SelfDecode™

Stomach Inflammation

DNA Health Report

REPORT CATEGORIES

GUT HEALTH

INFLAMMATION & AUTOIMMUNITY

Sample Client

Report date: 15 January 2026

Powered by omicsedge

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

19 Next Steps

19 Your Lab Results

Personal information

NAME

Sample Client

SEX AT BIRTH

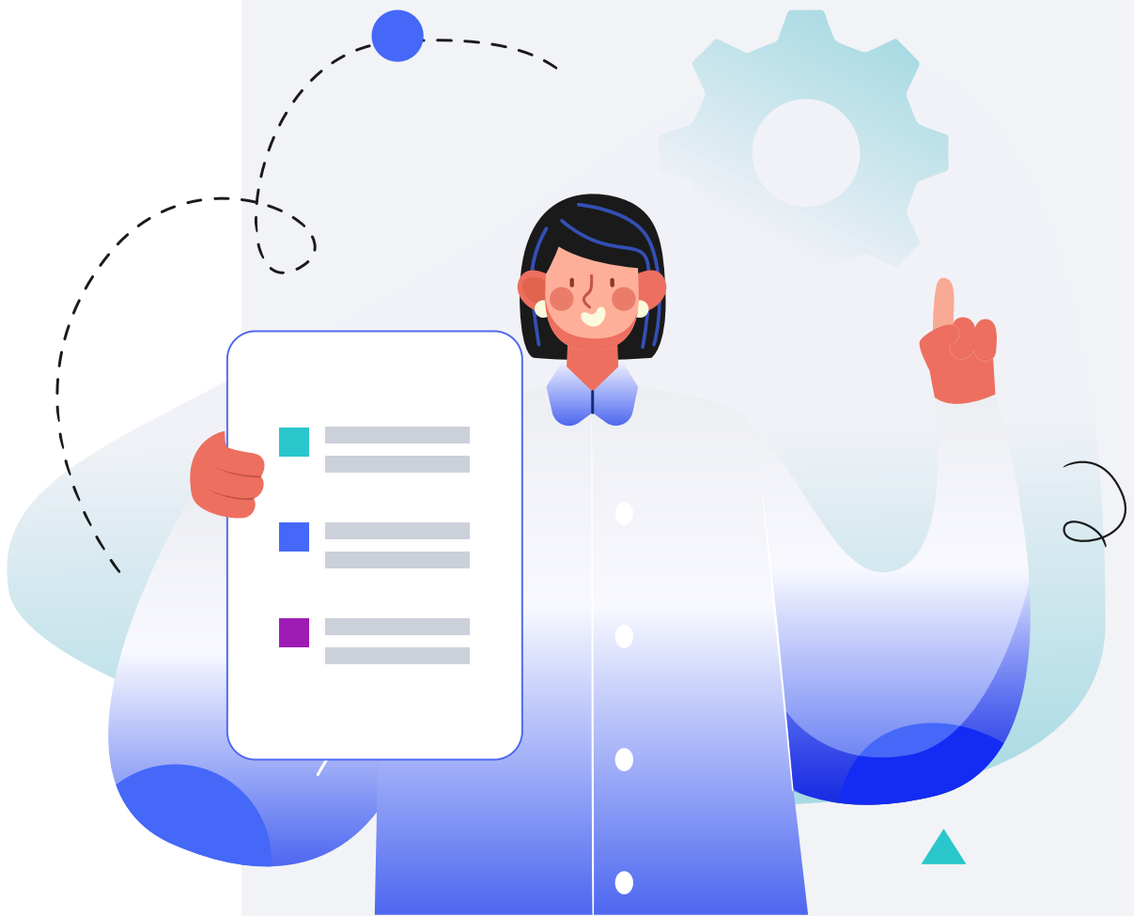
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

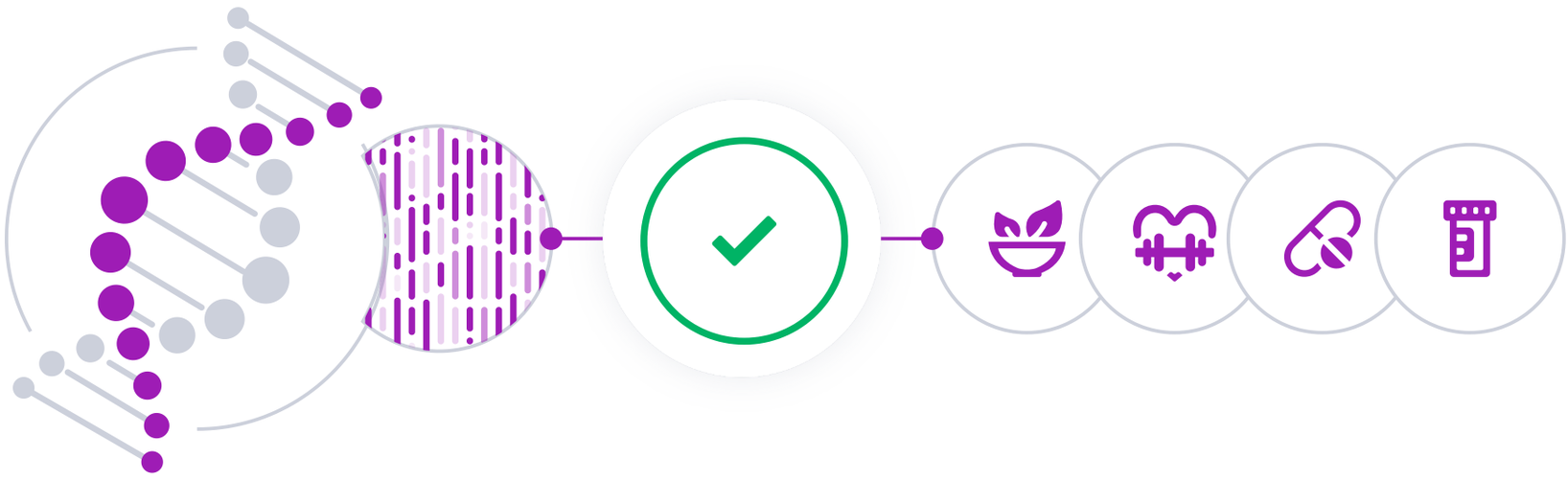


DISCLAIMER

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

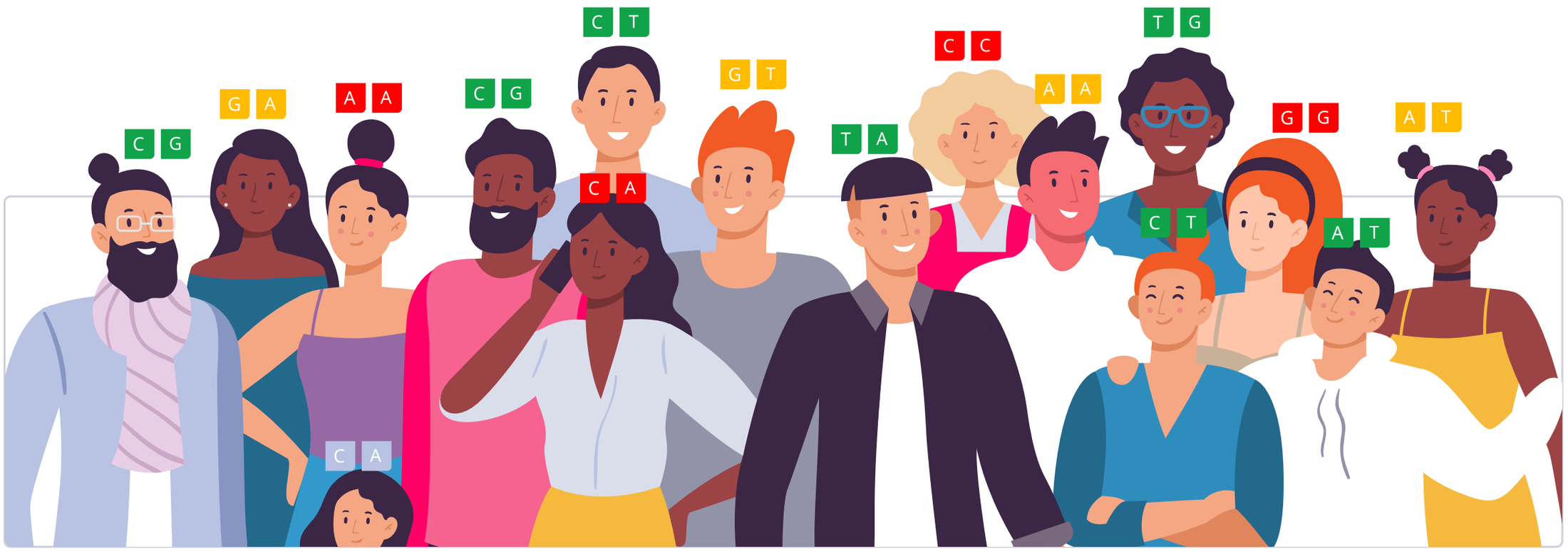
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

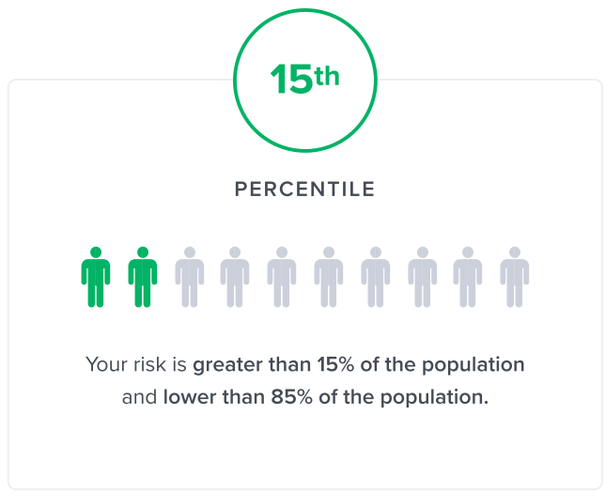
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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.

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

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



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

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

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

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

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

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

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

Impact

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

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

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

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

Recommendation Evidence

5 / 5

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

4 / 5

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

3 / 5

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

2 / 5

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

1 / 5

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

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

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

Medium-quality

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

Low-quality

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

Indirect

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

In theory

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

Some things to keep in mind:

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

Introduction

Gastritis is an inflammation, irritation, or erosion of the lining of the stomach, known as the gastric mucosa. It can occur suddenly (acute gastritis) or gradually (chronic gastritis).

The condition can be caused by a variety of factors, including infection with Helicobacter pylori (the bacteria responsible for most ulcers), prolonged use of nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and aspirin, excess alcohol consumption, and chronic stress. Acute gastritis typically causes a sudden and severe pain, whereas chronic gastritis may progress silently with minimal symptoms until complications occur.

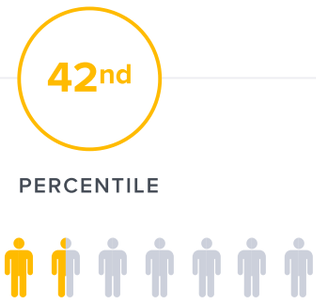
Symptoms and Treatment

Symptoms of gastritis vary among individuals and can range from mild discomfort to severe pain. Common symptoms include upper abdominal pain or burning, nausea, vomiting, bloating, and a feeling of fullness in the upper abdomen after eating. If left untreated, gastritis can lead to stomach ulcers and an increased risk of stomach bleeding, which may be life-threatening.

In some cases, chronic gastritis may increase the risk of developing stomach polyps or stomach tumors. Treatment for gastritis generally involves a combination of medications to reduce stomach acid and a change in diet or lifestyle habits that may be contributing to the inflammation.

TYPICAL LIKELIHOOD

Typical likelihood of gastritis based on 9,903 genetic variants we looked at



Your risk is **greater than 42% of the population** and **lower than 58% of the population.**

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
MRPL13	rs7826906	GA
CCDC66	rs6445797	GG
MTBP	rs10955971	AG
CDC37	rs8112449	AG
TCP10L	rs11088226	CC

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
1	Papaya	500 mg
2	Papain	1000 mg
3	Probiotics	30 billion CFU
4	Zinc	15 mg
5	Avoid Spicy Food	
6	Avoid Large Meals	
7	Turmeric	
8	Ginger	500 mg
9	Whole Grains	
10	Probiotic Yogurt	
11	Limit Salt Intake	
12	Avoid Excessive Oleic Acid Consumption	
13	Vitamin C	2000 mg

1

Papaya

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 500 mg of papaya extract daily for at least one month to observe potential health benefits. If using powdered form, it can be mixed with water or juice for easier consumption.

TYPICAL STARTING DOSE

500 mg

Description

Papaya is a tropical fruit native to Central America and Mexico that is rich in vitamins A and C, folate, and dietary fiber. It has a long history in traditional medicines as a digestive aid and promoting skin health. Papaya's extract, papain, is used as a dietary supplement for digestive support.

Papaya is a tropical orange fruit. It originates from Central America, but today it’s most widely grown in India.

People enjoy the great taste of papaya. It’s also rich in healthy nutrients that may support the immune system.

How it helps

In a placebo-controlled trial of 20 patients with endoscopically confirmed mild chronic gastritis, supplementation with papaya extract (20 g, 2x/day) for 30 days reduced pain better than the placebo. However, other symptoms were similarly improved by both treatments [R].

2

Papain

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a papain supplement of 500 mg twice daily with meals. Ensure to consume it with water for better absorption. This regimen should be followed for a period recommended by a healthcare provider, usually not exceeding three months without medical advice.

TYPICAL STARTING DOSE

1000 mg

Description

Papain is an enzyme extracted from the papaya fruit (Carica papaya), grown in a number of tropical regions around the world. It has been traditionally used for centuries for digestive support and wound healing due to its anti-inflammatory properties . Today, it is commonly used as a digestive enzyme supplement to aid in protein digestion, as well as to help fight cavities due to the enzyme's ability to kill bacteria that cause them.

How it helps

A study recruited 60 patients with mild chronic gastritis, dividing them into verum (Caricol®-Gastro) and placebo groups. Both groups showed improved symptoms, with significantly larger pain reduction in the Caricol®-Gastro group. The synergistic effects of papaya and oats suggest a safe therapeutic option [R].

3

Probiotics

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a probiotic supplement containing 10 billion or more live cultures once daily, preferably with a meal or as directed by the packaging or a healthcare provider.

TYPICAL STARTING DOSE

30 billion CFU

Description

Probiotics are live beneficial bacteria and yeasts that can support gut health and digestive function when consumed as supplements or found in fermented foods like yogurt and sauerkraut. They may be beneficial to gut health, immune function, blood sugar, and mood.

Probiotic bacteria are "good" bacteria found mainly in the large intestine. They support your body and mind by [R, R, R, R, R, R, R, R]:

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

Prebiotics are certain types of fiber and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of "good" bacteria** [R, R].

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [R, R]:

- Oligo-fructose
- Oligo-galactose
- Inulin

Mixtures of probiotics and prebiotics are known as **synbiotics** [R].

How it helps

Probiotics introduce beneficial bacteria to the digestive tract, which can help balance the gut flora. This balance is important for gut health and can help reduce the symptoms of gastritis, such as bloating, gas, and indigestion. Probiotics may also enhance the stomach's mucosal defense system, providing a protective effect.

4

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 has a therapeutic role in treating gastric ulcers and gastritis because it helps to strengthen the stomach lining. Zinc supplements may enhance the healing process of the gastric mucosa.

5

Avoid Spicy Food

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Eliminate or significantly reduce consumption of foods high in spices, such as hot peppers, curry, and salsa, from your daily diet.

Description

For individuals sensitive to spicy foods, avoiding excessively hot or spicy dishes can prevent digestive discomfort and heartburn, promoting better gastrointestinal comfort and overall well-being.

How it helps

Spicy foods can irritate the stomach lining. Avoiding them helps reduce inflammation and discomfort associated with gastritis.

6

Avoid Large Meals

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Divide your daily food intake into smaller portions spread out over five to six times a day instead of having three large meals. Ensure that each portion is balanced and includes a variety of nutrients. This means having breakfast, a mid-morning snack, lunch, an afternoon snack, dinner, and possibly a light evening snack, depending on your caloric needs.

Description

Eating smaller, more frequent meals may help prevent overeating. This involves eating the same number of meals at about the same times every day. Doing so may help with issues like blood pressure, body weight, cholesterol levels, and migraines.

Eating smaller, more frequent meals may help prevent overeating. One way to do this is to keep a regular meal schedule. This involves eating the same number of meals at about the same times every day. Doing so may help [R, R, R]:

- Manage blood pressure
- Balance the internal clock
- Maintain a healthy body weight
- Support healthy cholesterol levels
- Prevent migraines

How it helps

Eating smaller, more frequent meals can help ease the symptoms of gastritis by preventing the stomach from stretching too much and producing excessive acid.

7

Turmeric

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate 500-1000 mg of turmeric into your daily diet, either by adding ground turmeric spice to your food, such as in curries, soups, and smoothies, or by taking a dietary turmeric supplement. This should be done daily for at least 8 weeks to observe potential health benefits.

Description

Turmeric is a bright yellow spice derived from the root of the Curcuma longa plant. It contains curcumin, a potent antioxidant and anti-inflammatory compound. Turmeric is used for various health conditions, including reducing inflammation, alleviating joint pain, and supporting digestive health.

How it helps

Turmeric may help with gastritis due to its anti-inflammatory properties. It contains curcumin, a compound that can reduce inflammation in the gut and help heal the stomach lining.

8

Ginger

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a 500 mg ginger supplement daily, preferably with a meal to enhance absorption and minimize potential stomach discomfort.

TYPICAL STARTING DOSE

500 mg

Description

Ginger is a versatile spice known for its potential anti-inflammatory and digestive benefits. It may help alleviate nausea, reduce muscle soreness, and support gastrointestinal comfort when consumed as part of a balanced diet.

Ginger root is a cooking spice and a traditional remedy. People mostly use it to relieve [R]:

- Nausea
- Menstrual cramps
- Joint pain

How it helps

Ginger has anti-inflammatory and antioxidant effects. It can help reduce stomach inflammation, soothe the digestive system, and protect the stomach lining. Consuming ginger can alleviate symptoms of gastritis such as nausea and stomach discomfort.

9

Whole Grains

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate at least three servings of whole grains into your daily diet. This can include consuming foods such as whole grain bread, brown rice, whole grain pasta, and oats. Aim to replace refined grains with whole grains at each meal for optimal benefits.

Description

Whole grains encompass a variety of grains like wheat, oats, and quinoa, where the entire grain kernel is intact. They are rich in fiber, vitamins, minerals, and antioxidants, supporting heart health and reducing the risk of chronic diseases.

Unlike refined grains, whole grains contain nutritious parts of the grain like bran and germ.

Whole grains provide many crucial nutrients, including:

- Fiber
- B-vitamins
- Iron
- Magnesium
- Phosphorus

Due to their high fiber content, whole grains don’t tend to spike blood sugar like refined grains do.

How it helps

Whole grains are beneficial for gastritis because they are high in fiber, which can help reduce the risk of acid reflux by aiding digestion and promoting a healthier gut environment.

10

Probiotic Yogurt

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

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

Description

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

How it helps

Probiotic yogurt is beneficial for gastritis because it contains live bacteria that can help restore the balance of good bacteria in the gut. This can help reduce inflammation and improve symptoms of gastritis.

11

Limit Salt Intake

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Reduce your daily salt intake to less than 2,300 milligrams (mg), equivalent to about one teaspoon of table salt. This includes all salt consumed, whether added during cooking, at the table, or present in processed and ready-to-eat foods.

Description

Limiting salt intake involves lowering the amount of sodium in the diet, which can help lower blood pressure and reduce the risk of heart disease. It often involves avoiding processed and other high-sodium foods such as cured meats, soups and sauces, and various pickled foods.

Your body needs a certain amount of sodium to function. For example, it helps support your blood pressure. This sodium usually comes from salt. However, eating too much salt is linked to an increased risk of stroke and heart disease [R, R].

Foods higher in salt include [R, R, R]:

- Prepared soups, broths, gravies, and sauces
- Fermented or pickled foods (such as pickles, soy sauce, olives, and capers)
- Cured meats and sausages (such as bacon, salt pork, and salami)
- Cheese (such as Roquefort and Parmesan)

Try to limit your daily intake to 1 teaspoon of salt (2,400 mg of sodium) [R].

How it helps

Excessive salt can contribute to the inflammation of the stomach lining. Limiting salt intake can help reduce gastritis symptoms.

12

Avoid Excessive Oleic Acid Consumption

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Limit your intake of foods high in oleic acid, such as olive oil, avocados, and certain nuts like almonds and hazelnuts, to no more than 2 servings per day. A serving is typically 1 tablespoon for oils or 1 ounce for nuts and avocados.

Description

Oleic acid is a type of fat found in certain foods like olive oil. Although it's good for your heart in small amounts, eating too much of it can lead to weight gain and other health problems. So, it's important to consume it in moderation for a balanced diet and overall health.

How it helps

Excessive oleic acid, found in some oils and processed foods, may irritate the stomach lining. Reducing intake could help alleviate gastritis symptoms by minimizing further irritation.

13

Vitamin C

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

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

TYPICAL STARTING DOSE

2000 mg

Description

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

Foods rich in Vitamin C include: [R]

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

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

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

How it helps

Vitamin C can help with gastritis by decreasing the stomach lining's inflammation. Moreover, it may reduce the risk of developing gastric ulcers, especially in individuals with Helicobacter pylori infections.

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.