

Stomach Pain

DNA Health Report

REPORT CATEGORIES —



GUT HEALTH



PAIN

Sample Client

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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

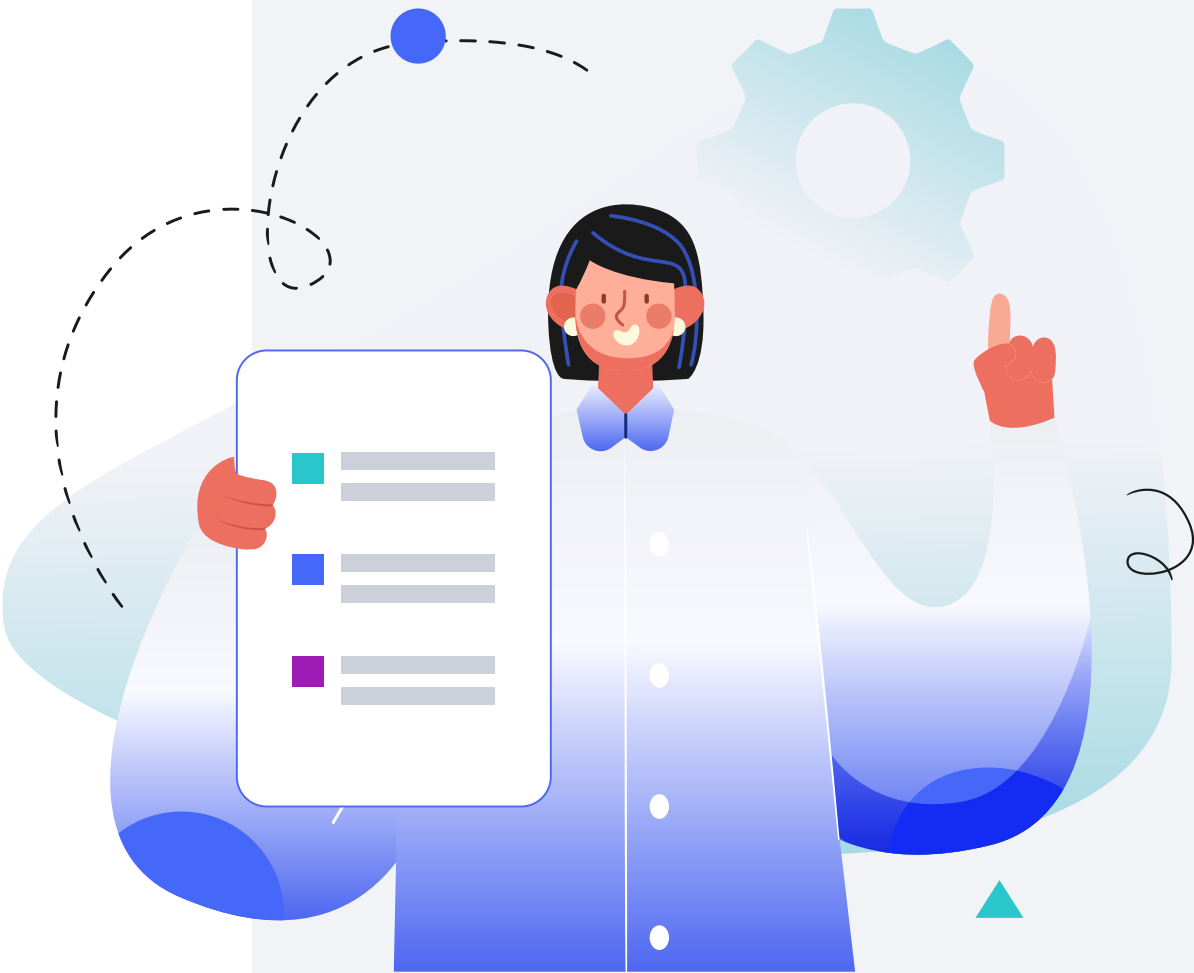
Male

HEIGHT

5ft 5" 165cm

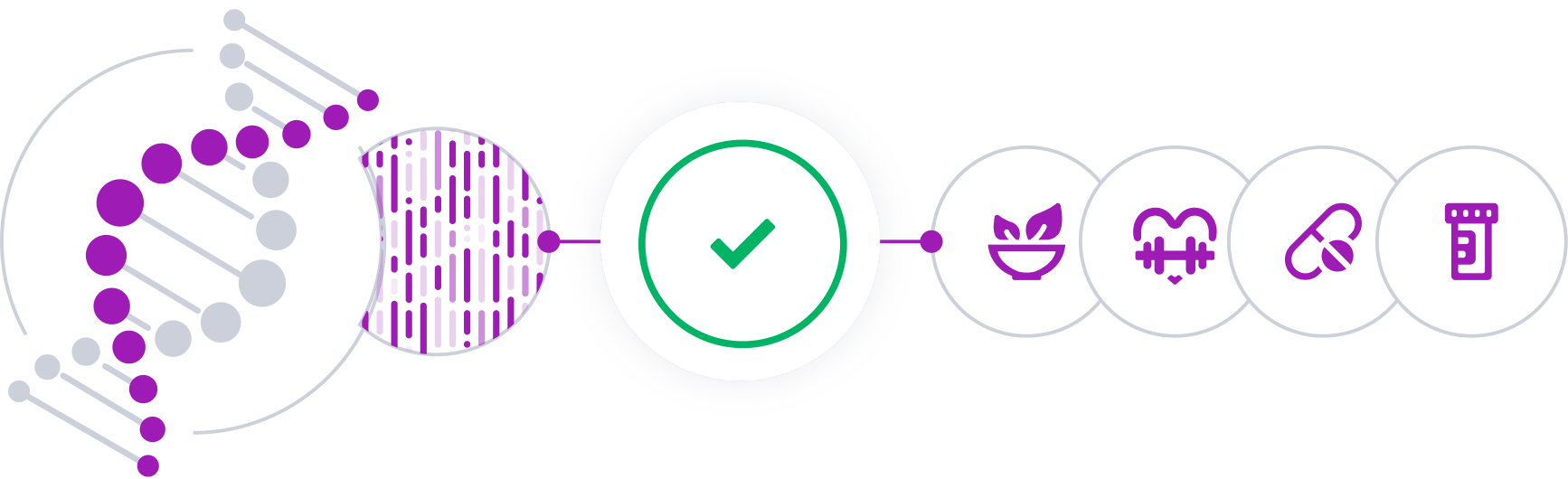
WEIGHT

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.

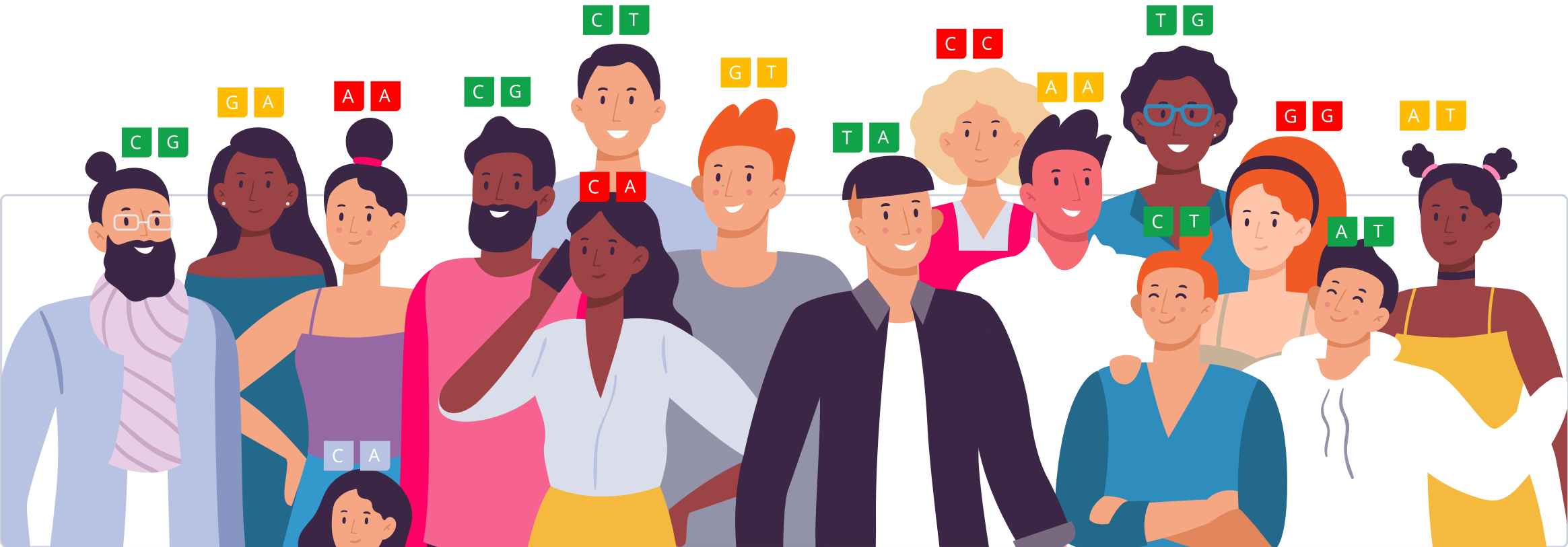


Similarly, our Trait Reports look at how your DNA influences your traits.



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

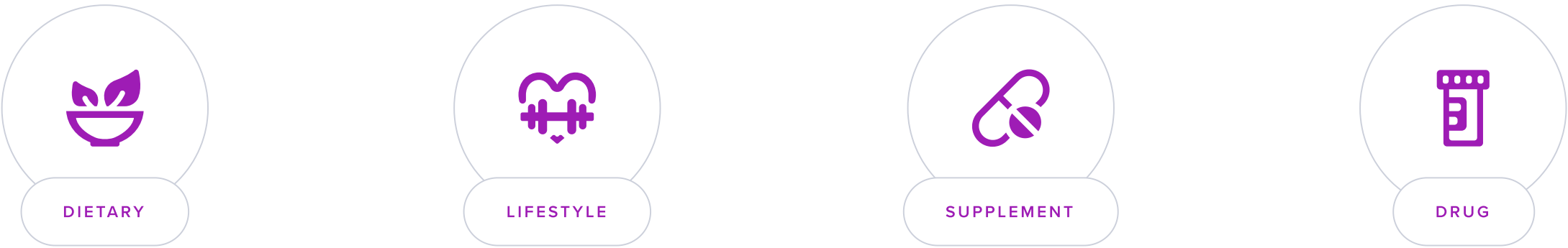
You have 2 risk alleles

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

Stomach pain, also known as abdominal pain, is a common symptom that can originate from various organs within the abdomen. It can range from mild discomfort to severe, sharp, or crampy sensations.

The stomach, liver, intestines, appendix, gallbladder, spleen, kidneys, and more are housed within the abdominal cavity. As such, pinpointing the exact cause of the pain can sometimes be challenging.

Symptoms that may accompany stomach pain include:

- Nausea or vomiting
- Bloating or gas
- Diarrhea or constipation
- Heartburn or acid reflux
- Loss of appetite

Treatments vary widely based on the underlying cause. Over-the-counter medications, dietary modifications, hydration, and rest might suffice for minor issues. However, severe or persistent pain, especially when accompanied by other concerning symptoms, warrants immediate medical attention

Causes and Risk Factors

The cause of stomach pain can be attributed to a wide variety of conditions, from digestive issues like indigestion or gastroenteritis to more serious conditions like appendicitis or kidney stones.

Risk factors for recurrent or chronic stomach pain include:

- Dietary choices: Consuming spicy, fatty, or acidic foods
- Overeating or eating too quickly
- Chronic conditions such as gastritis, ulcers, or gallstones
- Infections or viruses affecting the digestive system
- Physical or emotional stress
- Certain medications that can irritate the stomach lining



TYPICAL LIKELIHOOD

Typical likelihood of having stomach pain based on 1,673 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
/	rs72683482	AG
GRIN3A	rs182276014	TT
GZMH	rs190749747	CC
FZD1	rs182267037	CC
RALGPS2	rs6675656	TT
IGF1R	rs144880784	CC
/	rs56252721	AA
EPS8L3	rs190178166	CC
BTG1	rs141884556	GG
CWF19L2	rs79224501	AA
TMEM128	rs543096999	CC
MXRA8	rs112044473	GG
/	rs145439079	CC
AMN1	rs569208093	GG
PPM1F	rs34639823	CC
IGF1R	rs118021991	AA
COX7C	rs114575486	TT
PLPPR4	rs115008227	AA
EPS8L3	rs78018756	CC
CNTNAP5	rs78037681	CC
ARHGAP45	rs116305519	CC
GUCY1A2	rs117090859	AA
KCND2	rs191721892	AA
COL15A1	rs150185691	AA

GENE	SNP	GENOTYPE
SERPINB8	rs118084041	AA
LRRTM1	rs186057704	GG
FO XK1	rs118117357	TT
MKLN1	rs78522184	GG
TMEM131	rs142462181	GG
ANGPT1	rs12542882	TT
PRMT6	rs145009014	GG
/	rs146534400	TT
KIF21A	rs189504750	GG
C16ORF95	rs192095736	CC
CDIN1	rs113441091	GG
LRATD1	rs113707455	TT
/	rs76449150	GG
SMIM14	rs73240633	TT
NEBL	rs151118164	AA
VT11A	rs148319443	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	Peppermint	2	Address Food Sensitivities
3	Dance30 minutes	4	Ginger500 mg
5	Progressive Muscle Relaxation10 minutes	6	Lactobacillus Reuteri10 billion CFU
7	Avoid Triggers	8	Digestive Enzymes
9	Gentian Root	10	Herbal Bitters5 ml
11	Elimination Diet	12	Apply Heat15 minutes
13	Cumin500 mg	14	Lactobacillus Rhamnosus10 billion CFU
15	Anise (Green)1 g	16	Fennel100 mg
17	Avoid Spicy Food	18	Avoid Food Triggers
19	Avoid Chili Peppers	20	Peppermint Oil180 mg
21	Limit Dairy Intake		

1



Peppermint

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1-2 capsules of peppermint oil, which is often sold as a supplement, three times a day before meals. This is usually done for 4-6 weeks to help with symptoms like digestive discomfort. Always check the specific dosage on the product label since concentrations can vary.

Description

Peppermint is an aromatic plant and a member of the mint family. It has a long history of traditional use, dating back to ancient Egypt and Greece, and is native to Europe and Asia but is now cultivated worldwide. Its main traditional uses include soothing digestive issues, alleviating headaches, and providing relief from respiratory symptoms. This is due to its active compounds menthol and menthone. It is used today for similar purposes, whether eating, made into tea, or consumed as a supplement.

How it helps

Peppermint may alleviate stomach pain by relaxing the muscles of the gastrointestinal tract, which reduces spasms and improves digestion. Its active compounds, menthol and menthone, contribute to this calming effect, enhancing overall digestive comfort.

2



Address Food Sensitivities

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Begin by eliminating common allergens and irritants from your diet, such as dairy, gluten, soy, and nuts, for a period of 4 weeks. After this elimination phase, gradually reintroduce each food group one at a time over a period of 2-3 days each, monitoring for any adverse reactions to pinpoint specific sensitivities.

Description

Food sensitivities refer to adverse reactions to specific foods or food components that can cause symptoms like digestive issues, skin problems, or headaches, without involving the immune system as in allergies.

A *food intolerance* is a non-allergic reaction that makes it hard to digest certain foods. For example, those with lactose intolerance can’t digest dairy [\[R\]](#).

A *food sensitivity* is similar to a food intolerance. However, the cause may be more difficult to pinpoint [\[R\]](#), [\[R\]](#).

People with food sensitivities may have symptoms ranging from gut problems to migraines [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Identifying and eliminating food sensitivities helps reduce the inflammatory response and gastrointestinal discomfort, thereby alleviating stomach pain. This targeted approach supports overall digestive health and minimizes the recurrence of related symptoms.

3



Dance

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Engage in dance activities for at least 30 minutes, three times per week. You can choose any form of dance you enjoy, such as ballroom, hip hop, or salsa, and you can dance at home, in a studio, or in a group class setting.

TYPICAL STARTING DOSE

30 minutes

Description

Dancing involves moving your body to music. Many people take dance classes to learn various styles of dance and improve their skills. Examples include:

- Ballet
- Zumba
- Belly dancing
- Hip hop
- Salsa

Dancing is a fun, creative, and relaxing activity. It can also provide a range of health benefits, improving your heart health, brain health, fitness, and more.

How it helps

Dance and yoga, when added to standard health care, significantly reduced pain (b = -1.29, p = 0.002) for 9- to 13-year-old girls with FAPDs, showing potential as a valuable complementary treatment [\[R\]](#).

4



Ginger

IMPACT1 / 5

EVIDENCE1 / 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's anti-inflammatory properties help to soothe the gastrointestinal lining, reducing irritation and discomfort associated with stomach pain. Additionally, its natural ability to alleviate nausea can promote overall digestive comfort.

5



Progressive Muscle Relaxation

IMPACT1 / 5

EVIDENCE1 / 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

Progressive muscle relaxation (30 minutes) reduced abdominal pain and distension after a colonoscopy in a trial [R](#)].

6



Lactobacillus Reuteri

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing Lactobacillus reuteri daily, ideally choosing a product that specifies CFU (colony-forming units) to ensure you receive an effective dose. Dosage can vary depending on the specific product, but it's typically around 10 billion CFUs. Continue taking the supplement for at least 4 to 8 weeks to evaluate its benefits for your gut health.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus reuteri is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

[Lactobacillus reuteri](#) is a [probiotic](#) bacterium that is part of the normal [microbiome](#) of the gut, skin, urinary tract, and, occasionally, the stomach [\[R\]](#).

L. reuteri is also used as a probiotic. People take it to help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- High cholesterol
- Gut diseases
- Constipation
- Helicobacter pylori infections

In the 1960s, **30-40 percent** of people had *Lactobacillus reuteri* as a part of their microbiome. Today, estimates suggest it is found in only **10-20 percent** [\[R\]](#), [\[R\]](#).

How it helps

In a meta-analysis of 9 trials with 702 children, Lactobacillus reuteri DSM 17938 was found to significantly reduce pain intensity and increase pain-free days in children with functional abdominal pain. The study suggests the need for further research on long-term outcomes [\[R\]](#).

7



Avoid Triggers

IMPACT1 / 5

EVIDENCE1 / 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

Avoiding triggers helps mitigate stomach pain by reducing exposure to specific foods or environmental factors that may exacerbate symptoms. This proactive approach can lead to fewer flare-ups and improved gastrointestinal comfort for individuals with sensitivities.

8



Digestive Enzymes

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take one to two capsules of digestive enzymes with each meal. Start with the lower dosage and increase if necessary, based on your body's response and digestive needs. Continue this regimen daily, assessing your body's response over several weeks to determine long-term usage.

Description

Digestive enzymes aid in the breakdown of food, helping the body absorb nutrients more effectively. They can improve digestive comfort, reduce bloating, and support overall digestive health when taken as supplements or obtained from food sources.

How it helps

Digestive enzymes enhance the breakdown of food, facilitating optimal nutrient absorption and reducing the workload on the digestive system. This can alleviate stomach pain by minimizing discomfort, bloating, and other related digestive symptoms.

9



Gentian Root

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500mg of gentian root in capsule form, 30 minutes before meals, up to three times daily. Continue this regimen for at least three weeks to evaluate its effects on digestive health.

Description

Gentian root is an herbal remedy believed to aid in digestion by stimulating appetite and promoting the secretion of digestive enzymes. It's traditionally used to alleviate symptoms like indigestion and bloating.

How it helps

Gentian root is rich in bitter compounds that stimulate gastric secretions, enhancing digestion and reducing discomfort associated with stomach pain. Its anti-inflammatory properties may also alleviate inflammation in the gastrointestinal tract, promoting overall digestive health.

10



Herbal Bitters

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1 to 2 teaspoons (5-10 ml) of herbal bitters mixed with water or tea, approximately 15-30 minutes before each meal. This practice can be continued on a daily basis for digestive support.

TYPICAL STARTING DOSE

5 ml

Description

Herbal bitters are botanical preparations traditionally used to stimulate digestion and promote gut health. They can aid in digestion, relieve bloating, and support overall digestive well-being.

[Herbal bitters](#) are bitter-tasting herbs. They are used in cultures around the world to support gut health [\[R\]](#).

One common herbal bitter is [artichoke](#). Artichokes are packed with antioxidants and fiber. People eat the heart of the artichoke. However, many of the plant’s active compounds are also found in its leaves [\[R\]](#), [\[R\]](#).

People use artichoke leaf extract to help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Lower cholesterol
- Lower blood pressure
- Improve digestion

How it helps

Herbal bitters stimulate the production of digestive enzymes and bile, enhancing digestion and alleviating discomfort associated with stomach pain. By promoting gut motility, they may also reduce bloating and improve overall digestive function.

11



Elimination Diet

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

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

Description

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

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

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

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

How it helps

An elimination diet helps identify specific food triggers that may be causing stomach pain, allowing for targeted dietary adjustments. By systematically removing and reintroducing foods, individuals can pinpoint sensitivities and reduce associated symptoms more effectively.

12



Apply Heat

IMPACT

1 / 5

EVIDENCE

1 / 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 enhance blood circulation in the abdominal area, promoting muscle relaxation and reducing discomfort associated with stomach pain. This method is particularly effective for alleviating cramping and tension in the muscular structures of the abdomen.

13



Cumin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To implement this supplement recommendation, take 500 mg of cumin in capsule form daily, preferably with a meal to enhance absorption. It's often recommended to continue this regimen for at least 8 weeks to observe potential health benefits.

TYPICAL STARTING DOSE

500 mg

Description

Cumin is a spice used in cooking and traditional medicine. It contains compounds that may have antioxidant and anti-inflammatory effects.

Cumin (*Cuminum cyminum L.*) is a flowering herb cultivated in the Middle East, India, China, and the Mediterranean area [\[R\]](#).

Cumin seeds are used as a spice and, in traditional medicine, for [\[R, R, R\]](#):

- Diarrhea
- Stomachache
- High cholesterol
- Diabetes

How it helps

Cumin may assist in alleviating stomach pain by promoting digestive health through its carminative properties, which help reduce gas and bloating. Additionally, its anti-inflammatory compounds could potentially soothe gastrointestinal irritation.

14



Lactobacillus Rhamnosus

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a probiotic supplement containing Lactobacillus rhamnosus. Typically, the suggested dose is 10 billion CFUs (colony-forming units) per day. This can be taken as a single daily dose or divided into two doses, morning and evening, with or without food. Continue this regimen for at least 4 weeks to observe benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus rhamnosus is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

[Lactobacillus rhamnosus](#) is a [probiotic](#) bacterium, part of the normal gut microflora. Various foods may have added *L. rhamnosus*, including yogurt, cheese, and fermented legumes [\[R, R\]](#).

People take *L. rhamnosus* supplements to balance their immune system and help with infections, allergies, and dermatitis [\[R\]](#).

How it helps

In a systematic review and meta-analysis of 9 randomized controlled trials involving 702 children with functional abdominal pain, Lactobacillus reuteri DSM 17938 was found to significantly reduce pain intensity and increase the number of days without pain. While no firm conclusions were drawn regarding other outcomes, L. reuteri DSM 17938 was demonstrated to decrease pain intensity in children with this condition.[\[R\]](#)

15



Anise (Green)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take anise (green) as a supplement by consuming 1 to 3 grams of the dried fruit daily. You can ingest this by adding it to hot water to make a tea or by incorporating it into food. Do this consistently for at least 2 to 4 weeks to start noticing potential benefits.

TYPICAL STARTING DOSE

1 g

Description

Green anise, derived from the Pimpinella anisum plant, is a spice native to the Eastern Mediterranean and Southwest Asia. It is commonly used in traditional medicine and cooking for its potential digestive benefits, known to alleviate symptoms of indigestion, bloating, and gas. The main bioactive compound in green anise is anethole, which is believed to have carminative properties that aid in digestion.

How it helps

Green anise may alleviate stomach pain by promoting digestion and alleviating symptoms of indigestion, due to its carminative properties from anethole. This can help reduce bloating and gas, providing symptomatic relief for discomfort associated with stomach pain.

16



Fennel

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a fennel supplement in doses ranging from 100 to 600 mg per day, divided into two or three doses. It is recommended to start with a lower dose to assess tolerance. Continue taking the supplement for up to three months to evaluate its effectiveness.

TYPICAL STARTING DOSE

100 mg

Description

Fennel is a flavorful herb and vegetable with potential digestive and anti-inflammatory properties. It can be used in cooking to add flavor to dishes while potentially offering digestive support.

[Fennel](#) (*Foeniculum vulgare*) is an herb belonging to the carrot family. Fennel shoots, bulbs, leaves, and seeds are edible and used in food. Parts of the plant are also used in soaps and perfumes [\[R, R, R\]](#).

As an herbal remedy, fennel may help with period cramps and anxiety [\[R, R\]](#).

How it helps

Fennel contains compounds such as anethole, which can relax gastrointestinal muscles and reduce gas, bloating, and cramping, thus alleviating stomach pain. Its anti-inflammatory properties further support digestive comfort and promote overall gut health.

17



Avoid Spicy Food

IMPACT

1 / 5

EVIDENCE

1 / 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

Avoiding spicy foods minimizes irritation of the gastric mucosa and reduces acid secretion, leading to decreased symptoms of heartburn and digestive discomfort associated with stomach pain. This dietary adjustment promotes enhanced gastrointestinal comfort.

18



Avoid Food Triggers

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Identify foods that trigger negative reactions in your body, such as digestive issues, allergies, or headaches, and eliminate them from your diet entirely. This may require keeping a food diary for a few weeks to observe patterns and might involve cutting out common triggers like dairy, gluten, soy, or certain additives. Continuously monitor and adjust your diet to avoid these triggers as long as the symptoms persist.

Description

Food triggers are specific substances or ingredients in one's diet that can exacerbate or induce adverse reactions, such as allergies, sensitivities, or digestive issues, often leading to symptoms like inflammation, bloating, or discomfort.

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

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

- Gut problems
- Skin problems
- Migraines

How it helps

Avoiding food triggers helps to prevent exacerbation of stomach pain by minimizing the intake of substances that can lead to inflammation or digestive disturbances. This proactive approach can significantly reduce symptoms and improve overall digestive comfort.

19



Avoid Chili Peppers

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Eliminate chili peppers and any foods containing chili peppers from your diet. This includes avoiding both fresh, dried, and powdered forms of chili in cooking and prepared foods. Check ingredient labels on packaged foods to ensure they do not contain chili.

Description

While chili peppers can add flavor and heat to dishes, avoiding excessive consumption can help prevent digestive discomfort and heartburn. Moderation in consumption may allow individuals to enjoy their culinary benefits without experiencing negative side effects.

How it helps

Avoiding chili peppers can help mitigate stomach pain by reducing irritation of the gastrointestinal tract, which can exacerbate symptoms in individuals prone to digestive issues. This dietary adjustment aids in minimizing discomfort and prevents heartburn.

20



Peppermint Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 180-400 mg of peppermint oil in capsule form daily before meals. It is recommended to continue this regimen for at least 4 weeks to evaluate its effects.

TYPICAL STARTING DOSE

180 mg

Description

Peppermint oil is an essential oil derived from the peppermint plant (*Mentha × piperita*). It has a long history of traditional use, dating back to ancient Egypt and Rome, where it was utilized for digestive and respiratory issues. Its main compounds, menthol and menthone are utilized for a variety of potential health benefits, including digestion, skin care, headaches, and respiratory congestion.

People use peppermint in foods, cosmetics, and supplements. [Peppermint oil](#) is an essential oil from peppermint leaves. It may ease muscle pain, relieve headaches, and improve digestion [\[R\]](#), [\[R\]](#).

Please note: *Peppermint oil may interact with certain medications. If you are taking any medications, consult your doctor before using peppermint oil* [\[R\]](#), [\[R\]](#).

How it helps

Peppermint oil helps alleviate stomach pain by relaxing the smooth muscles in the gastrointestinal tract, which can reduce spasms and discomfort. Its carminative properties also assist in relieving gas and bloating, promoting overall digestive health.

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Limit Dairy Intake

IMPACT

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EVIDENCE

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How to implement

Reduce your consumption of dairy products, such as milk, cheese, yogurt, and butter, to no more than one serving per day. A serving is equivalent to 1 cup (240 ml) of milk, 1 cup of yogurt, 1.5 ounces (42 grams) of natural cheese, or 2 ounces (56 grams) of processed cheese.

Description

Limiting dairy intake may benefit individuals who are lactose intolerant or have dairy allergies, as it helps prevent digestive discomfort and symptoms like bloating and diarrhea. Exploring dairy-free alternatives supports overall gastrointestinal comfort.

Dairy products are made from milk. They include [\[R\]](#):

- Cheese
- Yogurt
- Kefir
- Butter
- Cream

Dairy products contain high levels of [calcium](#). Calcium helps build strong bones. However, eating a lot of dairy products is linked to acne and certain health conditions like Parkinson's disease [\[R, R, R, R\]](#).

How it helps

Limiting dairy intake alleviates symptoms associated with lactose intolerance, such as bloating and diarrhea, by reducing the intake of lactose that the body cannot properly digest. This dietary adjustment minimizes gastrointestinal discomfort and enhances overall digestive health.

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 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.

