

Shingles

DNA Health Report

REPORT CATEGORIES —



IMMUNITY &
INFECTIONS



PAIN

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

Herpes zoster, commonly known as shingles, is a viral infection caused by the varicella-zoster virus, which is the same virus that causes chickenpox. After a person recovers from chickenpox, the virus can remain inactive in nerve tissue and may reactivate years later to cause shingles [\[R\]](#).

Symptoms of shingles include:

- Pain, burning, tingling, or numbness in a certain area of the body
- A red rash that develops a few days after the pain, typically on one side of the body or face
- Fluid-filled blisters that break open and crust over
- Itching
- Fever, headache, sensitivity to light, and fatigue (in some cases)

Pain is usually the first symptom of shingles. Depending on the location of the pain, it can sometimes be mistaken for problems with the heart, lungs, or kidneys. Some people experience shingles pain without ever developing the rash.

Shingles isn't life-threatening but can be very painful. The shingles vaccine is recommended for adults over the age of 50 to reduce the risk and severity of the infection. Early treatment may shorten a shingles infection and lessen the chance of complications, the most common of which is *postherpetic neuralgia*. This is a painful condition that causes shingles pain for a long time after your blisters have cleared [\[R\]](#).

Risk Factors and Management

Factors that increase your risk of shingles include [\[R\]](#):

- Having had chickenpox.
- Age: shingles typically occurs in people older than 50 and those over 60 are more likely to experience severe complications.
- Weakened immune system due to conditions like HIV/AIDS, cancer, or medications.
- Emotional or physical stress, which can weaken the immune system.

There is some evidence suggesting a genetic predisposition to developing shingles. Individuals with a family history of the condition might be more likely to experience herpes zoster themselves.

Treatment of shingles includes [\[R\]](#):

- Antiviral medications to reduce the severity and duration of the outbreak.
- Over-the-counter or prescription pain relievers.
- Calamine lotion and cool baths to help to relieve itching.
- Rest and good nutrition to strengthen the immune system.

Shingles generally last between 2 and 6 weeks. Most people get shingles only once, but it's possible to get it two or more times.



TYPICAL LIKELIHOOD

Typical likelihood of shingles based on 843,362 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
LST1	rs75640364	GG
MB21D2	rs9810195	AG
IZUMO3	rs117171752	CC
/	rs765885335	AA
FAM110B	rs541558502	GG
CCER1	rs537841689	CC
TMC7	rs144721899	AA
LRRC32	rs147482218	TT
SLC25A24	rs142765674	AA
HLA-B	rs17199328	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	Apply Heat	15 minutes	2	Topical Clinacanthus Nutans	
3	Acupuncture	1 hour	4	Hot Applications	20 minutes
5	Avoid Scratching		6	Topical Ku Shen	
7	Topical Aloe Vera		8	Cold Applications	15 minutes
9	Deep Heat Topicals		10	Topical Menthol	
11	Topical Zinc Pyrithione		12	Nerve Stimulation	30 minutes
13	Zinc	15 mg	14	Vitamin E	200 iu
15	Maintain Optimal Vitamin D Levels	1000 iu	16	Topical Capsaicin	
17	Vitamin C	2000 mg			

1



Apply Heat

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Place a warm, not hot, heating pad or a warm wet towel on the affected area for 15-20 minutes at a time. Do this several times a day, ensuring there's at least a 1-hour interval between sessions to avoid skin damage.

TYPICAL STARTING DOSE

15 minutes

Description

Applying heat, such as through heating pads or warm baths, can help relieve muscle tension and soothe pain. It is a common method for managing muscle aches, menstrual cramps, and minor injuries.

People use hot applications to relieve pain, improve blood flow, and more [\[R\]](#), [\[R\]](#).

Types of hot applications include [\[R\]](#), [\[R\]](#):

- Heating pads
- Hot baths
- Saunas
- Hot water bottles

How it helps

Applying heat therapy can alleviate shingles-related pain by relaxing muscles and increasing blood flow to the affected area, which may reduce discomfort and promote healing.

2

Topical Clinacanthus Nutans

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Apply a cream or gel containing Clinacanthus nutans extract directly to the affected area of the skin. Use a thin layer and gently massage it in until fully absorbed. Do this 2-3 times daily for up to two weeks or as symptoms improve.

Description

Clinacanthus nutans extract, derived from the Clinacanthus nutans plant, is used topically for its potential anti-inflammatory and antiviral properties. It is applied to soothe skin conditions like insect bites and herpes sores.

Clinacanthus nutans Lindau, also known as Sabah snake grass, is a small shrub native to tropical Asia. People use it as a traditional remedy for [\[R, R, R\]](#):

- Viral infections (e.g., herpes, chickenpox)
- Skin rashes
- Insect or snake bites

C. nutans may help reduce pain and inflammation [\[R, R\]](#).

How it helps

Topical Clinacanthus nutans may help manage shingles by leveraging its antiviral properties to inhibit viral replication and its anti-inflammatory effects to reduce pain and swelling associated with the rash, promoting faster healing and relief.

3



Acupuncture

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [[R](#), [R](#), [R](#), [R](#), [R](#)]:

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

Acupuncture may alleviate the pain associated with shingles by promoting the release of endorphins and reducing inflammation. This therapy can also enhance the body’s healing process, potentially leading to improved recovery times and enhanced overall comfort.

4



Hot Applications

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a hot pack, heating pad, or a warm towel to the affected area for 15-20 minutes at a time. Do this several times a day, especially before activities that increase pain.

TYPICAL STARTING DOSE

20 minutes

Description

The use of hot applications, such as heating pads or warm compresses, can help relieve muscle tension, reduce pain, and improve blood flow to affected areas. It is a common approach for managing muscular discomfort and promoting relaxation.

People use hot applications to relieve pain, improve blood flow, and help muscles relax [\[R\]](#), [\[R\]](#).

Types of hot applications include [\[R\]](#), [\[R\]](#):

- Heating pads
- Hot baths
- Saunas

How it helps

Hot applications can alleviate discomfort from shingles by increasing blood flow and relaxing tense muscles in the affected area, potentially reducing pain perception and promoting a sense of comfort. However, they should be used cautiously, especially if inflammation is present.

5



Avoid Scratching

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Keep your fingernails short and smooth to minimize damage if you do scratch. Whenever you feel the urge to scratch, try applying a moisturizer, using ice packs, or tapping/slapping the area lightly instead to reduce itching.

Description

Avoiding excessive scratching of the skin, especially in the presence of skin conditions like eczema, helps prevent further skin irritation and potential infection. It supports skin health and encourages healing.

How it helps

Avoiding scratching during a shingles outbreak helps minimize skin irritation and reduces the risk of secondary bacterial infections, which can complicate recovery. This practice promotes healing by maintaining skin integrity and reducing inflammation.

6



Topical Ku Shen

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a cream or gel containing ku shen extract directly to the affected area of the skin 2-3 times daily. Continue this application daily for as long as symptoms persist or until improvement is seen.

Description

Ku Shen, or *Sophora flavescens*, is a plant-based topical application derived from the root of the *Sophora flavescens* plant. It contains alkaloids and is used in traditional Chinese medicine for its potential anti-inflammatory and antimicrobial properties, making it suitable for addressing skin conditions like acne and dermatitis.

Ku Shen is the root of the *Sophora flavescens* plant. This plant has been used for thousands of years in traditional Chinese medicine. Today, people use it to support healthy hair [\[R\]](#), [\[R\]](#).

How it helps

Topical Ku Shen aids in alleviating shingles symptoms by reducing inflammation and promoting healing of the affected skin areas, thereby mitigating discomfort and preventing secondary infections through its antimicrobial properties.

7



Topical Aloe Vera

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a thin layer of pure aloe vera gel extracted directly from the aloe plant or an aloe vera-based product directly to the affected area. Gently rub it in until it is absorbed. Repeat this application 2-3 times daily until the symptoms improve.

Description

Aloe vera is a plant-derived gel known for its skin-soothing and healing properties. Topical applications of aloe vera are commonly used to relieve sunburn, minor burns, and skin irritation, promoting faster healing and reducing discomfort.

[Aloe vera](#) lives in the desert, and its thick leaves store water in the form of a gel [\[R\]](#).

Topical aloe vera may help soothe burns and skin conditions [\[R\]](#).

Oral aloe vera may help with blood sugar and gut health [\[R\]](#).

How it helps

Topical aloe vera helps alleviate shingles symptoms by soothing irritated skin and reducing inflammation, which can relieve discomfort and promote faster healing of painful rashes associated with the condition.

8



Cold Applications

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a cold pack or a bag of frozen peas wrapped in a towel to the affected area for 15-20 minutes, every 2-3 hours during the first 48 hours of experiencing pain or swelling.

TYPICAL STARTING DOSE

15 minutes

Description

Cold applications, such as ice packs, can help reduce inflammation, alleviate pain, and promote muscle recovery after injuries or intense physical activity. Applying cold can provide temporary relief from discomfort and support the body's natural healing processes.

People use cold applications to relieve pain, reduce inflammation, and more [\[R\]](#), [\[R\]](#).

Types of cold applications include [\[R\]](#), [\[R\]](#):

- Ice packs
- Ice baths
- Cryotherapy

How it helps

Cold applications help alleviate the intense pain and inflammation associated with shingles by numbing the affected area and reducing nerve irritation, thereby providing temporary relief and supporting the healing process.

9



Deep Heat Topicals

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a thin layer of a deep heat topical cream or gel to the affected area, ensuring to cover it completely without excessively thick application. Gently massage it into the skin until it is fully absorbed. This should be done up to three times daily, especially before bedtime or after showers when the skin can absorb the treatment more efficiently. Avoid applying it on open wounds or sensitive areas such as the eyes and mouth.

Description

Deep heating topical creams are over-the-counter or prescription products designed to provide localized relief from muscle pain, stiffness, and soreness. These creams typically contain active ingredients like menthol, capsaicin, or salicylates, which create a warming or heating sensation when applied to the skin. The sensation is meant to increase blood flow to the area and promote relaxation of the muscles, helping to alleviate discomfort. Deep heating creams are commonly used for conditions such as muscle strains, arthritis, and sports-related injuries.

How it helps

Deep heat topicals assist in managing shingles pain by penetrating the skin to increase local blood flow, which can alleviate discomfort and reduce inflammation associated with nerve irritation from the shingles virus.

10



Topical Menthol

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To use topical menthol, apply a small amount of the medication to the affected area and rub it in gently. You can repeat this application as needed, but do not use more than the recommended amount. Topical menthol can cause side effects, such as skin irritation, redness, and itching.

Description

Topical menthol is a type of over-the-counter medication that can be used to relieve pain and inflammation. It is available in a variety of forms, including creams, ointments, and patches. Topical menthol works by cooling the skin, which can help to reduce pain and inflammation.

How it helps

Topical menthol provides a cooling sensation and activates sensory neurons, which can help alleviate the pain and discomfort associated with shingles. Its analgesic properties reduce the perception of pain, offering symptomatic relief.

11

Topical Zinc Pyrithione

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a pea-sized amount of zinc pyrithione cream or lotion onto the affected area of the skin once daily, preferably in the evening before bed, for at least 4 weeks, or as directed by your healthcare provider. Avoid contact with eyes and rinse thoroughly with water if this occurs.

Description

Topical zinc pyrithione is widely recognized for its antimicrobial properties, making it a popular ingredient in treatments for various skin conditions. It's most commonly found in over-the-counter formulations such as shampoos, creams, and lotions, targeting issues like dandruff, seborrheic dermatitis, and psoriasis.

Zinc pyrithione works by slowing the growth of yeast that can cause such conditions, helping to alleviate symptoms like flakiness, redness, and itching.

How it helps

Topical zinc pyrithione can help reduce inflammation and prevent secondary bacterial infections in shingles lesions due to its antimicrobial properties, promoting faster healing and alleviating discomfort associated with the outbreak.

12



Nerve Stimulation

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Nerve stimulation can be implemented by daily sessions of 15-30 minutes using a device specifically designed for this purpose. These devices often use electrical currents to stimulate nerves through the skin, which can be adjusted in intensity according to comfort. It's important to consult a healthcare provider for guidance on the specific type of nerve stimulation that may be most beneficial for your condition.

TYPICAL STARTING DOSE

30 minutes

Description

Nerve stimulation techniques involve the use of electrical impulses, like transcutaneous electrical nerve stimulation (TENS) or other methods to activate nerves, potentially providing relief from chronic pain, improving muscle function, and aiding in physical therapy.

Health professionals can stimulate your nerves using different strategies [\[R\]](#).

Many strategies use magnetic fields or electric currents. Examples include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- [Transcutaneous electrical nerve stimulation](#) (TENS)
- Transcranial direct current stimulation (tDCS)
- Transcranial magnetic stimulation (TMS)
- Transcutaneous auricular vagus nerve stimulation (taVNS)

Nerve stimulation may improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Cognition
- Mood
- Pain
- Seizures
- Tinnitus

How it helps

Nerve stimulation therapy can alleviate pain associated with shingles by modulating nerve activity and disrupting pain signals. This approach may improve pain management and enhance overall recovery, providing much-needed relief for affected individuals.

13



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 can enhance the immune response to infections, potentially helping the body resist and recover from the shingles virus more effectively.

14



Vitamin E

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 200 IU of Vitamin E daily as a supplement, preferably with a meal that contains fat to enhance absorption.

TYPICAL STARTING DOSE

200 iu

Description

Vitamin E is a fat-soluble antioxidant found in various foods, such as nuts and seeds. It is known for its ability to protect cells from oxidative damage, support immune function, and may play a role in skin health. Vitamin E supplements are used to bolster antioxidant defenses and may be beneficial for conditions related to oxidative stress.

[Vitamin E](#) is an antioxidant important for the immune system and for heart health [\[R\]](#).

Plant-based foods have the most vitamin E. These include [\[R\]](#):

- Wheat germ
- Sunflower seeds
- Almonds
- Plant oils

Adults need about **15 mg** of vitamin E per day [\[R\]](#).

How it helps

Vitamin E has antioxidant properties that can aid in healing the skin lesions and reduce pain associated with shingles.

15



Maintain Optimal Vitamin D Levels

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R, R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Vitamin D supports overall immune health and may reduce the severity and duration of shingles outbreaks.

16



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

Capsaicin can help reduce pain by depleting a substance called substance P, which is involved in transmitting pain signals to the brain.

17



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 helps boost the immune system, which can aid in fighting the varicella-zoster virus that causes shingles.

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

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.

