

Sinus Congestion

DNA Health Report

REPORT CATEGORY —



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

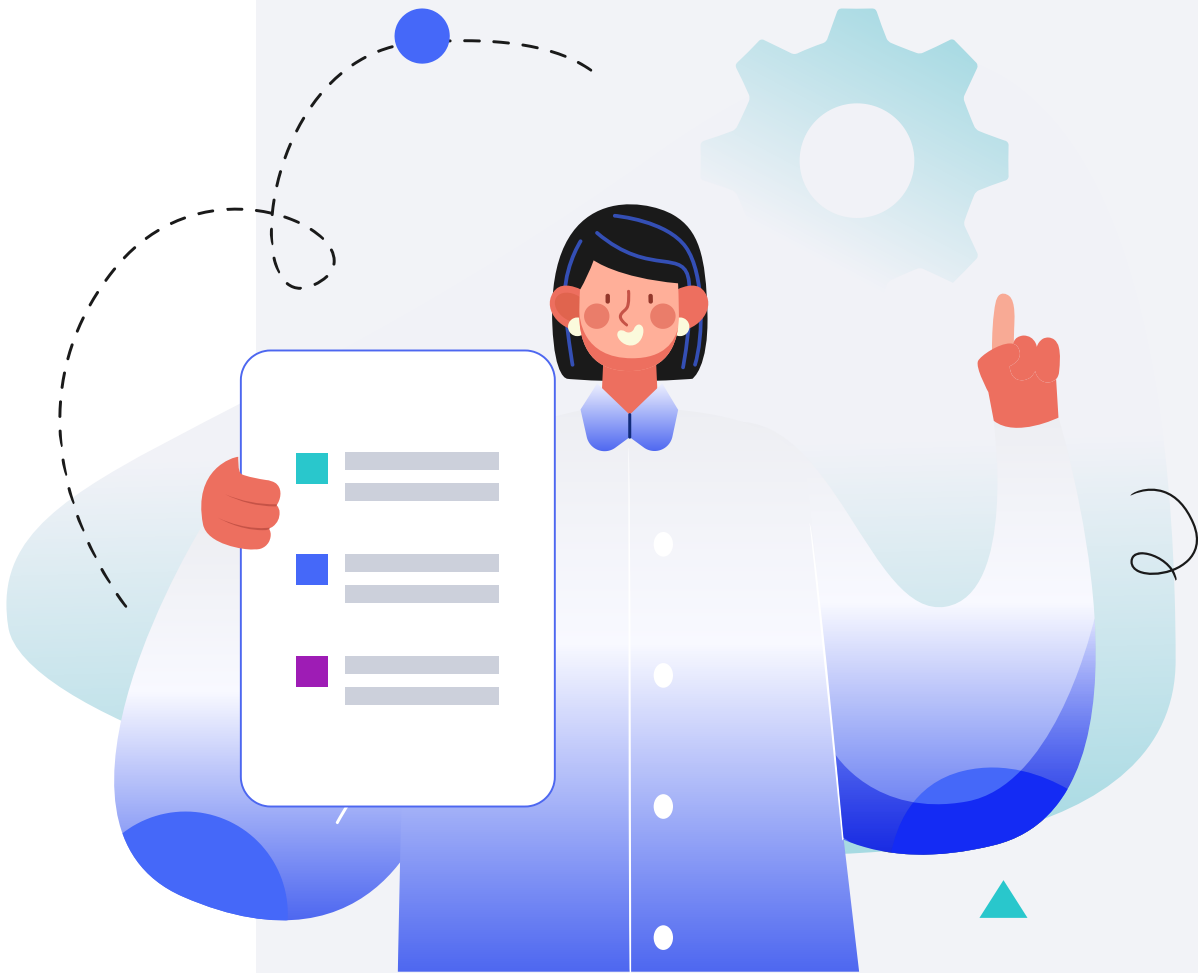
Male

HEIGHT

5ft 5" 165cm

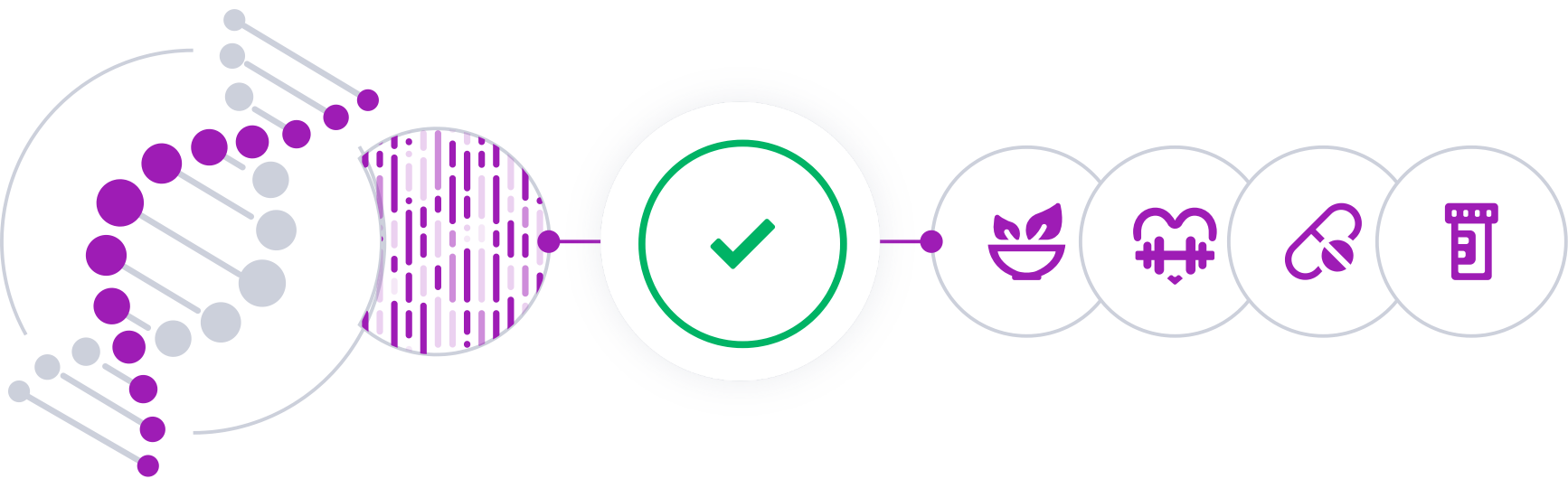
WEIGHT

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.

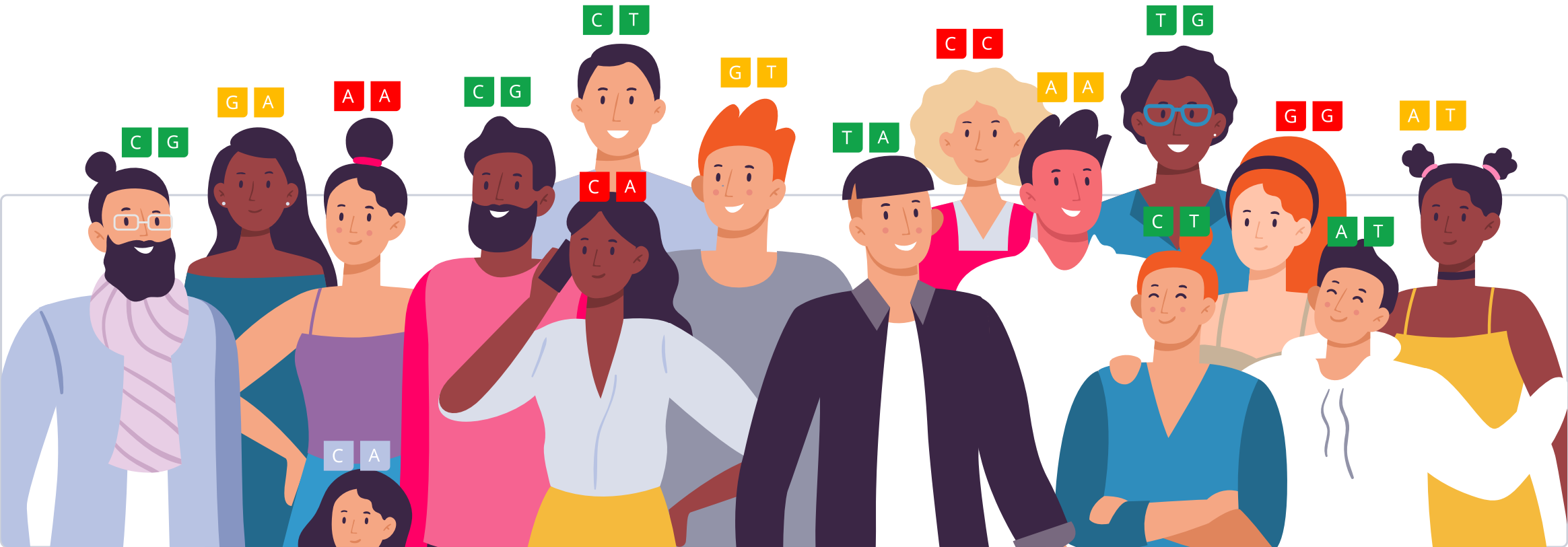


Similarly, our Trait Reports look at how your DNA influences your traits.



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.

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

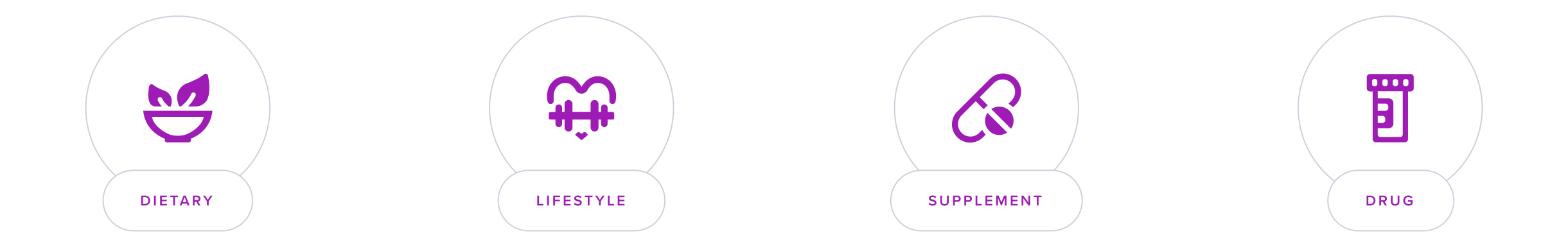
You have 2 risk alleles

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

Where are your sinuses located?

Chances are that you’d answer in your nose, but this isn’t exactly right.

Your sinuses are hollow cavities found in the bones around your eyes and nose [\[R\]](#).

This information isn’t so surprising if you suffer from chronic sinus pain; you probably struggle with throbbing pain in these areas on a regular basis.

Of course, while they may not be located directly in your nose, it’s reasonable to assume that they are closely linked. Sinuses help produce mucus. If the sinuses become infected, you’re probably going to get a stuffy nose.

Keeping your nose and sinuses healthy is important; after all, they help you breathe in and out more than 22,000 times per day [\[R\]](#)!

So what can you do to help keep your airways clear and decongested?

Things like nasal sprays, humidifiers, and staying hydrated are generally great habits to promote decongestion. However, if you want to maximize the benefits of these techniques, you may want to take a look at your DNA.

Your DNA may point to the background of your sinus congestion. For example, if you carry a variant of the [HLA-DQA1](#) gene, you may be more prone to sinus inflammation. Therefore, you may particularly benefit from avoiding inflammation triggers like cigarette smoke [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Your genes could also indicate how likely you are to be sensitive to congestion-promoting food compounds. For example, a variant of the [CEP68](#) gene is linked to a higher risk of salicylate sensitivity. Therefore, you may want to be wary of certain foods that contain salicylates [\[R\]](#), [\[R\]](#).

Read on to find out more about:

- **How your genetics play a role in sinus congestion**
- **Your genetic risk score based on over 300,000 genetic variants**
- **Personalized recommendations based on your genetics**

About Sinus Congestion

Key Takeaways:

- Genes involved in sinus congestion may influence immune system function and metabolism.
- Risk factors include: infection, abnormal growths (polyps), deviated septum, asthma, immune disorders, and allergies.
- If you are at high genetic risk or have symptoms, you may want to consult your doctor about treatment and management options.
- Up to 15% of Americans have chronic sinus congestion.

Sinuses, or nasal passages, are empty spaces in the bones around the eyes and nose. The lining of these sinuses makes mucus. **Sinusitis** occurs when these passages become inflamed [\[R\]](#), [\[R\]](#).

Sinus congestion tends to occur with a cold and usually does not last very long. But in some people, sinus congestion may be an ongoing problem. If it lasts for 12 weeks or more, it's called **chronic sinusitis** [\[R\]](#).

Up to 15% of Americans have chronic sinus congestion [\[R\]](#), [\[R\]](#).

Chronic sinus congestion can be caused by [\[R\]](#), [\[R\]](#):

- Infection
- Abnormal growths (*polyps*)
- A deviated septum
- Asthma
- Immune disorders (e.g., HIV/AIDS or cystic fibrosis)
- Hay fever or other allergies

Signs and symptoms of sinus congestion may include [\[R\]](#), [\[R\]](#):

- Runny or stuffy nose
- Mucus at the back of the throat
- Sore throat
- Pain in the face



MORE LIKELY

More likely to have chronic sinusitis based on 292,739 genetic variants we looked at



Your risk is greater than 96% of the population and lower than 4% of the population.

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
HLA-DRB5	rs2395190	CC
ILRUN	rs36110421	AA
ALOX15	rs34210653	GG
WSB2	rs11068795	AC
HLA-DQA2	rs9271579	AT
TSLP	rs1837253	CC
C6ORF118	rs227457	GG
/	rs1391371	TA
ERMP1	rs1888909	TC
GATA3	rs1444782	AG
/	rs530456126	GG
/	rs145109511	CT
FAM71D	rs192465115	AA
STX18	rs6818775	AA
APP	rs2830160	GG
CYLC2	rs10820254	GG
ERMP1	rs1929995	TT
NTN5	rs11665674	AA
FUT2	rs76226641	CC
RFX8	rs4629180	AA
VCAM1	rs116211930	AA
CDC14A	rs145062906	CC
/	rs532305432	CC
EXTL2	rs375049302	AA

- Reduced sense of smell or taste
- Bad breath
- Fatigue

Up to two thirds of people with sinus congestion will get better on their own. At-home treatments like warm compresses and neti pots can help alleviate symptoms [R, R, R].

If symptoms don't improve with these techniques, a doctor may prescribe steroids or other medications [R, R, R].

Untreated, chronic sinus congestion may lead to rare complications like [R, R, R]:

- Infection that spreads from the sinuses
- Vision problems
- Brain swelling

Research suggests that genetics plays a significant role in sinus congestion. Genes involved in sinus congestion may influence [R, R, R]:

- Metabolism ([HLCS](#))
- Immune system function ([HLA-DRA](#), [HLA-DQA1](#), [VSIR](#))

GENE	SNP	GENOTYPE
S1PR1	rs12043388	AA
/	rs74225228	CC
LRRC39	rs80221535	GG
/	rs12127689	AA
/	rs147324715	AA
RNPC3	rs112905115	CC
/	rs180910064	CC
AMY1C	rs78754961	TT
/	rs76635922	GG
OLFM3	rs114308894	GG
AMY1C	rs139463595	TT
/	rs114756485	GG
KIF1B	rs193226746	TT
AMY1C	rs150504768	CC
OLFM3	rs72721339	CC
/	rs115926942	GG

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	Nasal Cleansing	2	Sinupret		
3	Bromelain Enzyme Blends	500 mg	4	Avoid Secondhand Smoke	
5	Bromelain		6	South African Geranium Root	60 mg
7	N-acetylcysteine (NAC)	1200 mg	8	Acupuncture	1 hour
9	Elimination Diet		10	Avoid Exposure to Solvents	
11	Avoid Contact With Dust		12	Pantothenic Acid (Vitamin B5)	5 mg
13	Avoid Refined Sugar		14	Serrapeptase	
15	Air Purifier		16	Honey	
17	Avoid Exposure to Molds		18	Reflexology	30 minutes
19	Breathing Techniques	10 minutes			

1



Nasal Cleansing

IMPACT

4 / 5

EVIDENCE

5 / 5

How to implement

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

Description

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

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

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

- Allergies
- Colds
- Sinus problems

How it helps

Experts recommend cleansing the nose with saline to help improve symptoms of sinusitis [\[R, R, R, R\]](#).

Nasal cleansing with a concentrated (hypertonic) saline solution may be best. It may help improve symptoms like [\[R, R, R, R, R\]](#):

- Runny nose
- Congestion
- Headache

Nasal cleansing may help when combined with medication. It may also improve symptoms after surgery for chronic sinus congestion [\[R, R, R, R\]](#).

Nasal cleansing may help by [\[R, R, R, R, R\]](#):

- Clearing the sinuses of allergens, irritants, and thick mucus
- Reducing inflammation

2



Sinupret

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Take one Sinupret tablet with water three times daily, preferably before meals. Continue this regimen for 7-14 days or as directed by a healthcare provider.

Description

Sinupret is a supplement consisting of a combination of plant extracts, primarily from European elderflower, common sorrel, cowslip, European vervain, and gentian. These plants have been traditionally used in herbal medicine for their potential benefits in relieving symptoms of sinusitis, bronchitis, and other respiratory conditions. Sinupret's main compounds include flavonoids, mucilage, and other phytochemicals.

How it helps

In a study of 929 people with chronic sinusitis, Sinupret (for 12 weeks) improved symptoms and reduced impairment [\[R\]](#).

Sinupret may also improve symptoms of acute sinusitis, such as [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Nasal discharge
- Congestion
- Nasal drip

Sinupret may improve outcomes when combined with standard therapy. It may help as much as standard mucoactive therapy by reducing drain obstruction, headache, and gum disease [\[R\]](#).

3



Bromelain Enzyme Blends

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Take a 500 mg bromelain enzyme blend supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

Bromelain enzyme blends, derived from pineapples, are often used as dietary supplements for their potential anti-inflammatory and digestive benefits.

[Bromelain](#) is an extract from pineapples. It’s rich in enzymes that break down proteins [\[R\]](#).

Bromelain is anti-inflammatory and may prevent blood clotting. People use it to [\[R\]](#):

- Improve joint health
- Heal burns
- Manage heart conditions

How it helps

Bromelain (for around 12 weeks) may improve symptoms of acute and chronic sinusitis [\[R, R, R, R, R, R, R, R, R\]](#).

Bromelain may help by reducing inflammation [\[R\]](#).

4



Avoid Secondhand Smoke

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Implementing a smoke-free lifestyle involves communicating your needs to family, friends, and coworkers, requesting they respect your choice by smoking away from you. At home, establish strict no-smoking policies indoors. When out, choose smoke-free venues and accommodations. Advocate for smoke-free environments in your community and support legislation that promotes public health by reducing exposure to secondhand smoke. Utilize air purifiers at home to reduce any residual particles.

Description

Avoiding secondhand smoke is crucial for maintaining good health. Exposure to secondhand smoke can lead to respiratory problems, cardiovascular disease, and an increased risk of lung cancer, even in non-smokers. Protecting oneself from secondhand smoke involves staying away from smoking areas, ensuring smoke-free environments at home and work, and advocating for smoke-free policies in public spaces.

How it helps

Smoking is linked to an increased risk of sinus congestion. Secondhand smoke may have a similar effect [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Cigarette smoke contains irritants that can cause nasal inflammation. It may also impair the immune response in the nasal passages [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Experts say that people with sinus congestion should avoid cigarette smoke [\[R\]](#).

5



Bromelain

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take 500mg of bromelain supplement two to three times daily, preferably with food to reduce the risk of gastrointestinal discomfort. It is recommended to use for short-term relief, typically not exceeding several months, unless supervised by a healthcare provider.

Description

Bromelain is an enzyme found in pineapple that may have anti-inflammatory and digestive benefits. It's often used as a dietary supplement to aid digestion and reduce swelling associated with injuries or surgery.

[Bromelain](#) is an extract from pineapples. It's rich in enzymes that break down proteins [\[R\]](#).

Bromelain may have some health benefits. People use it to [\[R\]](#):

- Maintain joint health
- Help with burns
- Support heart health

How it helps

Bromelain may help improve the symptoms of sinus congestion. However, one review recommended against its use due to low evidence and potential side effects [\[R\]](#), [\[R\]](#), [\[R\]](#).

Bromelain may help by reducing inflammation [\[R\]](#).

Please note: *Bromelain may increase the risk of bleeding. It may also cause a severe allergic reaction in those sensitive to pineapple. Consult your doctor before taking bromelain* [\[R\]](#).

6

South African Geranium Root

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take a supplement containing South African Geranium root extract, commonly found in 20-30 mg doses, three times a day with meals. Continue this regimen especially during the cold season or at the first signs of respiratory discomfort for up to 10 days.

TYPICAL STARTING DOSE

60 mg

Description

South African geranium root (*Pelargonium sidoides*) is a plant extract native to South Africa. It has a long history of traditional use by indigenous peoples to treat various ailments such as respiratory health and alleviate symptoms of respiratory infections like the common cold. The main compounds in South African geranium root extract include polyphenols and various phytochemicals.

South African geranium (*Pelargonium sidoides*) is part of the geranium family. It is also known as umckaloabo [\[R\]](#).

Traditionally, people have used the root to support the immune system. It may also help with sinus congestion, bronchitis, and other respiratory problems [\[R, R, R\]](#).

How it helps

South African geranium root extracts (60 mg/day for 10 days) may help improve the symptoms of sinus congestion [\[R, R\]](#).

It may help by supporting the immune response [\[R\]](#).

PERSONALIZED TO YOUR GENES

People with your [HLA-DQA1](#) gene variant may be more prone to sinus congestion. This gene plays a role in the immune response. South African geranium may help by supporting the immune response [\[R, R, R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
HLA-DQA2	rs9271579	AT	

7



N-acetylcysteine (NAC)

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take 600 mg of N-Acetylcysteine (NAC) supplement daily with water. It can be taken at any time of the day, but try to take it at the same time each day for best results.

TYPICAL STARTING DOSE

1200 mg

Description

NAC is a supplement that contains a form of the amino acid cysteine, a protein building block that your body uses to make the antioxidant glutathione. It is used for its potential antioxidant properties and its ability to support lung, gut, and mental health.

[N-acetylcysteine](#) (NAC) is converted to cysteine in the body. Cysteine is a protein building block (amino acid) that helps make the antioxidant glutathione [\[R\]](#).

People take NAC to potentially support [\[R\]](#), [\[R\]](#):

- Mental health
- Ovarian health and pregnancy outcomes
- Lung health
- Gut health

How it helps

In a study of 150 people, intranasal NAC in combination with standard therapy improved symptom reduction and increased time between episodes better than standard therapy alone. However, this delivery method may not benefit those with underlying immunodeficiency. Moreover, not all studies found these benefits [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

NAC may help by reducing the amount and viscosity of mucus. It may also reduce oxidative stress and inflammation [\[R\]](#), [\[R\]](#), [\[R\]](#).

8



Acupuncture

IMPACT2 / 5

EVIDENCE2 / 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 help improve sinus congestion. It may also improve the quality of life in people with the condition. However, one study did not find these benefits [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *Acupuncture is safe for most people. However, it may come with extra risks for pregnant women, people with pacemakers, and people with bleeding disorders. Consult your doctor or a licensed acupuncturist for more information* [\[R\]](#).

9



Elimination Diet

IMPACT

2 / 5

EVIDENCE

2 / 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

High intake of dietary salicylates is associated with worse sinus congestion. People who are sensitive to these compounds may also have a reaction when taking NSAIDs [\[R\]](#), [\[R\]](#), [\[R\]](#).

People with a sensitivity may find that their sinus congestion improves when they avoid certain foods. This may be especially true when an elimination diet is combined with nasal irrigation and steroid sprays. Foods suggested to avoid include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Processed meats (e.g., hot dogs, salami)
- Some seasonings (e.g., black pepper, mustard, basil)
- Tomato products
- Wine
- Dried fruits

Please note: *Talk to your doctor before eliminating any foods from your diet.*

10



Avoid Exposure to Solvents

IMPACT2 / 5

EVIDENCE2 / 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

Exposure to solvents may contribute to chronic sinusitis. For instance, workers exposed to solvents in microelectronics manufacturing may develop symptoms of upper respiratory mucosal irritation and sinusitis [R].

Workers from newspaper pressrooms may be more likely to report upper respiratory tract mucous membrane symptoms, including sinus trouble [R].

11



Avoid Contact With Dust

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

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

Description

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

How it helps

A study found an increased risk of chronic sinusitis among workers in cotton mills and textile factories. Examination of tissue samples from these workers revealed foreign bodies likely from fiber dust [R].

12



Pantothenic Acid (Vitamin B5)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

For adults, take a pantothenic acid (Vitamin B5) supplement of 5 to 10 milligrams daily with water and a meal. This can be continued indefinitely as part of a daily vitamin regimen to support overall health.

TYPICAL STARTING DOSE

5 mg

Description

Vitamin B5, or pantothenic acid, is found in a wide range of foods such as meat, eggs, and whole grains. It is vital for energy metabolism and the synthesis of fatty acids, supporting healthy skin, digestion, and nerve function.

[Vitamin B5](#) (pantothenic acid) is a water-soluble vitamin required for making [\[R\]](#):

- Energy from food
- Cholesterol, sex, and stress hormones
- Hemoglobin
- Neurotransmitters (acetylcholine and melatonin)

Adults should get **5 mg of vitamin B5 per day** [\[R\]](#).

Vitamin B5 deficiency is extremely rare because this vitamin is present in nearly all foods, especially in meat, dairy products, eggs, avocado, sweet potato, and sunflower seeds. However, **pregnant and lactating women may benefit from slightly increased amounts of this vitamin (6-7 mg/day)** [\[R\]](#).

How it helps

Pantothenic Acid or Vitamin B5 aids in reducing sinus congestion mainly through assisting in the production of antibodies that fight infections. This can help strengthen the body's immune response to sinus infections, ultimately leading towards less congestion.

In a placebo-controlled trial of 48 patients with rhinitis sicca anterior, using a nasal spray with dexpanthenol improved the symptoms and was well tolerated. Both dexpanthenol spray and ointment (5% in both cases) were equally effective at improving mucus clearance in a non-placebo-controlled trial of 20 volunteers. In 2 non-placebo-controlled trials of 178 chronic rhinosinusitis patients undergoing surgery, using a dexpanthenol nasal spray 2x-4x/day for 4-6 weeks improved mucociliary clearance and nasal discharge better than saline spray but saline was more effective at reducing postnasal drip [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

13



Avoid Refined Sugar

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Eliminate foods and beverages high in refined sugars, such as sodas, candies, pastries, and white bread, from your diet. Replace them with natural sugars found in fruits and whole grains. Implement this change immediately and maintain it indefinitely for long-term health benefits.

Description

Reducing the consumption of refined sugar and high-sugar foods can help prevent dental problems, manage blood sugar levels, and support weight management.

How it helps

In a study of 11 children, reducing dietary sugar intake below 50 g/day reduced nasal symptoms and inflammation in those with chronic sinusitis [\[R\]](#).

14



Serrapeptase

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take serrapeptase on an empty stomach, which means at least 2 hours after eating and 30 minutes before eating. The typical dosage ranges from 10,000 to 60,000 units per day, depending on the specific health condition being addressed. It is often recommended to start with a lower dose to assess tolerance and then gradually increase as needed. This supplement is usually taken in capsule form once daily.

Description

Serrapeptase is an enzyme derived from the silkworm and is used today as a dietary supplement for its potential anti-inflammatory properties, supporting joint health and reducing inflammation.

Serrapeptase is an enzyme that helps the body break down some types of protein. This might help **decrease inflammation and mucus**.

People use serrapeptase for conditions like back pain, joint pain, and other conditions involving pain and inflammation. It may also relieve cough by breaking down mucus. However, there is weak evidence to support these uses.

How it helps

In a placebo-controlled trial of 193 participants with acute or chronic ear, nose, or throat disorders, supplementation with serrapeptase for 7-8 days improved symptoms such as inflammation or swelling and was well-tolerated [\[R\]](#).

15



Air Purifier

IMPACT

1 / 5

EVIDENCE

1 / 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

A study examined the effects of reducing fungal presence in the nasal environment and air using HEPA filtration, demonstrating improvements in the sinus mucosa and systemic symptoms related to fungal exposure. The study found that 94% of people experienced normal sinus mucosa upon endoscopic examination after reducing their environmental fungal air count [\[R\]](#).

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Honey

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Consume 1-2 tablespoons of raw honey daily, either directly or by mixing it into warm water, tea, or yogurt. Continue this practice regularly to observe benefits.

Description

Honey is a natural sweetener known for its antimicrobial properties and potential benefits for wound healing. It contains antioxidants and may have soothing effects on sore throats and coughs.

[Honey](#) is a thick, sweet substance. It’s made by honeybees from the nectar of flowering plants. There are many different types of honey. Besides sugar, honey also contains amino acids (protein building blocks), vitamins, and minerals [\[R\]](#).

People use honey for its anti-inflammatory and antioxidant properties. It can potentially help with [\[R\]](#):

- Heart problems
- Gut problems
- Cough
- Burns

How it helps

Honey possesses natural anti-inflammatory and antibacterial properties, that may reduce sinus congestion by decreasing inflammation and combating sinus infection. Additionally, it can soothe the throat, aiding in relieving symptoms associated with sinus congestion.

In 2 non-placebo-controlled trials of 55 patients with chronic rhinosinusitis, irrigation with manuka honey (2x/day) for 30 days **improved the symptoms as effectively as saline, and quality of life and culture negativity more effectively**. However, rinsing with manuka honey (16.5%) 2x/day for 14 days **wasn’t more effective than saline or antibiotics at reducing bacterial counts** in a non-placebo-controlled trial of 25 patients [\[R, R, R\]](#).

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Avoid Exposure to Molds

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

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

Description

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

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

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

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

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

How it helps

A study found molds in 67% of examined samples from people with chronic sinusitis, with species such as Penicillium and Aspergillus being prevalent. This indicates the presence of molds in people suffering from this condition [\[R\]](#).

About 43.8% of people with chronic sinusitis are sensitized to at least one allergen, with common molds like Candida albicans and Alternaria being notable allergens [\[R\]](#).

However, another study indicated that chronic hyperplastic sinusitis people did not show a difference in mold exposure compared to non-exposed people, suggesting variability in individual susceptibility or other environmental interactions affecting chronic sinusitis outcomes [\[R\]](#).

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Reflexology

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Attend a reflexology session with a certified practitioner for 30-60 minutes, once or twice a week. Continue consistently for at least 4-6 weeks to evaluate its impact on your well-being.

TYPICAL STARTING DOSE

30 minutes

Description

Reflexology is a holistic therapy that involves applying pressure to specific points on the feet, hands, or ears to stimulate natural healing processes throughout the body. It is believed to improve circulation, reduce stress, and promote relaxation, potentially benefiting overall well-being.

Reflexology is the practice of applying pressure to specific parts of your feet or hands. It’s theorized that by pressing on these areas, you can relieve tension from other parts of the body [R].

People mainly use reflexology to help with stress and anxiety. It may also help with pain and sleep problems [R].

How it helps

In a study of 150 people with chronic sinusitis, reflexology improved symptoms in 70% of people, similar to nasal cleansing with saline. However, the study didn’t include a negative control [R].

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Breathing Techniques

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice deep breathing exercises for 10 minutes daily, preferably in a quiet space where you won't be disturbed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose. This can be done at any time of day to reduce stress and improve focus.

TYPICAL STARTING DOSE

10 minutes

Description

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

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

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

- Stress
- Anxiety
- Sleep problems
- Asthma

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

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

How it helps

In a study, people practicing Bhramari Pranayama (2x/day for 12 weeks) alongside conventional therapy showed improvement in their symptoms of chronic sinusitis compared to those receiving conventional treatment alone [\[R\]](#).

Next Steps

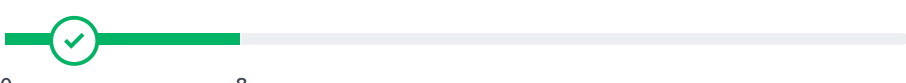
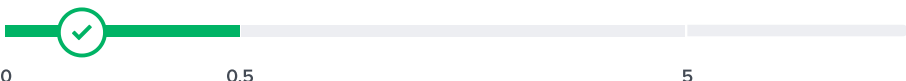
Remember, your genes only tell one important part of your health story!

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

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

	Eosinophils (%)	2.3 %		9 Nov 2025
	Eosinophils (Absolute)	0.16 x10^9/L		9 Nov 2025