

Strep Infection

DNA Health Report

REPORT CATEGORIES —



RESPIRATORY HEALTH



IMMUNITY &
INFECTIONS

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

Strep infection is caused by the streptococcal bacteria. What we typically think of when we hear ‘strep’ is caused by Group A *Streptococcus* bacteria, referred to as **GAS** or **Strep A**.

GAS bacteria are highly contagious. They spread through respiratory droplets, direct contact, or even mishandled food.

Strep throat and tonsillitis (tonsil inflammation) are the most common conditions caused by a strep infection. They are much more prevalent in children, but they affect people of all ages [\[R\]](#).

Symptoms of a strep infection can include [\[R\]](#), [\[R\]](#):

- Flu-like symptoms, such as fever and aches
- Sore throat or painful swallowing
- Red and swollen tonsils
- Tiny red spots on the back of the mouth
- Swollen lymph nodes in the neck
- Rash
- Nausea and vomiting

If you suspect symptoms of a strep infection in yourself or your children, seek medical attention to reduce the risks of complications.

Risk Factors

Key Takeaways:

- The genetics involved in strep infection play a role in inflammation and the immune response.
- Other risk factors include age (childhood), time of year (winter/early spring), public/crowded places, poor hygiene, a weakened immune system, and some viral infections.
- Strep infection is common, affecting in the **100's of millions** every year worldwide.
- If you have high genetic risk, you may lower your overall risk by taking action on those factors that you can change.
- Click the **next steps** tab for relevant labs.

Strep infection is caused by Group A *Streptococcus* bacteria, known as **GAS** or **Strep A**.

Risk factors for strep infections include [\[R\]](#), [\[R\]](#):

- Young age (childhood)
- Time of year (winter and early spring)
- Being at public and crowded places like schools
- Poor hygiene
- A weakened immune system
- Some viral infections, such as the flu

Genetics may also affect your susceptibility to strep infections. Involved genes play a role in inflammation and the immune response against microbes [\[R\]](#).



TYPICAL LIKELIHOOD

Typical likelihood of a strep infection based on 37 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ZNF770	rs117330746	TT
STARD5	rs140751642	GG
MDFI	rs11757926	CC
COPS9	rs77982803	GG
NTSR2	rs7567094	CA
FAM170A	rs2897116	CT
FAM170A	rs2130737	TC
PRR16	rs8180470	TC
PRR16	rs255806	CA
PRR16	rs6595205	GC
MICB	rs1055821	GG
GJA10	rs148419428	CC
NMRK1	rs138176776	GG
PHYHIP1L	rs148775021	AA
HCN4	rs377537777	TT
FYB2	rs139595874	TT
/	rs142537630	GG
TBX3	rs61929721	TT
DACT1	rs72624799	GG
OSR1	rs140420106	AA
SLC44A1	rs140382013	CC
SLC7A11	rs72728045	AA
CRACR2B	rs112770511	GG
TMPRSS15	rs34463425	GG

GENE	SNP	GENOTYPE
SELENOK	rs115094887	CC
KIF2A	rs187104844	GG
FOXI2	rs4237485	GG
KIF2A	rs56332402	TT
KIF2A	rs76145636	GG
KIF2A	rs77014515	CC
KIF2A	rs113064153	GG
DIMT1	rs79931146	GG
DIMT1	rs56245568	CC
FHOD3	rs75955717	GG
ATXN10	rs117682773	GG
SLFN11	rs12947734	AA
CYP4V2	rs12331264	TT
PGLYRP2	rs2116905	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		DOSAGE	
1	Regular Hand Washing	2	Avoid Close Contact With Infected People
3	Good Hygiene Practices20 seconds	4	Lactoferrin100 mg
5	Streptococcus Salivarius10 billion CFU	6	Gargling30 seconds
7	Avoid Air Pollution	8	Avoid Vitamin E Supplements
9	Sleep for 7+ Hours	10	Avoid Secondhand Smoke
11	Avoid Touching Your Face	12	Avoid Crowds
13	Avoid Contaminated Foods	14	American Ginseng200 mg
15	Clean and Disinfect Surfaces Regularly	16	Avoid Sugary Foods & Drinks
17	Andrographis300 mg		

1



Regular Hand Washing

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Wash your hands with soap and water for at least 20 seconds, making sure to scrub all surfaces of your hands, including the backs, between your fingers, and under your nails. Do this several times a day, especially before eating, after using the bathroom, after blowing your nose, coughing, or sneezing, and after touching garbage.

Description

Regular hand washing is a simple yet highly effective hygiene practice that helps prevent the spread of infectious diseases and illnesses. It is essential for reducing the transmission of harmful pathogens and maintaining overall health.

How it helps

Strep germs are typically spread through droplets when an infected person sneezes or coughs, or through shared foods and drinks.

Experts recommend good hygiene practices to prevent strep infections. Regular hand washing is among the most important ones [\[R, R, R, R\]](#).

2



Avoid Close Contact With Infected People

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Maintain a distance of at least 6 feet from people who are showing symptoms of respiratory illness, such as coughing or sneezing. This should be done continuously, especially during outbreaks of contagious diseases, until public health officials declare it safe to resume normal interactions.

Description

Avoiding close contact with infected people is essential to prevent the spread of contagious diseases. Many infections, including respiratory viruses, are transmitted through respiratory droplets expelled during close interactions. Maintaining distance helps reduce the risk of exposure, protecting individuals from contracting and spreading illnesses.

This practice is particularly important during outbreaks or pandemics, as it contributes to breaking the chain of transmission and safeguarding public health.

How it helps

Strep germs are typically spread through droplets when an infected person sneezes or coughs, or through shared foods and drinks.

Experts recommend good hygiene practices to prevent strep infections. These include avoiding close contact with people who are sick [\[R, R, R, R\]](#).

3



Good Hygiene Practices

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Wash your hands with soap and water for at least 20 seconds, especially before eating, after using the restroom, and when returning home. Shower or bathe daily using soap, focusing especially on areas that produce more sweat. Brush your teeth twice a day with fluoride toothpaste and floss daily to maintain oral hygiene.

TYPICAL STARTING DOSE

20 seconds

Description

Good hygiene practices, such as regular handwashing and proper sanitation, are essential for preventing the spread of infections and maintaining public health. Adhering to good hygiene habits can reduce the risk of illness and promote general well-being.

Good hygiene practices involve keeping your body and environment clean. Everyday, we get in contact with millions of germs. Neglecting hygiene practices creates an ideal environment for these germs, increasing the risk of infections.

Personal hygiene is the action of maintaining the body clean and healthy. Good practices include:

- Showering or bathing at least every other day
- Washing your hands multiple times a day
- Brushing your teeth at least twice a day
- Trimming and brushing your nails regularly

Domestic hygiene includes all the work done to keep people’s clothes, beddings, and houses clean.

Poor hygiene is associated with an increased risk of [\[R\]](#):

- **Respiratory infections**
- Gastrointestinal infections
- Athlete’s foot
- Head, body, and pubic lice
- Tooth decay
- Hot tub rash
- Pinworms
- Scabies
- Swimmer’s ear
- Ringworms

How it helps

Strep germs are typically spread through droplets when an infected person sneezes or coughs, or through shared foods and drinks. **Experts recommend good hygiene practices to prevent strep infections.** These include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Regular hand washing
- Coughing or sneezing into a tissue, elbow, or sleeve
- Avoiding crowds as much as possible
- Avoiding close contact with people who are sick
- Staying home if sick
- Not sharing food and drink utensils
- Washing dishes in hot, soapy water or in a dishwasher
- Cleaning and disinfecting surfaces
- Avoiding touching your eyes, nose, or mouth

Although less common, outbreaks linked to mass food catering services or industrial manufacture have also been reported. Transmission from an **infected food handler or incorrect food hygiene practices** were the most common causes [R, R, R, R, R, R, R].

4



Lactoferrin

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Take 100-200 mg of lactoferrin supplement per day, preferably on an empty stomach to enhance its absorption. Continue this regimen daily for 8 to 12 weeks to observe beneficial effects.

TYPICAL STARTING DOSE

100 mg

Description

Lactoferrin is a protein found in milk and other bodily fluids that has been studied for its potential health benefits, including immune system support and antimicrobial properties. It plays a role in promoting gut health.

Lactoferrin is a protein found in milk. It can bind to iron and travel all around the body [R].

Lactoferrin may help support [R, R]:

- Immunity
- Iron status

How it helps

Lactoferrin acts as an antimicrobial agent by binding iron, a nutrient strictly necessary for bacterial growth, thereby limiting its availability for the streptococcus bacteria causing your infection. Additionally, it boosts your immune system which helps in both fighting off the current infection and preventing future ones.

A meta-analysis of 6 randomized controlled trials found that lactoferrin **reduced the odds of developing respiratory infections (pooled OR = 0.57)**. However, the authors asked for more large well-designed RCTS [R].

5



Streptococcus Salivarius

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a probiotic supplement containing *Streptococcus salivarius* daily, preferably in the morning on an empty stomach or as directed on the product packaging. The specific dosage can vary, so it's important to follow the manufacturer's instructions. Continue this regimen daily for at least 4 weeks to evaluate its benefits.

TYPICAL STARTING DOSE
10 billion CFU

Description

Streptococcus salivarius is a type of beneficial bacteria found naturally in the mouth and throat. It plays a role in oral health by helping to maintain a balanced oral microbiome, which can contribute to fresher breath and reduced risk of dental issues.

Streptococcus salivarius is one of the first colonizers of the human mouth and gut after birth. It’s one of the most abundant microorganisms in the saliva. Although usually harmless, it can cause infections in people with a weakened immune system [R, R].

On the other hand, some strains can be used as [probiotics](#). People mainly take *S. salivarius* to help with [R, R]:

- Cavities
- Ear infections
- Respiratory infections
- Yeast infections

How it helps

Supplementation with *S. salivarius* K12 may help prevent strep throat, tonsillitis (tonsil inflammation), and adenoiditis (adenoid inflammation) [R].

Oral sprays with *S. salivarius* 24SMB and *S. oralis* 89a may prevent strep infections and reduce their severity [R].

S. salivarius may help by inhibiting the growth of harmful bacteria in the mouth and respiratory tract [R].

6



Gargling

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Gargle with warm salt water for 30 seconds, two to three times a day, especially after meals and before bed. Dissolve half a teaspoon of salt in a cup of warm water for the solution.

TYPICAL STARTING DOSE

30 seconds

Description

Gargling with salt water or certain antiseptic solutions is a simple practice that can help soothe a sore throat, reduce inflammation, and promote oral hygiene. It is often recommended as a natural remedy for minor throat discomfort and respiratory health.

Gargling is the act of bubbling some liquid in the throat and spitting it afterwards. The most common gargling solution is water with table salt, but you can use other salts or add ingredients such as honey, lemon, or herbs to improve the taste.

Salt water gargling has been used as a safe, affordable home remedy for sore throat since before modern medicine. People also use salt water gargles to improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Respiratory infections
- Mouth ulcers
- Allergies
- Dental problems

How it helps

Salt water gargling may help prevent respiratory infections in people attending crowded events [\[R\]](#).

Experts recommend gargling several times a day with salt water to relieve throat pain and inflammation. Mix 1/4 teaspoon of table salt in one cup of warm water [\[R\]](#), [\[R\]](#).

Salt water may help by drawing excess water from inflamed tissues. It may also create a barrier that prevents infectious microbes from entering the tissues [\[R\]](#).

7



Avoid Air Pollution

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

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

Description

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

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

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

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

How it helps

Exposure to air pollution increases the abundance of *Streptococcus* bacteria in the respiratory tract. Pollutants that may increase the risk of strep infections include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Particulate matter
- Ozone
- Cooking fumes

Because air pollution can irritate the throat and lungs, experts recommend that people with an ongoing strep infection avoid air pollution as much as possible [\[R\]](#).

Tips for lowering exposure to air pollution include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Monitoring air pollution levels regularly
- Using an appropriate face mask when pollution levels are high
- Avoiding outdoor exercise when pollution levels are high
- Cleaning and maintaining air filtration systems
- Not burning wood or trash
- Using protective respiratory equipment at work, if needed

8



Avoid Vitamin E Supplements

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Do not purchase or consume vitamin E in supplement form. If you are currently taking vitamin E supplements, consider discontinuing their use.

Description

While vitamin E is an essential nutrient found naturally in various foods like nuts and seeds, supplements should possibly be avoided unless recommended by a healthcare professional, as excessive vitamin E intake can lead to potential adverse effects.

How it helps

Daily multivitamin-mineral supplementation and 200 mg of vitamin E did not demonstrate a positive impact on the incidence and severity of acute respiratory tract infections in well-nourished elderly individuals. In fact, vitamin E supplementation was associated with worsened illness severity, including longer duration, more symptoms, fever presence, and activity restriction [R].

How to implement

Description

- Support brain health [\[R, R\]](#)
- Maintain a healthy weight and appetite [\[R, R, R\]](#)
- Regulate blood pressure [\[R, R\]](#)
- Balance blood sugar [\[R, R\]](#)

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that's cool, dark, and quiet

How it helps

Sleep may help by stimulating immunity and reducing inflammation [R, R].

10



Avoid Secondhand Smoke

IMPACT1 / 5

EVIDENCE1 / 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

Smokers may be at increased risk of strep infections such as tonsillitis (tonsil inflammation) [\[R\]](#).

Similarly, children exposed to secondhand smoke are more likely to have strep throat [\[R\]](#), [\[R\]](#).

Cigarette smoke may contribute to strep throat and other respiratory infections by [\[R\]](#), [\[R\]](#):

- Irritating the airways
- Impairing mucus clearance
- Reducing immune function in the airways

11



Avoid Touching Your Face

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Keep your hands away from your face as much as possible, especially the eyes, nose, and mouth, to help prevent the spread of germs and reduce the risk of infection. This action should be a continuous habit, but be more conscious of it during periods of illness or when in public or crowded places.

Description

Avoiding touching your eyes, nose, and mouth is crucial for infection prevention. These areas are entry points for viruses and bacteria. Touching contaminated surfaces and then your face increases the risk of infection transmission. Viruses, like the flu or common cold, can enter the body through mucous membranes, leading to illness.

Practicing good hand hygiene and refraining from touching your face reduces the likelihood of introducing pathogens into the body, supporting overall health and preventing the spread of infections.

How it helps

Strep germs are typically spread through droplets when an infected person sneezes or coughs, or through shared foods and drinks.

Experts recommend good hygiene practices to prevent strep infections. These include avoiding touching your mouth, nose, and eyes [\[R, R, R, R\]](#).

12



Avoid Crowds

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Minimize your time in crowded places by scheduling your errands during off-peak hours, avoiding public events known to draw large crowds, and choosing less crowded routes or modes of transportation.

Description

Avoiding crowded environments, especially during contagious disease outbreaks, can reduce the risk of viral transmission and help protect public health. It promotes social distancing measures that are crucial for preventing the spread of infectious diseases.

How it helps

Strep germs are typically spread through droplets when an infected person sneezes or coughs, or through shared foods and drinks.

Experts recommend good hygiene practices to prevent strep infections. These includes avoiding crowds as much as possible [\[R, R, R, R\]](#).

13



Avoid Contaminated Foods

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To adhere to this dietary recommendation, ensure that you purchase fresh foods from reputable sources, handle raw and cooked foods separately to avoid cross-contamination, wash your hands, utensils, and food preparation surfaces before and after handling food, and make sure to cook foods to the appropriate temperatures. Additionally, check expiration dates on packaged foods and avoid consuming food that looks, smells, or tastes spoiled.

Description

Contaminated food contains unwanted and potentially harmful substances. Food gets contaminated when it gets in contact with biological matter produced by humans, animals, or germs, natural or artificial chemicals, or foreign objects. Contaminated food can cause food poisoning.

Contaminated food contains unwanted and potentially harmful substances. Food gets contaminated when it gets in contact with biological matter produced by humans, animals, or germs, natural or artificial chemicals, or foreign objects [\[R\]](#).

Contaminated food can cause food poisoning. Common symptoms of food poisoning include [\[R\]](#):

- Stomach cramps
- Nausea and vomiting
- Diarrhea
- Loss of appetite
- Fever

How it helps

Although not very common, strep infection outbreaks linked to mass food catering services or industrial manufacture have been reported. Transmission from an **infected food handler or incorrect food hygiene practices** were the most common causes [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)

14



American Ginseng

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 200-400 mg of American ginseng extract daily, preferably with a meal to enhance absorption. This regimen can be followed continuously for up to 12 weeks, after which a break or reassessment of the need to continue should be considered.

TYPICAL STARTING DOSE

200 mg

Description

American ginseng is a perennial herb native to North America, particularly regions of the United States and Canada. It is valued for its potential health benefits, including immune system support, stress reduction, and enhanced cognitive function, with the primary active compounds being ginsenosides.

[Ginseng](#) is a plant people use to improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sexual function
- Immunity
- Fatigue
- Attention

There are many different types of ginseng. The most common ones are [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Korean red ginseng, also called Asian ginseng (*Panax ginseng*)
- [American ginseng](#) (*Panax quinquefolius*)
- Chinese notoginseng, also called Sanchi (*Panax notoginseng*)

How it helps

American Ginseng does not have specific properties to directly treat strep infection. Rather, it is often considered an immune booster, which could potentially assist the body's overall immune response but doesn't directly cure the infection.

In a [placebo-controlled trial of 323 adults](#), supplementation with an American ginseng extract rich in poly-furanosyl-pyranosyl-saccharide (2 capsules/day) for 4 months **reduced the mean number of colds per person, the proportion of subjects who experienced 2 or more colds, the severity of symptoms and the number of days cold symptoms were reported** [\[R\]](#).

Similarly, American ginseng extract (200 mg, 2x/day) taken for 12 weeks **reduced the incidence of acute respiratory illness by 89%** in a [placebo-controlled trial of 198 older participants](#) [\[R\]](#).

In a [placebo-controlled trial of 293 patients with early-stage](#), untreated chronic lymphocytic leukemia, there was a **trend toward reduced rates of moderate to severe acute respiratory illness and less sore throat** after supplementation with American ginseng [\[R\]](#).

However, American ginseng extract **failed to prevent upper respiratory infections** in a [placebo-controlled trial of 75 children](#) [\[R\]](#).

15



Clean and Disinfect Surfaces Regularly

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Use a household cleaner or disinfectant to clean frequently-touched surfaces such as doorknobs, light switches, countertops, and handles daily. After spraying the disinfectant, leave it on the surface for at least 1 minute before wiping it off to ensure germs are killed.

Description

Cleaning and disinfecting surfaces are crucial to prevent the transmission of infections. Surfaces can harbor viruses and bacteria, posing a risk of contamination. Regular cleaning removes dirt and grime, while disinfecting eliminates or reduces the presence of pathogens.

This practice is especially important in shared spaces and high-touch areas, as it helps break the chain of infection, protects individuals from harmful germs, and contributes to maintaining a clean and safe environment for overall public health.

How it helps

Strep germs are typically spread through droplets when an infected person sneezes or coughs, or through shared foods and drinks.

Experts recommend good hygiene practices to prevent strep infections. These include cleaning and disinfecting surfaces regularly [\[R, R, R, R\]](#).

16



Avoid Sugary Foods & Drinks

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To avoid sugary foods, eliminate or significantly reduce consumption of foods and beverages high in added sugars such as sodas, candies, baked goods, and sugary cereals from your diet. Instead, opt for natural sugar sources like fruits. Aim to do this daily for ongoing health benefits.

Description

High-sugar foods like baked goods, sweets, and sugary drinks, can spike your blood sugar levels. Consuming a lot of these types of foods can contribute to health issues like diabetes, obesity, insomnia, and heart disease.

High-sugar foods and refined carbs have a high glycemic index (GI). This means they tend to spike your blood sugar levels. They include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sugary drinks
- Baked goods
- Sweets
- White bread
- White rice
- Pasta

Eating a lot of sugary foods can contribute to:

- Diabetes [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Weight gain and obesity [\[R\]](#), [\[R\]](#)
- Insomnia [\[R\]](#)
- Heart disease [\[R\]](#)

You may also want to avoid processed sugars and sugary drinks. They may have a role in increasing IL-1B [\[R\]](#), [\[R\]](#).

How it helps

Eating less sugar may reduce inflammation and support immune function, helping the body to combat infections more effectively.

17



Andrographis

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take an Andrographis supplement following the dosages provided on the product label, usually ranging from 300 to 600 mg daily. This is typically divided into two to three doses throughout the day, with meals, and should be done for up to 8 weeks to support immune function or relieve cold symptoms.

TYPICAL STARTING DOSE

300 mg

Description

Andrographis is a medicinal herb native to South Asian countries like India and Sri Lanka. It is known for its potential health benefits, primarily due to its active compound, andrographolide, which has anti-inflammatory and immune-boosting properties. Andrographis is often used in traditional medicine to treat conditions such as upper respiratory tract infections, fever, and digestive issues.

[Andrographis](#) (*Andrographis paniculata*) is an Ayurvedic plant known as the “king of [bitters](#)” People traditionally use it to fight infections and the common cold [[R](#)].

How it helps

Andrographis, often referred to as "Indian echinacea," boosts your immune system promoting quicker recovery from strep infection. It achieves this by enhancing your body's natural defenses, thus fighting off the Strep bacteria.

Next Steps

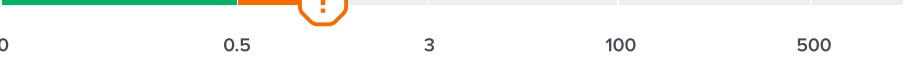
Remember, your genes only tell one important part of your health story!

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.

 WBC	6.92 x10³/mm³		9 Nov 2025
 Zinc	17.12 umol/L		9 Nov 2025
 Vitamin D, 25-Hydroxy, Total	58.59 ng/mL		9 Nov 2025
 Albumin	4.3 g/dL		9 Nov 2025
 hs-CRP	1.6 mg/L		9 Nov 2025