

Swelling

DNA Health Report

REPORT CATEGORY —



Sample Client

Report date: 15 January 2026

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.



How this works

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



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



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

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



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

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

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



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

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

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

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

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



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

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



Impact

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

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

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

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

Recommendation Evidence

5 / 5

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

4 / 5

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

3 / 5

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

2 / 5

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

1 / 5

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

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

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

Medium-quality

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

Low-quality

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

Indirect

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

In theory

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

Some things to keep in mind:

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

Introduction

Edema is the medical term for swelling caused by an excess of fluid trapped in the body's tissues. It can affect any part of the body but is commonly noticed in the hands, arms, feet, ankles, and legs. Swelling can arise from a variety of conditions or diseases, some of which can be life-threatening.

Common manifestations of edema include:

- Swelling or puffiness of the tissue directly under the skin.
- Stretched or shiny skin.
- Skin that retains a dimple after being pressed for several seconds (pitting edema).
- Increased abdominal size, in the case of ascites (abdominal edema).
- Shortness of breath or difficulty breathing, when edema is associated with lung conditions (pulmonary edema).

Risk Factors and Genetics

Factors that might increase the risk of developing edema include [R](#), [R](#):

- Sitting or standing in one place for too long.
- Hot weather.
- High salt intake.
- Pregnancy: Hormonal changes can cause increased fluid retention.
- Certain medications, like those for hypertension, steroids, NSAIDs, and some diabetes medications.
- Chronic venous insufficiency.
- Lymphatic system blockages.
- Congestive heart failure.
- Kidney disease or damage.
- Cirrhosis.
- Genetics



MORE LIKELY

More likely to have edema based on 1,672 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
DSG3	rs73412205	TT
RGS10	rs4752321	GC
PLPPR5	rs12042620	TT

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	Chlorella	3 g	2	PEMF	30 minutes
3	Horsetail	300 mg	4	Eleuthero	300 mg
5	Aquatic Exercise	1 hour	6	Turmeric	
7	Anti-Inflammatory Diet		8	Yoga	30 minutes
9	Topical Arnica		10	Topical CBD	
11	Omega-3 (Fish Oil)	2000 mg	12	Cold Applications	15 minutes
13	Horse Chestnut		14	Curcumin	500 mg
15	Walking	30 minutes	16	Compression Therapy	
17	Red Vine Leaf Extract	360 mg	18	Ginger	500 mg

1



Chlorella

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 3 to 5 grams of chlorella in tablet or powder form daily, ideally before meals to improve digestion. Continue this supplementation for at least 2 to 3 months to observe benefits.

TYPICAL STARTING DOSE

3 g

Description

[Chlorella](#) is a **microalga from freshwater**. People consume chlorella in rice, pancakes, or tea. It can also be found as a supplement [\[R\]](#) [\[R\]](#).

Chlorella is **rich in protein** and several micronutrients. It may be useful to [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#):

- Reduce blood sugar
- Lower cholesterol
- Reduce blood pressure
- Improve immunity

How it helps

In a placebo-controlled trial of 70 pregnant women, supplementation with chlorella (6 g/day) from the 12th-18th week of gestation until delivery reduced the risk of anemia, proteinuria, and edema [\[R\]](#).

2



PEMF

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Use a PEMF (Pulsed Electromagnetic Field) device for 30 minutes to 2 hours daily. Position the device as directed by the manufacturer, typically over the area of concern or discomfort. It can be part of your daily routine, such as during rest or activity, without a specific end date unless advised by a healthcare professional.

TYPICAL STARTING DOSE

30 minutes

Description

PEMF, or Pulsed Electromagnetic Field therapy, involves the use of electromagnetic fields to stimulate cellular activity within the body. This therapy is believed to help improve circulation, reduce pain and inflammation, and enhance cellular function.

How it helps

A study involved 11 patients receiving four tilted implants, with immediate loading. PEMF devices were applied post-surgery, one activated, one placebo. No significant difference in swelling or pain between the activated and placebo sides. Conclusion: PEMF doesn't reduce postoperative discomfort after implant surgery [R].

Double-blind study: 32 TRAM flap breast reconstruction patients received active or sham PEMF therapy. The active group had significantly lower pain scores, narcotic use, wound exudate volume, and interleukin-1 β levels. PEMF could enhance wound repair in various surgeries [R].

3



Horsetail

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take horsetail as a supplement in capsule form, usually available in doses ranging from 300 to 500 mg. Consume it once or twice daily, with meals to minimize the risk of stomach upset. It's recommended to cycle the supplement, taking it for 4 weeks followed by a 1-week break to prevent possible side effects.

TYPICAL STARTING DOSE

300 mg

Description

Horsetail is an herb rich in silica, which is important for bone health and may contribute to improved hair, skin, and nail condition. It is sometimes used as a dietary supplement to support these aspects of overall well-being.

How it helps

In a placebo-controlled trial of 36 healthy men, supplementation with horsetail extract (900 mg/day) for 4 days had a diuretic effect equivalent to that of hydrochlorothiazide without changing electrolyte elimination [R].

4



Eleuthero

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take an eleuthero supplement of 300 to 1200 mg daily, usually divided into two or three doses. It is recommended to follow this dosage for up to 6 weeks, after which a break or consultation with a healthcare provider is advised.

TYPICAL STARTING DOSE

300 mg

Description

Eleuthero, also known as Siberian ginseng, is an adaptogenic herb that may help the body cope with stress, support immune function, and increase energy levels. It's used in herbal remedies to promote resilience and vitality.

How it helps

In a [placebo-controlled trial of 50 women](#), drinking water (500 mL) with eleuthero (100 mg) before spending 6 hours sitting **attenuated leg swelling** [\[R\]](#).

5



Aquatic Exercise

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in aquatic exercise sessions, such as swimming or water aerobics, for 60 minutes, 3 to 5 times per week. Ensure the exercise intensity is moderate, allowing you to talk but not sing during the activity. Consistency over time is key, so aim to incorporate this into your weekly routine for at least 3 to 6 months to observe benefits.

TYPICAL STARTING DOSE

1 hour

Description

Aquatic exercise involves physical activity performed in water, such as swimming, water aerobics, or aquatic therapy. It is gentle on the joints, making it suitable for individuals with mobility issues, and can help improve cardiovascular fitness and muscle strength.

Aquatic exercise is any type of low-impact physical activity performed in a pool. In this type of cardio exercise, water helps the body float, which reduces gravity and makes the practice more comfortable and tolerable [\[R\]](#), [\[R\]](#).

Compared to land-based exercise, aquatic exercise may be better by [\[R\]](#):

- Reducing the stress and impact on joints
- Lowering fracture risk

Hence, it is usually **recommended for the elderly**. Aquatic exercise is also suitable for people who don't know how to swim [\[R\]](#).

How it helps

Aquatic exercise can help reduce swelling by promoting circulation and reducing the load on joints, making it easier for the body to transport excess fluids away from swollen areas.

6



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 contains curcumin, which has strong anti-inflammatory properties that can help reduce swelling.

7



Anti-Inflammatory Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in omega-3 fatty acids, such as salmon and flaxseeds, fruits, vegetables, nuts, and whole grains into your daily meals. Avoid processed foods, red meats, and refined sugars. Aim for a balanced diet consisting mostly of plant-based foods and lean protein sources, adjusting portions sizes to meet your individual nutritional needs and health goals.

Description

An anti-inflammatory diet focuses on reducing inflammation in the body by emphasizing foods rich in anti-inflammatory compounds, such as fruits, vegetables, fatty fish, nuts, and seeds, while minimizing processed foods and those high in added sugars and trans fats.

Anti-inflammatory diets use healthy foods to reduce inflammation. These diets are generally high in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Colorful fruits and vegetables
- Nuts and seeds
- Fish
- Olive oil
- Tea

They also tend to restrict [\[R\]](#), [\[R\]](#):

- Processed food
- Sugar and refined carbs
- Red meat

The [Mediterranean diet](#) and the DASH diet are good examples of anti-inflammatory diets [\[R\]](#), [\[R\]](#).

How it helps

This diet helps reduce swelling by including foods rich in antioxidants and omega-3 fatty acids, which can decrease inflammation.

8



Yoga

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R, R, R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Yoga incorporates poses and movements that improve circulation and reduce fluid retention, thus helping to manage swelling.

9



Topical Arnica

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply arnica cream or gel to the affected area 2 to 3 times daily for up to 3 weeks. Ensure the skin is clean and unbroken before application.

Description

Arnica is a natural plant-derived remedy often used topically for its potential to reduce bruising, inflammation, and muscle soreness. It can be applied to areas of the body experiencing minor injuries or trauma.

[Arnica](#) is a daisy-like flower that grows in the mountains. People use arnica creams for [\[R\]](#), [\[R\]](#):

- Muscle or joint pain
- Swelling
- Bruises

How it helps

Arnica is known for its anti-inflammatory and analgesic properties, which can help alleviate swelling and pain.

10

Topical CBD

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a CBD-infused cream or ointment to the affected area of the skin 2-3 times per day, gently massaging it into the skin until fully absorbed. Continue this regimen for at least 4 weeks to assess effectiveness.

Description

CBD, derived from the cannabis plant, is used topically in various skincare products for its potential anti-inflammatory and soothing effects on the skin. It is applied to address skin conditions like acne, eczema, and psoriasis.

[Cannabidiol \(CBD\)](#) is a compound found in cannabis. Unlike its cousin THC, **CBD is not psychoactive and can’t get you “high”** [\[R\]](#).

People use CBD to:

- Reduce anxiety [\[R, R\]](#)
- Relieve pain [\[R, R, R\]](#)
- Prevent seizures [\[R\]](#)
- Improve sleep [\[R\]](#)

Topical CBD products are also available. People use them for skincare, joint problems, and more [\[R, R\]](#).

How it helps

CBD has been shown to have anti-inflammatory properties that can help reduce swelling and pain when applied topically.

11



Omega-3 (Fish Oil)

IMPACT0 / 5

EVIDENCE0 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

2000 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

Omega-3 fatty acids have anti-inflammatory effects, which can help decrease swelling and inflammation in the body.

12



Cold Applications

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

TYPICAL STARTING DOSE

15 minutes

Description

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

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

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

- Ice packs
- Ice baths
- Cryotherapy

How it helps

Applying cold packs can reduce swelling by constricting blood vessels, which reduces blood flow to the affected area and minimizes fluid accumulation.

13



Horse Chestnut

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate horse chestnut supplements into your lifestyle by taking one 300mg capsule of horse chestnut seed extract daily, ideally with meals to improve absorption. This regimen is recommended for managing symptoms of chronic venous insufficiency, such as varicose veins, for a period of up to 12 weeks.

Description

Horse chestnut extract is sometimes used as a natural remedy for improving venous circulation and reducing symptoms of conditions like varicose veins and chronic venous insufficiency. Its active compounds may help strengthen blood vessel walls and reduce swelling.

Horse chestnut extracts are made from the leaves or seeds of the horse chestnut tree (*Aesculus hippocastanum*). This tree is native to parts of southeastern Europe [\[R, R\]](#).

Escin is an anti-inflammatory compound found in horse chestnut extracts. These extracts may help with [\[R, R\]](#):

- Circulation in the legs
- Irritable bowel syndrome (IBS)
- Male infertility

How it helps

Horse chestnut contains a compound called aescin, which helps reduce inflammation and improve vein health, thereby reducing swelling, especially in conditions like chronic venous insufficiency.

14



Curcumin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 500 mg curcumin supplement daily with food. To enhance absorption, take it with a meal that contains fats or oils since curcumin is fat-soluble.

TYPICAL STARTING DOSE

500 mg

Description

Curcumin is a compound found in turmeric known for its anti-inflammatory and antioxidant properties. It has been studied for its potential to reduce inflammation, support joint health, and contribute to overall well-being.

[Turmeric](#) is a yellow spice from India. It may reduce inflammation and [oxidative stress](#) [R].

The most important active compound in turmeric is **curcumin**. People use curcumin for [R, R, R, R, R, R]:

- Joint pain
- Hay fever
- Mood
- High blood sugar
- Gut health
- Liver health

How it helps

Curcumin, the active component of turmeric, has strong anti-inflammatory properties. It works by inhibiting multiple molecules that play a role in inflammation.

15



Walking

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

Walking promotes better circulation and lymphatic drainage, which can help reduce swelling in the legs and feet.

16



Compression Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Wear compression stockings or sleeves daily, especially during long periods of standing or sitting. Choose a compression level appropriate for your condition (mild, moderate, or high), as advised by a healthcare professional. Start wearing them in the morning before swelling occurs and keep them on until bedtime.

Description

Compression therapy involves wearing specialized garments that apply pressure to the limbs, promoting better circulation and reducing swelling. It is commonly used to manage conditions like venous disorders and can help alleviate symptoms, improve vascular health, and enhance overall well-being.

In compression therapy, different methods are used to apply pressure to the legs. These methods include [\[R\]](#):

- Bandages
- Wraps
- Compression stockings
- Pneumatic pressure devices

Compression therapy supports blood flow. It may help [\[R, R, R\]](#):

- Prevent blood clots and deep vein thrombosis (DVT)
- Reduce some kinds of swelling
- Reduce symptoms of restless legs syndrome

How it helps

Compression therapy uses special garments or devices to apply pressure to affected areas, helping to reduce swelling by improving venous return and preventing fluid buildup.

17



Red Vine Leaf Extract

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a red vine leaf extract supplement, usually available in capsule or tablet form, at a dose of 360-720 mg daily. This can be divided into two doses taken with meals to improve absorption. Continue this regimen for a period of 3-12 weeks to observe benefits, especially for chronic venous insufficiency symptoms.

TYPICAL STARTING DOSE

360 mg

Description

Red vine (*Vitis vinifera*) leaf extract is derived from the leaves of the red vine. It has been traditionally used in herbal medicine, particularly in Europe, for its potential benefits in improving circulation and reducing symptoms associated with chronic venous insufficiency (CVI), such as leg swelling and pain. Red vine leaf extract is rich in various bioactive compounds, including flavonoids and polyphenols.

Red vine leaf extract is made from the leaves of the red grape vine plant. It has anti-inflammatory and antioxidant properties [\[R\]](#).

People use it to potentially improve circulation and blood vessel health [\[R\]](#).

How it helps

Red vine leaf extract contains flavonoids that improve blood circulation and reduce water retention, making it effective in reducing leg swelling.

18



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 natural anti-inflammatory properties, which can help reduce swelling. It works by inhibiting key enzymes involved in the inflammatory process.

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.

