

Tremor

Disease Report

REPORT CATEGORY —



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

A tremor is a rhythmic, unintentional, oscillating muscle movement involving to-and-fro movements (oscillations) of one or more parts of the body. It is the most common of all involuntary movements and can affect the hands, arms, eyes, face, head, vocal cords, trunk, and legs. Most tremors occur in the hands.

In some people, a tremor is a symptom of another neurological disorder. However, the majority of tremors are benign, meaning they aren't caused by an underlying disease. However, they can be a side effect of medications or other condition, such as Parkinson's disease or hyperthyroidism.

Types and Treatment

The severity of a tremor can vary, from a slight quiver that is essentially a cosmetic concern to a more severe disruption that can impair one's ability to perform daily tasks. Tremor can be classified by its appearance and cause or its origin. Some forms appear to be inherited and run in families, while others have no known cause.

There are several forms of tremor, including essential tremor, parkinsonian tremor, and dystonic tremor, each with distinctive features and patterns. Treatment is tailored to the type of tremor and may include medications, physical therapy, or surgical interventions such as deep brain stimulation.



MORE LIKELY

More likely to have tremors based on 26,737 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CNTNAP5	rs142107007	CC
HDAC4	rs74641417	GG
FBLN5	rs2249946	TT
CRK	rs58143069	GG
VEPH1	rs703174	CC
DPP6	rs2035847	GG
/	rs1945016	GG
/	rs1482967	GG
ZNF385D	rs9867308	GG
PRCP	rs949247	CC
BACE2	rs9980363	TC
FOXN3	rs60549348	GC
/	rs13262570	TC
ZNF85	rs8109731	CT
SYNM	rs2665082	CA
MICB	rs3094085	AG
SUPT4H1	rs7221205	GA
DHRS13	rs4794836	CG
DSTYK	rs868512	AC
RANBP17	rs111455002	TT
LSAMP	rs72965564	CC
CCNH	rs710365	TT
PARD3B	rs62179999	AA
OTX1	rs75768872	TT

GENE	SNP	GENOTYPE
OTX1	rs17432566	AA
OTX1	rs77548173	TT
FAM222B	rs12949907	TT
PRSS3	rs10814028	TT
PTGFRN	rs1127215	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	Aerobic Exercise (Cardio)	1 hour	2	Ginkgo	120 mg
3	Vitamin B12	100 mcg	4	Biofeedback	
5	Deep Brain Stimulation		6	Stress Management Therapy	1 hour
7	Tai Chi	1 hour	8	Exercise Therapy	1 hour
9	Magnesium	350 mg			

1



Aerobic Exercise (Cardio)

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

All health experts recommend exercise for people with Parkinson’s disease. It may improve motor symptoms, including tremors [\[R, R, R, R, R\]](#).

Cardio and dance are among the most beneficial types of exercise for Parkinson’s disease [\[R, R, R, R\]](#).

2



Ginkgo

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 120 mg of Ginkgo supplement daily, preferably with meals to aid absorption. This dosage is typically split into two 60 mg doses taken in the morning and evening for best results.

TYPICAL STARTING DOSE

120 mg

Description

[Ginkgo](#) (*Ginkgo biloba*) is an ancient tree used in traditional Chinese medicine [\[R\]](#), [\[R\]](#).

According to limited evidence, ginkgo leaf extract may help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Dementia
- Eye problems
- Blood vessel problems
- Vitiligo

How it helps

Ginkgo Biloba has been studied for its potential to improve blood circulation, which could be beneficial for some types of tremor. Better blood flow can enhance oxygen and nutrient delivery to nerve cells, possibly helping to stabilize nerve cell function and reduce tremors.

3



Vitamin B12

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 50 mcg vitamin B12 supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

100 mcg

Description

Vitamin B12 is a water-soluble vitamin primarily found in animal-based foods like meat, fish, and dairy products. It plays a crucial role in maintaining healthy nerve cells, DNA synthesis, and red blood cell formation. Vitamin B12 deficiency can lead to anemia, neurological issues, and fatigue.

[Vitamin B12](#) is important for [\[R\]](#), [\[R\]](#):

- Building DNA
- Nervous system function
- Energy production

You can get vitamin B12 from [\[R\]](#):

- Animal products (meat, fish, eggs, and dairy)
- Fortified foods
- Supplements

Adults should be getting **2.4 micrograms** of vitamin B12 every day [\[R\]](#).

How it helps

Vitamin B12 deficiency is associated with neurological issues that can lead to tremors. Supplementing with Vitamin B12 can help improve nervous system function and potentially reduce tremor severity in individuals with a deficiency.

4



Biofeedback

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Attend biofeedback sessions once or twice a week for about 8 to 10 weeks. During these sessions, a therapist will guide you through exercises to control different body functions, such as heart rate or muscle tension, using monitors that provide feedback on your physiological state. Practice the techniques learned during sessions at home daily to improve symptoms and manage your condition.

Description

Biofeedback is a type of therapy that teaches people how to control certain body functions, such as heart rate, blood pressure, and muscle tension. It can be used to treat a variety of conditions, including stress, anxiety, and chronic pain.

Biofeedback is a kind of “**brain training**” in which sensors are attached to your body. They detect information like your heart rate, temperature, and breathing rate. By seeing this information, you may be better able to control these functions [\[R\]](#), [\[R\]](#).

Biofeedback is used to help with [\[R\]](#), [\[R\]](#):

- Gut problems
- Chronic pain
- Migraines
- Insomnia
- Attention

[Neurofeedback](#) is a form of biofeedback that measures brain activity in real time [\[R\]](#).

How it helps

Biofeedback helps individuals with tremors gain control over their physiological functions by providing real-time feedback. This method has been shown to reduce the severity of tremors by teaching users how to regulate stress and muscle tension.

5

i

Deep Brain Stimulation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Deep brain stimulation is a medical procedure performed by healthcare professionals. It involves surgical implantation of electrodes into specific areas of the brain, connected to a pulse generator placed under the skin in the chest. The device settings are adjusted by a doctor to optimize patient outcomes.

Description

Deep brain stimulation (DBS) is a medical procedure that can help alleviate symptoms of certain neurological conditions, such as Parkinson's disease and essential tremor. It involves the implantation of electrodes in the brain and can significantly improve motor control and overall quality of life for some patients with these conditions.

How it helps

Deep brain stimulation (DBS) involves the implantation of a device that sends electrical signals to brain areas that control movement. DBS has been shown to significantly reduce tremors, particularly in conditions like essential tremor and Parkinson's disease.

6



Stress Management Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in stress management therapy sessions, such as cognitive-behavioral therapy (CBT), for at least 1 hour per week over a course of 8 to 12 weeks. Techniques can include mindfulness, deep breathing exercises, and identifying stressors to develop coping strategies.

TYPICAL STARTING DOSE

1 hour

Description

Stress management therapy refers to various techniques and approaches aimed at reducing and coping with stress. It can improve mental and physical well-being by helping individuals better manage the effects of stress on their health.

How it helps

Stress management therapy can help reduce tremors as stress is known to exacerbate tremor symptoms. Techniques to manage stress may lower the overall impact of tremors.

7



Tai Chi

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice Tai Chi for 30 to 60 minutes at least twice a week. Choose a quiet, spacious area and follow along with a qualified instructor, either in person at a class or through an online video tutorial, to ensure proper technique and maximum benefit.

TYPICAL STARTING DOSE

1 hour

Description

Tai Chi is a traditional Chinese mind-body practice involving slow, flowing movements and deep breathing. It is known for its potential to reduce stress, improve balance, and enhance overall physical and mental well-being.

Tai chi involves gentle movements and breathing to strengthen and relax the mind and body. Practicing tai chi may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Manage pain
- Improve fitness
- Increase well-being
- Improve sleep and mood

How it helps

Tai Chi involves slow, controlled movements and can improve balance and motor control. This physical discipline has been shown to help with neuromuscular coordination, potentially reducing tremor severity.

8



Exercise Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Begin by consulting with a physical therapist to assess your condition and create a personalized exercise plan. Follow the prescribed exercises consistently, focusing on areas needing improvement, such as strength, flexibility, or mobility. Start with gentle exercises, gradually increasing the intensity as you build strength. Ensure you perform the exercises correctly to avoid injury. Regularly check in with your therapist to adjust the plan based on your progress and feedback. Stay committed to the routine for the best results.

TYPICAL STARTING DOSE

1 hour

Description

Exercise therapy is a tailored approach to physical activity designed to improve mobility, strength, and overall health. It is often used to rehabilitate injuries, manage chronic conditions, and promote cardiovascular fitness.

How it helps

Exercise therapy can improve muscle control, coordination, and reduce tremor intensity. Regular physical activity has been shown to enhance motor function and reduce symptoms in individuals with tremor.

9



Magnesium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take up to 350 mg of magnesium daily as a supplement, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

350 mg

Description

Magnesium is an essential mineral involved in various bodily functions, including muscle contractions, nerve signaling, and bone health. Maintaining adequate magnesium levels through diet or supplements can support overall well-being and reduce the risk of magnesium deficiency-related health issues.

[Magnesium](#) is an essential mineral. Your body needs it for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [\[R\]](#).

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [\[R\]](#).

How it helps

Magnesium plays a critical role in nerve function and muscle control. Deficiency in magnesium has been linked to tremors and muscle cramps. Supplementing with magnesium may help reduce tremors by improving muscle and nerve function.

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

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.

