. Sessions can be daily or a few times a week, under the guidance of a medical professional or trained specialist to ensure safety and effectiveness.

TYPICAL STARTING DOSE

30 minutes

Description

Transcranial Direct Current Stimulation (tDCS) is a non-invasive brain stimulation technique that uses a low electrical current to modulate neural activity. It has been investigated for its potential in cognitive enhancement, mood regulation, and pain management.

How it helps

Receiving tDCS (at least 3-5 sessions) may reduce seizure frequency in patients with intractable epilepsy. The effects may be clinically relevant and long-lasting [\[R\]](#).

This technique may help by modulating neuronal excitability.

12



Pyridoxine (Vitamin B6)

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

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

TYPICAL STARTING DOSE

50 mg

Description

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

How it helps

Pyridoxine was effective in treating early-onset intractable epilepsy in children, with a 9.5% response rate and no observed side effects during an 18-month follow-up [\[R\]](#).

Pyridoxine-IV had a non-specific effect on EEG amplitudes and total power in infants with treatment-resistant seizures, making it unsuitable for identifying pyridoxine-responsive cases [\[R\]](#).

Combining pyridoxine with prednisolone was not more effective than prednisolone alone in treating infantile spasms, according to a pilot study [\[R\]](#).

Pyridoxine was found to be an effective and safe adjunctive therapy for recurrent seizures in children, with a higher response rate compared to controls [\[R\]](#).

Early and purposeful use of pyridoxine was successful in treating patients with early-onset seizures, as seen in three cases of pyridoxine-dependent epilepsy [\[R\]](#).

13



Sleep for 7+ Hours

IMPACT2 / 5

EVIDENCE2 / 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

Poor, insufficient sleep has been identified among the seizure triggers in people with epilepsy [\[R, R\]](#).

In turn, epilepsy worsens sleep quality, total sleep time, and sleep architecture while increasing the risk of sleep disturbances. This may further increase the risk of seizures in people with epilepsy [\[R, R, R\]](#).

14



Cognitive-Behavioral Therapy (CBT)

IMPACT

2 / 5

EVIDENCE

2 / 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

Cognitive-behavioral therapy may improve anxiety, depression, quality of life, and fatigue in people with epilepsy. However, it may be ineffective at reducing seizures [\[R\]](#), [\[R\]](#), [\[R\]](#).

15



Omega-3 (Fish Oil)

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

2000 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

A meta-analysis of 9 studies concluded that supplementation with omega-3 fatty acids may reduce seizure frequency, especially when taken at doses below 1500 mg/day for over 16 weeks [\[R\]](#).

The anti-inflammatory and neuroprotective properties of omega-3 fatty acids can reduce neuronal excitability and stabilize brain activity, potentially decreasing seizure frequency.

TABLE OF CONTENTS

PAGE 24 / 39

SKIP TO NEXT SECTION 

16



Avoid Illicit Drugs

IMPACT

2 / 5

EVIDENCE

2 / 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

The use of illicit drugs has been identified among the seizure triggers in people with epilepsy. For instance, a study found that the frequent use of some illicit drugs (amphetamines and cocaine, but not cannabis) worsened seizures in 80% of patients with epilepsy [\[R, R\]](#).

A study of 1691 cases of adult-onset epilepsy found alcohol or substance abuse in 5% of the cases [\[R\]](#).

17



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

A Cochrane review of 2 trials concluded that yoga may control seizures in people with epilepsy. Yoga may be as effective as acceptance and commitment therapy and more effective than postural exercises [\[R\]](#).

Yoga may also help improve stress, burden, and cardiac autonomic balance in people with epilepsy [\[R\]](#), [\[R\]](#), [\[R\]](#).

Yoga can promote relaxation and stress relief, potentially reducing the likelihood of seizures.

18



Avoid Air Pollution

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Stay indoors on days when air quality indexes (AQI) indicate high pollution levels, which are often reported by weather services or government environmental agencies. **Install air purifiers** in your home, especially in bedrooms, to reduce indoor pollutants. Limit outdoor exercise when air pollution warnings are issued, opting for indoor activities instead.

Description

Avoiding air pollution by reducing exposure to pollutants in the environment is essential for respiratory and overall health. It can help lower the risk of respiratory diseases, cardiovascular conditions, and other health issues associated with poor air quality.

While city life is convenient in a lot of ways, it comes with some health hazards. Cars, factories, and other sources increase air [pollution](#) [R].

Air pollution plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Lung disease
- Heart disease
- Diabetes
- Asthma
- Skin conditions

How it helps

A study of 8,181 childhood epilepsy patients from 10 cities found that each 10-µg/m³ increase in PM_{2.5}, PM_{10-2.5}, PM₁₀, SO₂, and NO₂ concentrations increases the risk of epilepsy hospitalizations by 1.1%, 1.7%, 0.8%, 8.5%, and 4.3%, respectively [\[R\]](#).

Air pollutants can induce oxidative stress, inflammation, and neurodegeneration, which may disrupt normal neuronal activity and increase seizure susceptibility.

19



Thiamine Supplements

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take thiamine supplements orally, starting with a dose of 100 mg daily. This can be taken with or without food, but consistently at the same time each day for at least one month to help improve deficiency symptoms.

TYPICAL STARTING DOSE

100 mg

Description

Your doctor may recommend thiamine supplements. You can also discuss magnesium supplements with your doctor if your magnesium levels are low [\[R\]](#).

How it helps

Fifteen low-quality studies examined the effects of various vitamins on epilepsy and related factors. Thiamine improved neuropsychological functions in one small study. Overall, evidence is limited, and further research is needed. [\[R\]](#)

20



Diaphragmatic Breathing and Muscle Relaxation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice diaphragmatic breathing by lying on your back with knees slightly bent and a pillow under your head and knees. Place one hand on your upper chest and the other below your rib cage, breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible. Then tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. For muscle relaxation, systematically tense each muscle group in your body tightly, but not to the point of strain, and then slowly relax them. Begin with the toes and work your way up to your head. Dedicate 10-20 minutes daily to perform these exercises.

TYPICAL STARTING DOSE

10 minutes

Description

Diaphragmatic breathing is a type of deep breathing that can help to reduce stress, anxiety, and pain. Progressive muscle relaxation is a technique that that can help to reduce stress, anxiety, and insomnia.

How it helps

In a non-placebo-controlled trial of 66 patients with medication-resistant focal epilepsy, practicing progressive muscle relaxation combined with diaphragmatic breathing for 12 weeks reduced seizure frequency [\[R\]](#).

21



Gamma (40 Hz) Sensory Stimulation - Sound

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Listen to 40 Hz gamma frequency sounds through headphones or speakers for at least 1 hour daily. This practice can be integrated into your routine either in the morning or before sleeping for an extended period, aiming for consistency to potentially observe benefits.

TYPICAL STARTING DOSE

1 hour

Description

Gamma sensory stimulation combines light and sound therapies to potentially promote relaxation, reduce stress, and improve cognitive function. This holistic approach to sensory stimulation aims to enhance overall well-being by harmonizing the mind and body.

How it helps

In a study involving eight epilepsy patients with intracranial EEG monitoring, 40-Hz auditory stimuli significantly reduced seizures in high IED rate individuals, particularly in temporal regions, suggesting potential noninvasive therapy [\[R\]](#).

22



Low-Glutamate Diet

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To follow a low-glutamate diet, avoid foods high in glutamate such as processed meats (e.g., sausages, ham), certain cheeses (e.g., Parmesan), soy products, and foods containing MSG. Opt for fresh fruits, vegetables, whole grains, and lean proteins. Implement this diet daily over an extended period for potential benefits.

Description

A low-glutamate diet may benefit individuals with sensitivities or certain neurological conditions by reducing the intake of glutamate-rich foods, potentially improving symptoms and overall well-being.

How it helps

In a non-placebo-controlled trial of 33 participants experiencing at least 4 seizures per month, eating a low-glutamate diet for 1 month reduced the number of seizures by at least 1 per month in 63% of the participants [\[R\]](#).

23



Emoxypine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Emoxypine is typically available in oral capsules, tablets, or injectable forms, with the dosage depending on the condition being treated. For general antioxidant or neuroprotective purposes, the oral dose ranges from 125–250 mg taken 2–3 times daily, while more intensive treatments may require higher doses or injectable administration under medical supervision. It is usually recommended to take Emoxypine with meals to minimize gastrointestinal discomfort. Treatment duration can vary from a few weeks to several months, depending on the therapeutic goal.

Description

Emoxypine (2-ethyl-6-methyl-3-hydroxypyridine succinate) is a synthetic antioxidant and nootropic compound primarily used in Russia and some Eastern European countries. It is derived from pyridoxine (vitamin B6) and known for its neuroprotective, anti-stress, and anti-inflammatory properties.

Emoxypine can reduce anxiety, stress, and symptoms of depression by normalizing neurotransmitter levels and protecting brain cells from oxidative stress. Additionally, it has applications in managing cognitive impairment, improving memory, and protecting against age-related neurodegeneration. Emoxypine is also used for cardiovascular health, as it can improve blood flow and protect tissues from ischemia-reperfusion injuries.

Emoxypine works by scavenging free radicals, enhancing membrane fluidity, and improving the body's antioxidant defenses.

How it helps

Two trials found that Emoxypine improved seizures and the effectiveness of anti-epileptic medication in people with post-traumatic epilepsy [\[R\]](#), [\[R\]](#).

Emoxypine also improved seizures and relapse rates in a non-placebo-controlled trial of 120 children with febrile seizures [\[R\]](#).

24



Listen to Music

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Select music that aligns with your preference and listen for at least 30 minutes per day. This can be done while engaging in other activities or as a standalone activity to relax or energize yourself, depending on the genre chosen.

TYPICAL STARTING DOSE
30 minutes

Description

Listening to music can have a positive impact on mental and emotional well-being, reducing stress, improving mood, and even enhancing cognitive performance. Music therapy is used in various healthcare settings to support mental health and overall quality of life.

How it helps

In a non-placebo-controlled trial of 19 children and adolescents with refractory epileptic encephalopathies, listening to Mozart's music 2 h/day for 2 weeks decreased seizure frequency, irritability, tearfulness, and aggression while increasing daytime vigilance and nighttime sleep quality [\[R\]](#).

A meta-analysis of 12 studies found that 84% of patients listening to Mozart's music experience reductions in their interictal epileptic discharges [\[R\]](#).

However, a more recent analysis found it a myth perpetuated by unfounded authority, underpowered studies, and non-transparent reporting [\[R\]](#).

Listening to music may help by altering brainwave patterns and stimuli, potentially reducing seizure frequency. It may also reduce stress, a major trigger for seizures.

25



Mindfulness Meditation

IMPACT

1 / 5

EVIDENCE

1 / 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

A systematic review of 3 trials and 231 participants found limited evidence that mindfulness-based interventions may improve anxiety, depression, and quality of life in people with epilepsy [\[R\]](#).

26



Progressive Muscle Relaxation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside at least 10-15 minutes daily in a quiet, comfortable spot where you won't be disturbed. Start by tensing the muscles in your feet for 5 seconds, then relax for 30 seconds, and progressively work your way up through the major muscle groups of your body, tensing then relaxing each for 5 and 30 seconds respectively.

TYPICAL STARTING DOSE

10 minutes

Description

Progressive Muscle Relaxation is a relaxation technique involving the systematic tensing and releasing of muscle groups to reduce muscle tension, stress, and anxiety. Regular practice can lead to improved physical and mental relaxation.

Progressive muscle relaxation is a relaxation technique focused on releasing muscle tension. In this technique, you focus on tensing and relaxing different parts of your body, one after the other, to relieve stress [R](#), [R](#)].

It is common to start with the toes and slowly work your way up to the neck and head. Try to focus on a single muscle group at a time (for example, the calf muscles). Tense these muscles for 5-10 seconds, then relax for 20-30 seconds before moving on to the next muscle group [R](#), [R](#)].

How it helps

In a non-placebo-controlled trial of 70 patients with epilepsy, practicing progressive muscle relaxation (3x/week for 4 weeks) decreased depressive symptoms severity and improved sleep and life quality. Progressive muscle relaxation for 8 weeks also reduced seizure frequency in a non-placebo-controlled trial of 24 patients with epilepsy [R](#), [R](#)].

27



Diaphragmatic Breathing

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Practice diaphragmatic breathing for 10-15 minutes per day. Sit or lie down in a comfortable position, place one hand on your chest and the other on your belly. Breathe in slowly through your nose, ensuring your belly moves out more than your chest. Exhale slowly through your mouth or nose, consciously relaxing the belly. Repeat this process, focusing on the movement of your belly rather than your chest.

TYPICAL STARTING DOSE

10 minutes

Description

Diaphragmatic breathing, also known as deep breathing, can help reduce stress and anxiety by activating the body's relaxation response. It promotes better oxygen exchange, reduces muscle tension, and supports overall mental and physical well-being.

How it helps

In a non-placebo-controlled trial of 66 patients with medication-resistant focal epilepsy, practicing progressive muscle relaxation combined with diaphragmatic breathing for 12 weeks reduced seizure frequency [R](#)].

28



Beta-Hydroxybutyric Acid

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take beta-hydroxybutyric acid as an oral supplement, typically in the form of exogenous ketone salts or esters. The common dosage ranges from 11 grams to 12 grams once daily, but it's important to start with a lower dose to assess tolerance. It can be taken with or without food, but taking it with meals may help minimize gastrointestinal discomfort.

TYPICAL STARTING DOSE
11 g

Description

Beta-hydroxybutyric acid is one of the ketone bodies produced during periods of fasting or on a ketogenic diet. It serves as an alternative energy source for the brain and muscles and may have potential cognitive and metabolic benefits when in a state of ketosis.

How it helps

In an uncontrolled trial of 25 patients with temporal and frontal lobe epilepsy, supplementation with gamma-amino-beta-hydroxybutyric acid (250 mg, 2x/day for 26 weeks) reduced seizure frequency by 50% in 25% of the patients [\[R\]](#).

29



Dietary Calcium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume 1,000-1,200 mg of calcium daily through dietary sources such as dairy products (milk, yogurt, cheese), green leafy vegetables (kale, broccoli), and fortified foods (orange juice, plant-based milks). Adults under 50 need 1,000 mg per day, while those over 50 should aim for 1,200 mg per day.

Description

Dietary calcium is a mineral found in dairy products, leafy greens, and fortified foods. It is essential for bone health, muscle function, and nerve transmission.

[Calcium](#) is the most abundant mineral in the human body. It is vital for the bones, heart, muscles, and nervous system [\[R\]](#).

Your body gets calcium from food and needs vitamin D to help absorb it. Calcium can be found in a variety of foods, including [\[R\]](#):

- Dairy products
- Green, leafy vegetables
- Fish with edible soft bones (e.g., sardines)
- Calcium-fortified foods and beverages

How it helps

Genetically higher calcium levels have been associated with a decreased risk of generalized epilepsy [\[R\]](#).

30



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

Genetically higher magnesium levels may be causally associated with a greater risk of epilepsy [\[R\]](#).

Please note: *There is no evidence from controlled clinical trials to support this recommendation. It is included based on uncontrolled clinical trials, animal or cell studies, or non-scientific criteria. Please take this recommendation with a grain of salt until more research is available.*

31



Uridine

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take uridine as a supplement in the form of uridine monophosphate (UMP) capsules. The usual dosage is 150-250 mg, taken orally once or twice daily, preferably with food to enhance absorption. This supplement regimen can be continued indefinitely, but it's recommended to evaluate its effects periodically, every 3-6 months, with your healthcare provider.

TYPICAL STARTING DOSE

150 mg

Description

Uridine is a nucleotide that plays a role in RNA synthesis and is found in various foods. It is used as a dietary supplement to support cognitive function, enhance memory, and promote overall brain health.

How it helps

Two-sample Mendelian randomization (MR) analysis using GWAS data on 486 blood metabolites and epilepsy from ILAE and FinnGen consortia identified six metabolites potentially causally linked to epilepsy. Uridine, 2-hydroxystearate, decanoylcarnitine, and myo-inositol demonstrated significant associations with epilepsy, offering novel insights into epilepsy mechanisms [R].

32



Myo-inositol

IMPACT

0 / 5

EVIDENCE

0 / 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 one large study, genetically higher myo-inositol levels were associated with 30% lower odds of epilepsy [\[R\]](#).

Please note: *There is no evidence from controlled clinical trials to support this recommendation. It is included based on uncontrolled clinical trials, animal or cell studies, or non-scientific criteria. Please take this recommendation with a grain of salt until more research is available.*

33



Limit Copper Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Do not include copper supplements in your daily vitamin or supplement routine. Check the labels of any multivitamins or dietary supplements you are currently taking to ensure they do not contain copper. Ideally, you should also check copper levels in your tap water. If they are excessive, consider using a reliable water filter or drinking spring water.

Description

Taking too many copper supplements can cause a copper overdose in your body. This can be harmful, leading to issues like stomach pain, nausea, and even heart problems. For healthy individuals, the amount of copper obtained through a balanced diet is usually enough without needing supplementation. It's vital to maintain the natural balance of minerals in the body for good health.

Contaminated tap water can also be a source of excess copper.

How it helps

Genetically higher copper levels may be associated with an increased risk of epilepsy [\[R\]](#).

34



Inositol

IMPACT

0 / 5

EVIDENCE

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

- 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 one large study, genetically higher myo-inositol levels were associated with 30% lower odds of epilepsy [\[R\]](#).

Please note: *There is no evidence from controlled clinical trials to support this recommendation. It is included based on uncontrolled clinical trials, animal or cell studies, or non-scientific criteria. Please take this recommendation with a grain of salt until more research is available.*

Next Steps

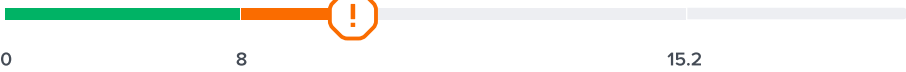
Remember, your genes only tell one important part of your health story!

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.

	Glucose, Fasting	97 mg/dL		9 Nov 2025
	Prolactin	9.83 ng/mL		9 Nov 2025
	Sodium	137 mmol/L		9 Nov 2025
	Magnesium	2.17 mg/dL		9 Nov 2025
	Vitamin D, 25-Hydroxy, Total	58.59 ng/mL		9 Nov 2025
	Potassium, Serum	5.2 mmol/L		9 Nov 2025
	Vitamin B6	55 ng/mL		13 Jan 2026
	Calcium	9.2 mg/dL		9 Nov 2025