

Ulcerative Colitis

Disease Report

REPORT CATEGORIES —



GUT HEALTH



INFLAMMATION &
AUTOIMMUNITY

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

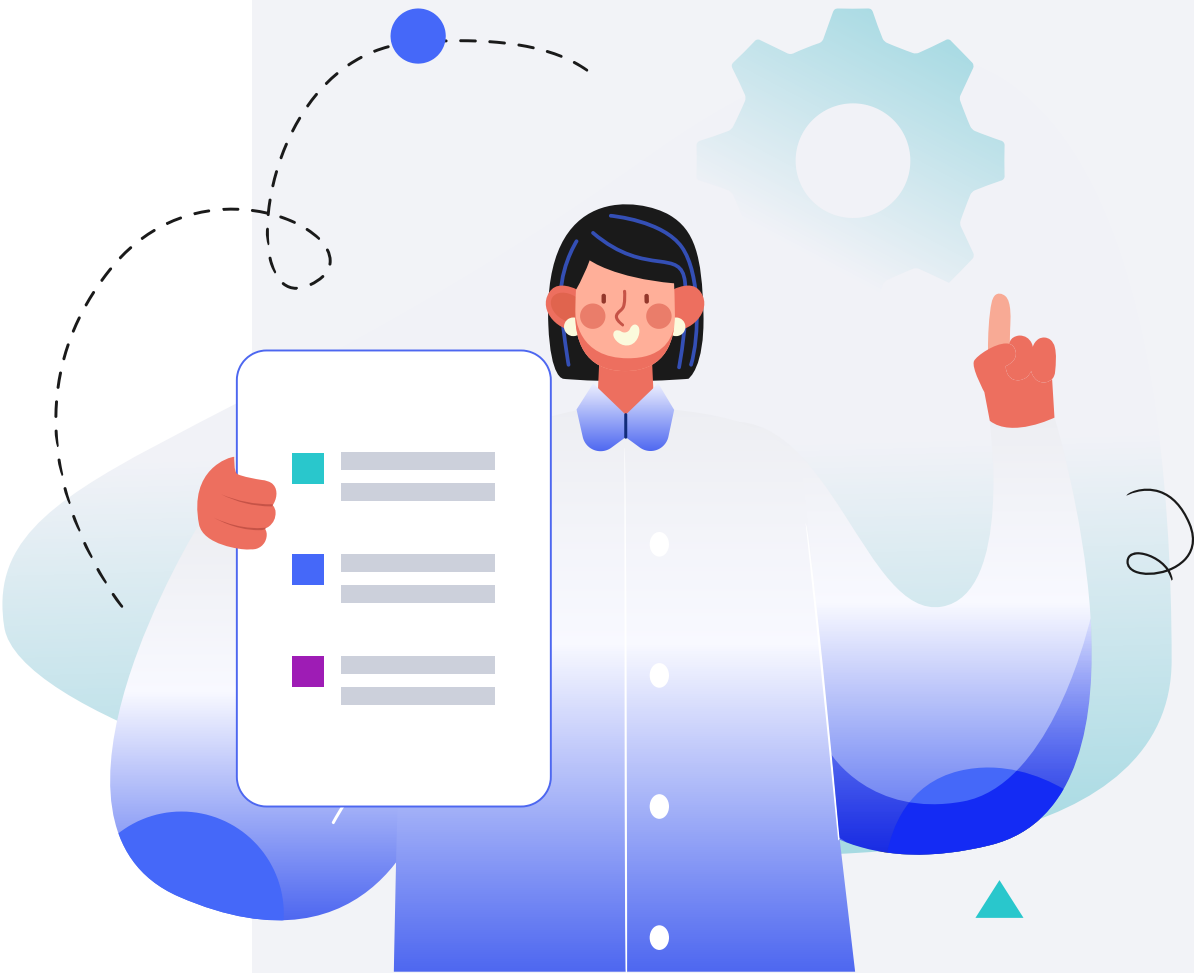
Male

HEIGHT

5ft 5" 165cm

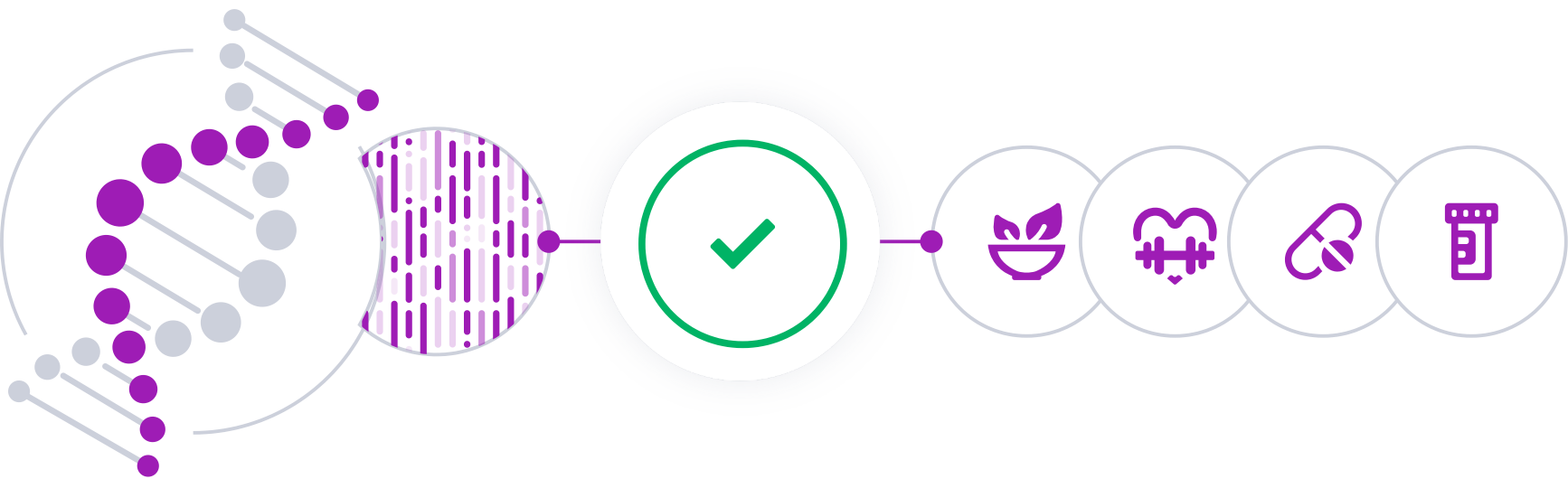
WEIGHT

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.

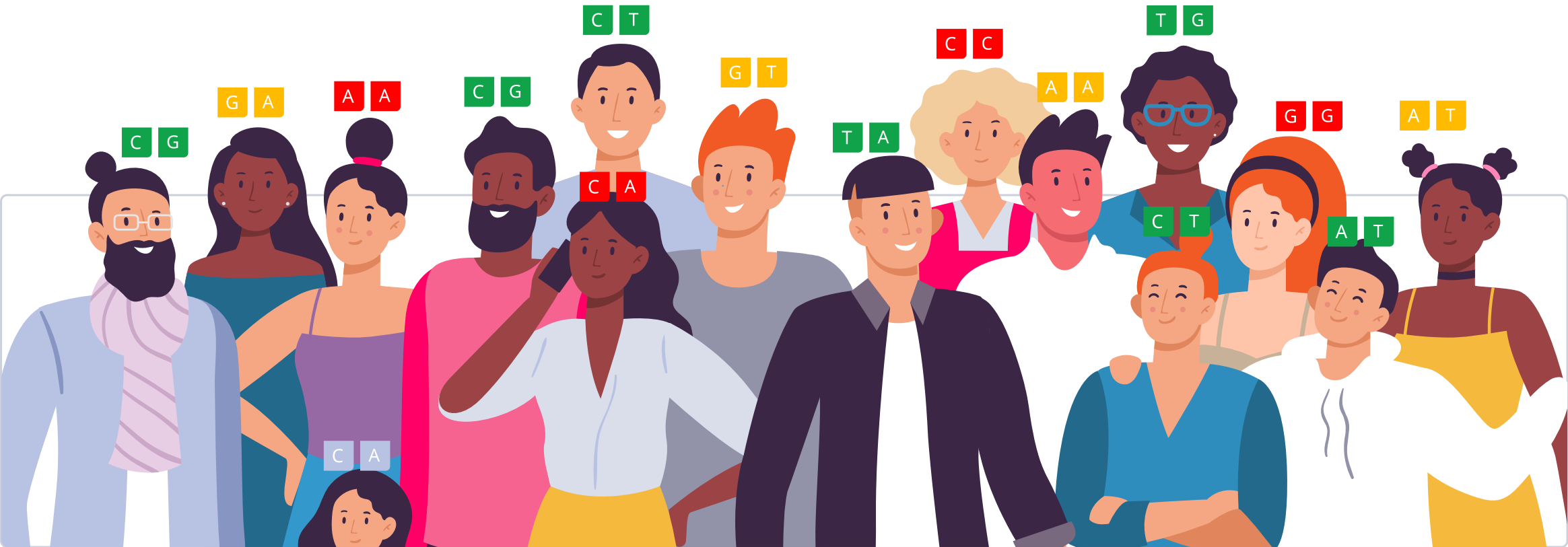


Similarly, our Trait Reports look at how your DNA influences your traits.



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

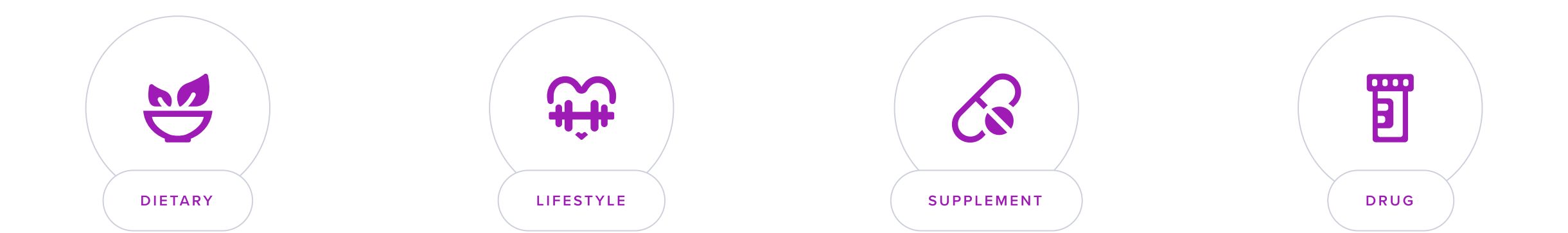
You have 2 risk alleles

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

Ulcerative colitis is a chronic inflammatory bowel disease (IBD) characterized by inflammation primarily in the lining of the colon and rectum. Patients typically experience episodes of abdominal pain, rectal bleeding, diarrhea, and an urgency to defecate.

The inflammation causes tiny sores or ulcers to form on the surface of the lining where it may bleed and produce pus. This condition often manifests in a relapsing-remitting pattern, with periods of flare-ups followed by times of remission where symptoms decrease or disappear.

Longevity Screener

Longevity Screener analyzes your DNA and biometric data to holistically determine your risk of developing serious medical conditions.

Your lifetime risk is **Normal**

Your 10-year risk is **Normal**

Summary or results

Your results are indicating a Normal risk of developing Ulcerative Colitis in your lifetime and within the next decade.

Monitor your risk by regularly checking your related labs and implementing the recommendations provided.

What to do if you get a High risk

Analyze your labs

Analyze your lab results to establish a baseline and track any changes or improvements in your health markers over time.

Find out your out-of-optimal labs

We will pinpoint any values that fall outside the optimal range, allowing you to focus on what matters most.

Optimize labs

Aim to bring all your lab results to optimal levels through lifestyle changes, treatments, and ongoing monitoring for the best health outcomes.

Disclaimer

The Longevity Screener feature is designed to provide insights based on genetic predispositions and basic health data to help you understand factors that may influence your longevity. This tool is for informational purposes only and does not constitute medical advice, diagnosis, or treatment. Always consult with a qualified healthcare provider before making any decisions related to your health, lifestyle, or medical treatments. The information provided by the Longevity Screener is based on current scientific research and should be used as a supplementary tool in conjunction with professional medical advice.

Causes and Management

The exact cause of ulcerative colitis is not fully understood, but it is believed to be the result of an overactive immune system response that leads to inflammation in the colon. It can affect individuals at any age, though it often begins during adolescence and early adulthood.

The impact of the disease can range from mild to severe, with some patients experiencing life-threatening complications. Managing ulcerative colitis often requires a combination of medication, lifestyle changes, and potentially surgery to control symptoms and improve quality of life.



TYPICAL LIKELIHOOD

Typical likelihood of ulcerative colitis based on 1,049,227 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
STAT3	rs744166	AA
HNF4A	rs6017342	CC
HLA-DQA2	rs2395185	TG
IL23R	rs76418789	GG
IL23R	rs11805303	CT
/	rs113653754	CC
MFSD4B	rs3851228	AA
NR5A2	rs2816958	GG
IL19	rs1800872	GG
FCGR2A	rs1801274	AA
IRF5	rs4728142	GA
RORC	rs4845604	GG
KIAA1841	rs7608910	GG
OTUD3	rs6426833	GA
SLC39A11	rs17780256	AA
ETS2	rs2836878	AG
IL19	rs3024505	AG
INAVA	rs7554511	CA
IL23R	rs2201841	AG
TNFAIP3	rs6920220	GA
IL12B	rs56167332	AC
TNFSF15	rs11554257	CT
CARD9	rs13300218	GA
CARD9	rs10781499	AG

GENE	SNP	GENOTYPE
IRGM	rs11741861	GA
ADO	rs10761659	AG
NCR3	rs3749946	CC
IL23R	rs80174646	GG
TLR4	rs4986790	AA
IL19	rs1800896	CT
JAK2	rs1830610	CC
LRRK2	rs12422544	CT
DLD	rs2158836	GG
MST1	rs3197999	GG
TMCO4	rs3806308	CC
MDM1	rs7134472	GG
NKX2-3	rs4409764	TT
TYK2	rs12720356	AA
CELSR3	rs9868809	CC
GPR35	rs3749171	TC
CIITA	rs4781011	GG
PDGFB	rs2413583	CC
PARK7	rs3766606	GG
GPR12	rs17085007	TT
IKZF3	rs12946510	TC
DLD	rs4380874	CC
GALC	rs8005161	CC
HSPG2	rs12568930	TT
CCR1	rs113010081	TT
NXPE4	rs561722	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	Dietary Iron		2	Avoid Processed Foods	
3	Maintain Optimal Vitamin D Levels	1000 iu	4	Hyperbaric Oxygen Therapy	90 minutes
5	Mindfulness	30 minutes	6	Avoid Food Triggers	
7	Low-FODMAP Diet		8	Fruits And Vegetables	
9	Probiotics	30 billion CFU	10	Aerobic Exercise (Cardio)	1 hour
11	Exercise At Least One Hour a Day	1 hour	12	VSL#3 Probiotic	
13	Relaxation Techniques	30 minutes	14	Limit Red Meat Intake	
15	Turmeric		16	Phosphatidylcholine	420 mg
17	Curcumin	500 mg	18	Beef	
19	Methylfolate	400 mcg	20	Pork	
21	Dietary Omega-3 Fatty Acids		22	Running	
23	Prebiotics	125 mg	24	Germinated Barley	
25	Cycling		26	E. coli Nissle 1917	
27	Avoid High-Impact Exercise		28	Butyrate	300 mg
29	Eat Fiber-Rich Foods		30	Omega-3 (Fish Oil)	2000 mg
31	Mediterranean Diet		32	Avoid Refined Sugar	

33	Meditation	30 minutes	34	Wormwood	200 mg
35	Inulin	5 g	36	Flaxseed Oil	15 g
37	Bifidobacterium Longum	10 billion CFU	38	Psyllium	5 g
39	Bifidobacterium Infantis 35624		40	Extra Virgin Olive Oil (EVOO)	
41	Mastic Gum	350 mg	42	Autoimmune Protocol (AIP) Diet	
43	Resveratrol	150 mg	44	Bacillus Clausii	
45	Bilberry		46	Lactobacillus Casei	10 billion CFU
47	Aloe Vera	50 mg	48	Oat Bran	
49	Flaxseed	2 tbsp	50	Spirulina	500 mg
51	Saffron	20 mg	52	Guided Imagery	30 minutes
53	Propionyl-L-Carnitine	500 mg	54	Bifidobacterium Longum BB536	10 billion CFU
55	Lactobacillus Fermentum and Delbrueckii	10 billion CFU	56	Dong Quai	500 mg
57	Black Seed (Black Cumin)	1000 mg	58	Lactobacillus Paracasei	10 billion CFU
59	Andrographis	300 mg	60	Probiotic Yogurt	
61	Ginger	500 mg	62	Berberine	1000 mg
63	Yoga	30 minutes	64	Milk Thistle (Silymarin)	300 mg
65	Aromatherapy	30 minutes	66	Green Tea Extract	250 mg
67	Boswellia	350 mg	68	Moxibustion	10 minutes
69	Evening Primrose Oil		70	Dietary Zinc	
71	Phosphorus	700 mg	72	Dietary Folate	

73	Saccharomyces Boulardii	10 billion CFU	74	Avoid Magnesium Supplements	
75	N-Acetyl-Glucosamine (NAG)	500 mg	76	Inositol	2 g
77	Bifidobacterium Breve	10 billion CFU	78	Lactobacillus Fermentum	10 billion CFU
79	Digestive Enzymes		80	Beta-Glucans	
81	Dietary Vitamin E		82	Avoid Sugary Foods & Drinks	
83	Gelatin Tannate	500 mg	84	Avoid Spicy Food	
85	Carnivore Diet		86	Avoid Calcium Supplements	
87	Zinc	15 mg	88	Limit Dairy Intake	
89	Dietary Selenium		90	Topical Aloe Vera	
91	Topical Hyaluronic Acid		92	Topical Curcumin	
93	Histidine	500 mg	94	Dietary Lycopene	
95	Avoid Processed High Phosphate Foods				

1



Dietary Iron

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Incorporate iron-rich foods into your daily meals, such as red meat, chicken, turkey, fish, beans, lentils, tofu, cooked spinach, and fortified cereals. Aim for at least 18 mg of iron per day for adult women and 8 mg per day for adult men. It's also beneficial to pair these foods with vitamin C-rich foods like oranges, strawberries, or bell peppers to enhance iron absorption.

Description

Iron (Fe) is an essential mineral. It helps make [hemoglobin](#), a protein that carries oxygen to cells. In this way, iron **increases energy** and supports **brain and immune system function** [\[R, R, R\]](#).

Foods rich in iron include [\[R\]](#):

- Oysters
- White beans
- Beef
- Chocolate
- Spinach
- Fortified cereals

Women should be getting **8-18 mg** of iron per day, while **men** should be getting **8 mg** [\[R\]](#).

Groups at risk of iron deficiency include [\[R\]](#):

- Menstruating women
- Children
- Vegetarians
- Routine blood donors

How it helps

Experts say that 1 in 3 people with IBD may not be getting enough iron. This is because IBD can reduce nutrient absorption in the gut. In addition, people with IBD may follow diets that limit iron intake [\[R, R\]](#).

People with IBD often become anemic. In these cases, doctors usually prescribe iron supplements. Because iron supplements may worsen gut inflammation when taken by mouth, your doctor may prescribe intravenous iron [\[R, R, R, R, R\]](#).

It is best to get iron only from foods, unless a supplement is recommended by your doctor [\[R, R, R, R\]](#).

Please note: *A high dose of iron can be toxic. In addition, oral iron supplements have the potential to worsen ulcerative colitis. Talk to your doctor before taking iron supplements* [\[R, R\]](#).

Please note: *Increased iron intake from meat is linked to higher odds of diabetes and heart disease. Try to find a balance between plant and animal iron sources* [\[R, R, R, R\]](#).

2

Avoid Processed Foods

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Eliminate foods such as packaged snacks, sugary drinks, ready-made meals, and anything with ingredients you can't pronounce from your daily diet. Focus on consuming whole foods like fruits, vegetables, lean meats, and whole grains instead.

Description

Processed foods often contain high amounts of sugar, fat, and salt, which can lead to diseases like obesity and heart problems. They also have fewer nutrients than fresh foods. It's healthier to eat fresh fruits, vegetables, and lean proteins instead. This improves our overall health by giving our body the nutrients it needs.

How it helps

A meta-analysis of 9 studies associated eating a Western diet (one of whose features is the abundance of processed foods) with a 92% higher risk of IBD. This diet increased the risk of both Crohn's disease (by 72%) and ulcerative colitis (by 115%). In line with this, a meta-analysis of 5 studies and over 1M participants associated high consumption of ultra-processed foods with a 75% higher risk of Crohn's disease, but not ulcerative colitis [\[R\]](#), [\[R\]](#).

3



Maintain Optimal Vitamin D Levels

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Experts recommend **vitamin D supplements (800 IU/day)** to some people with IBD. This is because IBD may interfere with nutrient absorption. In addition, people with IBD who follow a limited diet may not be getting enough vitamins from the food they eat [\[R\]](#), [\[R\]](#).

Unsurprisingly, **IBD has been linked to vitamin D deficiency**. Those with low vitamin D may have worse IBD symptoms and reduced quality of life. They may also have more flare-ups [\[R\]](#), [\[R\]](#), [\[R\]](#).

Vitamin D supplements may boost the levels of this vitamin and prevent IBD flare-ups [\[R\]](#), [\[R\]](#).

Vitamin D may support gut health by helping to [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Repair and maintain the gut barrier
- Balance the immune response

Genetically predicted lower vitamin D levels may be causally associated with an increased risk of ulcerative colitis and Crohn's disease [\[R\]](#).

Please note: *Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day* [\[R\]](#).

 PERSONALIZED TO YOUR GENES

The IRF5 gene promotes Th1 and Th17 inflammatory responses, and suppresses the activity of the anti-inflammatory cytokine IL-10 [R].

Your genotype for this SNP has been associated with increased IRF5 expression, as well as relatively increased rates of ulcerative colitis [R].

Vitamin D may inhibit the Th1 response and increase IL-10 [R, R, R, R].

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
IRF5	rs4728142	GA	

4



Hyperbaric Oxygen Therapy

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Schedule and attend sessions in a hyperbaric oxygen therapy chamber as your doctor prescribes, typically for about 60 to 90 minutes per session. The exact number of sessions required can vary based on the condition being treated, but it often ranges from 20 to 40 sessions, which may be conducted daily or a few times a week.

TYPICAL STARTING DOSE

90 minutes

Description

Hyperbaric oxygen therapy increases the amount of oxygen in the blood and tissues, which can help to improve circulation, reduce inflammation, and promote healing.

How it helps

Two meta-analyses (the largest one with 19 studies and 809 patients) found that hyperbaric oxygen therapy causes remission rates of 83.2-87% for ulcerative colitis, 81.9-88% for luminal Crohn’s disease, 60% for perianal Crohn’s disease, 31% for pouch disorders, 92% for pyoderma gangrenosum, and 65% for perianal sinus/metastatic Crohn’s disease, and healing rates of 47.64% (complete healing) and 34.29% (partial healing) of fistulas. However, the authors warned about the low quality of the included studies [R, R].

Hyperbaric oxygen therapy may help by reducing tissue swelling and promoting the healing of the damaged intestinal wall.

Please note: Hyperbaric oxygen therapy is a potentially dangerous procedure that should only be performed under medical supervision. People with pneumothorax or congestive heart failure are at especially high risk of adverse effects. Because highly concentrated oxygen can easily catch on fire, avoid potential fire sources around hyperbaric oxygen chambers, oxygen gas cylinders, tanks, and concentrators [R, R].

5



Mindfulness

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [R].

Mindfulness and other types of [meditation](#) may improve [R]:

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

Mindfulness-based stress management improved IBD quality of life in patients with IBS-type symptoms in a non-placebo-controlled trial of 66 people. Similarly, a breath-body-mind workshop combining breathing, movement, and meditation improved physical and psychological symptoms, quality of life, and CRP levels in a non-placebo-controlled trial of 29 IBD patients [R, R].

A meta-analysis of 8 studies found mindfulness-based interventions effective at reducing stress (in the long and short term), depression (in the long term), and quality of life (in the long term) but not anxiety or physical symptoms in people with IBD [R].

6



Avoid Food Triggers

IMPACT

3 / 5

EVIDENCE

3 / 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

Experts agree that limiting certain foods can help manage some symptoms of IBD. However, they urge people to eat a healthy and varied diet [\[R\]](#), [\[R\]](#), [\[R\]](#).

The most common food **triggers for IBD** include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Hot and spicy foods (like mustard and wasabi)
- Fatty and fried foods
- Dairy (lactose)
- High-fiber foods (like raw vegetables)
- Nightshades (like tomatoes and potatoes)
- Sweets and sugary drinks
- Coffee and alcohol

Increased intake of some foods is linked to higher odds of IBD. These include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Margarine and cooking oils with omega-6 fatty acids
- Animal protein, especially red and processed meat
- Cheese
- Alcohol

If you have IBD, your doctor may advise you to avoid certain foods to see if symptoms improve. Please work with a healthcare professional to find the best diet to manage the condition.

7



Low-FODMAP Diet

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Eliminate foods high in FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols) from your diet for 4 to 6 weeks. This includes certain fruits, vegetables, dairy products, grains, and sweeteners. After the elimination phase, gradually reintroduce foods one at a time to identify triggers.

Description

The low FODMAP diet is used to manage symptoms of irritable bowel syndrome (IBS) and other gastrointestinal disorders. It involves restricting certain fermentable carbohydrates to reduce digestive discomfort and improve gut health.

FODMAPs are a group of carbs that are hard to digest. Rather than being absorbed by the intestines, these carbs are fermented by your gut bacteria. A product of fermentation is gas [\[R\]](#), [\[R\]](#).

FODMAPs also pull fluid into your gut. This may promote diarrhea [\[R\]](#).

Foods high in FODMAPs include [\[R\]](#):

- High-fructose corn syrup
- Artificial sweeteners
- Apples
- Corn
- Dairy
- Beans

A **[low-FODMAP diet](#)** limits the intake of **FODMAPs**. Some health experts recommend it for IBS and other digestive issues [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Experts suggest a low-FODMAP diet to help with some symptoms of IBD. This is because FODMAPs tend to irritate the gut [\[R\]](#), [\[R\]](#).

For example, fructans may worsen pain, bloating, gas, and bathroom urgency in people with IBD. Other FODMAPs such as [sorbitol](#) may not have the same effects [\[R\]](#).

Following a low-FODMAP diet for 1-2 months may improve IBD symptoms. It may decrease pain, bloating, flatulence, and diarrhea [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

A low-FODMAP diet may also reduce inflammation and boost “good” gut bacteria. However, the evidence is mixed [\[R\]](#), [\[R\]](#), [\[R\]](#).



PERSONALIZED TO YOUR GENES

The IL23R gene encodes one part of the receptor for IL-23, a cytokine involved in gut inflammation and IBD [R, R, R].

Your genotype for this SNP has been associated with increased IL-23 receptor activity, and may contribute to gut inflammation. It has also been associated with relatively increased rates of ulcerative colitis [R, R, R].

A “low-FODMAP diet” eliminates foods that can trigger gut inflammation by increasing IL-23 levels [R, R, R].

YOUR GENETIC VARIANTS

GENE

IL23R

SNP

rs10889677

GENOTYPE

CA

EVIDENCE



Fruits And Vegetables

IMPACT



EVIDENCE



How to implement

Increase your intake of fruits and vegetables to at least five servings per day, aiming for a variety of types and colors to ensure a broad range of nutrients. Each serving size should roughly be the amount you can fit in one hand. Try to incorporate at least one serving of fruits or vegetables into every meal and snack throughout the day.

Description

A diet rich in fruits and vegetables provides essential nutrients, antioxidants, and dietary fiber. This combination supports overall health, helps maintain a healthy weight, and reduces the risk of chronic diseases such as heart disease and certain cancers.

How it helps

Two meta-analyses (the largest one with 14 studies) found that a high intake of fruits reduces the risk of Crohn's disease (by 75-112%) and ulcerative colitis (by 45%), while vegetables reduce the risk by 92-177% (especially in Europeans) and 40-78%, respectively [R, R].

A diet high in fruits and vegetables provides fiber and antioxidants that support gut health and may help reduce inflammation.

9



Probiotics

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

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

TYPICAL STARTING DOSE

30 billion CFU

Description

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

Probiotic bacteria are “good” bacteria found mainly in the large intestine. They support your body and mind by [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

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

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

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

- Oligo-fructose
- Oligo-galactose
- [Inulin](#)

Mixtures of probiotics and prebiotics are known as **synbiotics** [\[R\]](#).

How it helps

According to experts, probiotics may be helpful for some people with IBD. This is because people with IBD often lack “good” gut bacteria [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Probiotic supplements that contain *Lactobacillus*, *Bifidobacterium*, and *Streptococcus* species may support gut health in people with ulcerative colitis [\[R\]](#), [\[R\]](#), [\[R\]](#).

Probiotics may be less effective for Crohn's disease [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *Talk to your doctor before taking probiotics* [\[R\]](#).

 PERSONALIZED TO YOUR GENES

Your ***IL23R*** gene variant is linked to IBD. It likely increases the activity of IL-23, an inflammatory protein. Probiotics may reduce gut inflammation by blocking IL-23 [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
IL23R	rs11209026	GG	

10

Aerobic Exercise (Cardio)

IMPACT3 / 5

EVIDENCE3 / 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

Experts agree that moderate exercise can support gut health in people with IBD. It likely helps by reducing inflammation. Aerobic exercise such as running or biking may also improve the composition of gut bacteria [\[R, R, R, R\]](#).

Some people with severe IBD may need to avoid long or intense exercise. In this case, even **low-moderate intensity exercise (2-3 times/week)** may help improve quality of life [\[R, R, R, R\]](#).

11



Exercise At Least One Hour a Day

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Exercising regularly may lower the odds of developing Crohn’s disease by **37%**. This may be especially true for Europeans [\[R\]](#).

Experts agree that moderate exercise can support gut health in people with IBD. It likely helps by reducing inflammation. Aerobic exercise such as running or biking may also improve the composition of gut bacteria [\[R, R, R, R\]](#).

Some people with severe IBD may need to avoid long or intense exercise. In this case, even **low-moderate intensity exercise (2-3 times/week)** may help improve quality of life [\[R, R, R, R\]](#).

12



VSL#3 Probiotic

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take one capsule of VSL#3 probiotics daily, preferably on an empty stomach, at least 30 minutes before a meal. For best results, continue this supplementation for at least one month.

Description

VSL#3 is a specific probiotic supplement containing a combination of beneficial bacterial strains, including Bifidobacterium and Lactobacillus species. It is used to support digestive health and manage conditions such as irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD).

How it helps

A meta-analysis of 23 trials and 1,763 participants with ulcerative colitis found that the VSL#3 probiotic increases remission rates by 74%. According to another meta-analysis, VSL#3 increases response rates by 2.4x. Another meta-analysis found VSL#3 safe and effective at increasing response and remission rates when used as an add-on to conventional therapy [\[R, R, R\]](#).

Interestingly, 3 meta-analyses analyzing the effects of all types of probiotics on IBD only found benefits for VSL#3 [\[R, R, R\]](#).

VSL#3 may help by restoring the balance of good bacteria in the gut, which may reduce inflammation.

13



Relaxation Techniques

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R, R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R, R, R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R, R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R, R\]](#).

How it helps

Stress has a negative impact on gut health. It may [\[R, R, R\]](#):

- Increase inflammation
- Increase leaky gut
- Disturb gut bacteria

People with IBD tend to have more flare-ups when they’re stressed. Stress may even contribute to the onset and progression of IBD. However, the evidence is limited [\[R, R, R, R, R, R, R\]](#).

Experts recommend managing stress to increase the quality of life in people with IBD [\[R, R, R, R\]](#).

Relaxation techniques based on mindfulness and meditation may help reduce stress. They may also improve IBD symptoms, but the evidence is mixed [\[R, R, R, R\]](#).



PERSONALIZED TO YOUR GENES

The FCGR2A gene codes for a receptor that binds IgG antibodies and signals the inflammatory response against pathogens [R, R, R, R].

Your genotype for this SNP has been associated with increased receptor activity, as well as with relatively higher rates of ulcerative colitis [R, R, R].

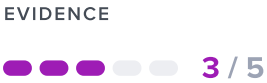
Stress can mimic your overactive FCGR2A variant by increasing IL-1b and IL-17 levels [R, R, R, R, R, R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
FCGR2A	rs1801274	AA	



Limit Red Meat Intake



How to implement

Limit your red meat consumption to no more than three portions per week, with each portion being about 3-4 ounces (85-113 grams), roughly the size of a deck of cards. Opt for leaner cuts of meat and consider replacing some red meat meals with poultry, fish, or plant-based protein sources.

Description

Limiting red meat intake involves reducing the frequency and portion sizes of beef, pork, and lamb in your diet. The recommendation encourages choosing alternative protein sources such as poultry, fish, beans, and legumes. It emphasizes moderation to improve health outcomes--including lower risks of heart disease and cancer--and promotes a balanced and varied diet.

How it helps

Studies suggest that red meat consumption is associated with an increased risk of developing IBD, both ulcerative colitis and Crohn's disease, and may also be linked to higher mortality and flare occurrence in IBD patients [R, R, R, R, R].

15



Turmeric

IMPACT

2 / 5

EVIDENCE

3 / 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

In people with **ulcerative colitis**, curcumin may help relieve symptoms. It may be most helpful when combined with medication. However, the evidence is mixed [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Curcumin may help by reducing inflammation [\[R\]](#).

Note that curcumin is hard to absorb. Look for supplements with *bioavailable* curcumin, which is easier to absorb. Combining curcumin with [piperine](#) (a compound in black pepper) may also help [\[R\]](#), [\[R\]](#).

16



Phosphatidylcholine

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Take 420-900 mg of phosphatidylcholine supplement daily, ideally with meals to enhance absorption. Continue this regimen for at least 3 months to evaluate its effects on your health.

TYPICAL STARTING DOSE
420 mg

Description

Phosphatidylcholine is a crucial phospholipid found in cell membranes throughout the body, particularly in the brain. It plays a vital role in cognitive function and liver health, supporting processes like cell signaling and fat metabolism.Phosphatidylcholine can be derived from soybeans and other sources, and it is often used as a dietary supplement to promote brain health and liver function.

[Phosphatidylcholine](#) is a key component of cells [\[R\]](#).

It helps [\[R, R, R, R, R, R, R\]](#):

- Maintain cell structure
- Protect the lungs, gut, liver, and nerves
- Break down fats

Because [choline](#) is needed to make phosphatidylcholine, low choline levels can limit its production [\[R\]](#).

How it helps

Delayed-release phosphatidylcholine (2-6 g/day for 12 weeks) may improve the symptoms of ulcerative colitis. It may also promote its remission [\[R, R, R, R, R\]](#).

Please note: *Delayed-release phosphatidylcholine is a drug, and it should only be taken under medical supervision.*

Please note: *some studies suggest that phosphatidylcholine may interfere with iron absorption in the gut. If you have anemia, consult your healthcare provider before using phosphatidylcholine supplements.*

17



Curcumin

IMPACT

2 / 5

EVIDENCE

3 / 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

In people with **ulcerative colitis**, curcumin may help relieve symptoms. It may be most helpful when combined with medication. However, the evidence is mixed [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Curcumin may help by reducing inflammation [\[R\]](#).

Note that curcumin is hard to absorb. Look for supplements with *bioavailable* curcumin, which is easier to absorb. Combining curcumin with [piperine](#) (a compound in black pepper) may also help [\[R\]](#), [\[R\]](#).

Please note: *curcumin may interfere with iron absorption due to its iron-chelating properties, potentially exacerbating anemia or making it harder to manage. If you have anemia, consult your healthcare provider before using curcumin or turmeric supplements* [\[R\]](#), [\[R\]](#), [\[R\]](#).

 PERSONALIZED TO YOUR GENES

The IL23R gene encodes one part of the receptor for IL-23, a cytokine involved in gut inflammation and IBD [\[R\]](#), [\[R\]](#), [\[R\]](#).

Your genotype for this SNP has been associated with increased IL-23 receptor activity, and may contribute to gut inflammation. It has also been associated with relatively increased rates of ulcerative colitis [\[R\]](#), [\[R\]](#), [\[R\]](#).

Curcumin may reduce both IL-23 and IL-17 activity, and thus potentially reduce the negative impacts associated with your genetic variant [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
IL23R	rs10889677	CA	

18



Beef

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Incorporate lean beef into your diet 2-3 times per week, with a serving size of about 3-4 ounces (85-113 grams) per meal. Choose cuts like sirloin or round to minimize saturated fat intake.

Description

Beef is a rich source of high-quality protein, essential vitamins, and minerals like iron and zinc. Incorporating lean cuts of beef into a balanced diet can support muscle growth, overall nutrition, and iron intake.

Beef is an excellent source of many B-vitamins, protein, proline, and minerals like zinc and iron. Grass-fed uncharred beef is healthiest. Beef contains 34.82 mg of proline per gram.

How it helps

Studies suggest that red meat consumption is associated with an increased risk of developing IBD, both ulcerative colitis and Crohn's disease, and may also be linked to higher mortality and flare occurrence in IBD patients [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

19



Methylfolate

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Take an L-methyl folate supplement (400-800 micrograms daily), ideally with a meal, to improve absorption. This dosage is recommended for adults, including pregnant women, to support overall health, especially to reduce the risk of neural tube defects in developing fetuses. Continue daily use as part of your regular supplement routine.

TYPICAL STARTING DOSE

400 mcg

Description

Folate, a B-vitamin, is crucial for DNA synthesis, cell growth, and the formation of red blood cells. Adequate folate intake supports overall health and reduces the risk of neural tube defects during pregnancy.

[Vitamin B9](#) (*folate*) plays an essential role in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Making DNA
- Metabolism
- Energy production

SelfDecode recommends L-methylfolate as the preferred folate supplement for those who need one. It is superior to folic acid because it doesn't require activation, but the research is still ongoing [\[R\]](#), [\[R\]](#).

How it helps

An umbrella review of 57 meta-analyses identified high levels of folate among the protective factors for IBD. Similarly, a meta-analysis of 12 studies associated folate deficiency with IBD [\[R\]](#), [\[R\]](#).

In a placebo-controlled trial of 24 patients with ulcerative colitis in remission, supplementation with folinic acid (15 mg/day) for 3 months regulated rectal cell proliferation, possibly helping prevent colorectal cancer [\[R\]](#).

Genetically higher folate levels may be associated with reduced ulcerative colitis risk [\[R\]](#).

Folate assists in repairing the gut lining by promoting cell growth and division, which can help reduce inflammation.

20



Pork

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Incorporate lean cuts of pork, such as tenderloin or loin chop, into your diet 2-3 times per week, aiming for a portion size of about 3-4 ounces (85-113 grams) per meal. Cook it using healthy methods like grilling, baking, or broiling to minimize added fats.

Description

Pork is a meat obtained from pigs, and is a great source of zinc, protein, and iron, as well as leucine, selenium, phosphorus, and B-vitamins.

Pork is a good source of protein, chromium, selenium, phosphorus, zinc, and potassium. A 3-ounce serving provides 3.6 mcg of chromium or 10%DV.

How it helps

Studies suggest that red meat consumption is associated with an increased risk of developing IBD, both ulcerative colitis and Crohn's disease, and may also be linked to higher mortality and flare occurrence in IBD patients [[R](#), [R](#), [R](#), [R](#), [R](#)].

21



Dietary Omega-3 Fatty Acids

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Incorporate foods high in omega-3 fatty acids into your diet daily. This includes eating fish such as salmon, mackerel, and sardines at least twice a week. Alternatively, include a tablespoon of flaxseed oil or chia seeds in your daily diet.

Description

[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. **EPA and DHA are vital for mental and heart health** [\[R\]](#), [\[R\]](#), [\[R\]](#).

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

- Salmon
- Tuna
- Herring
- Sardines

For optimal health, 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

A meta-analysis of 12 studies and over 28k participants associated a high dietary intake of fish and long-chain omega-3 fatty acids with a reduced incidence of Crohn's disease and ulcerative colitis [\[R\]](#).

Omega-3 fatty acids may help through their anti-inflammatory effects.

22



Running

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

To implement running into your routine, start with shorter distances and gradually increase as your endurance improves. Aim for 3 to 5 sessions per week, each lasting 20 to 30 minutes. Wear appropriate running shoes to prevent injuries and choose varied routes to keep the activity engaging. Incorporate warm-up exercises before running and cool down with stretches afterward to enhance flexibility and recovery.

Description

Running is a versatile and accessible form of aerobic exercise that improves cardiovascular health, strengthens muscles, and enhances mental well-being. It requires minimal equipment, can be done almost anywhere, and is effective for weight management. Regular running can increase endurance, reduce stress, and boost overall physical fitness, making it a popular choice for maintaining an active lifestyle.

How it helps

Experts agree that moderate exercise can support gut health in people with IBD. It likely helps by reducing inflammation. Aerobic exercise such as running or biking may also improve the composition of gut bacteria [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Some people with severe IBD may need to avoid long or intense exercise. In this case, even **low-moderate intensity exercise (2-3 times/week)** may help improve quality of life [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

23



Prebiotics

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 125 mg of a prebiotic supplement daily. Consistent daily intake is key for maintaining gut health.

TYPICAL STARTING DOSE

125 mg

Description

Prebiotics are primarily plant-based sources of dietary fiber that provide nourishment for beneficial gut bacteria. These foods, like garlic, onions, and asparagus, promote a healthy gut microbiome, support digestion, and enhance nutrient absorption.

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

Some natural sources of prebiotics include [R, R]:

- Whole grains
- Bananas
- Onions
- Soybeans

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

- Oligo-fructose
- Oligo-galactose
- [Inulin](#)

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

How it helps

Prebiotics may improve quality of life in people with IBD. They may reduce stomach cramps, improve diarrhea and boost “good” gut bacteria [R, R, R, R, R, R].

Studied prebiotics include:

- **Germinated barley foodstuff:** 20-30 g/day for 1-6 months [R, R, R]
- **Psyllium seeds:** 20 g/day for 12 months [R]
- **Psyllium husk:** 7 g/day for 2 months [R]
- **Oligofructose-enriched inulin:** 12 g/day for 2 weeks [R]

Prebiotics may help with IBD by reducing inflammation [R, R].

Please note: People with IBD who follow a [low-FODMAP diet](#) should avoid some fiber-based prebiotics. Consult your doctor or dietitian for more information [R, R].



PERSONALIZED TO YOUR GENES

Your **IL10** gene variant is linked to IBD. It likely reduces the levels of IL-10, an anti-inflammatory protein. Prebiotics may reduce gut inflammation by increasing IL-10 levels [R, R, R, R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
IL19	rs3024505	AG	



Germinated Barley



How to implement

Incorporate germinated barley into your diet by adding it to soups, salads, or as a side dish. Aim for a serving of about 1/2 to 1 cup (cooked) daily. You can prepare it by boiling in water for approximately 45 minutes or until tender.

Description

Germinated barley, also known as barley grass or barley greens, is a source of nutrients, including vitamins, minerals, and antioxidants. Consuming germinated barley as part of a balanced diet may support overall health and provide essential nutrients.

How it helps

Germinated barley foodstuff is a prebiotic combining dietary fibers and glutamine-rich proteins that stimulates the growth of butyrate-producing bacteria. In 3 uncontrolled trials of 49 people with ulcerative colitis, consuming 20-30 g/day for 4-24 weeks reduced disease activity while increasing stool butyrate and improving the composition of the gut microbiota [R, R, R].

In a non-placebo-controlled trial of 59 ulcerative colitis patients in remission, taking 20 g/day germinated barley foodstuff for 12 months prolonged remission [R].

Germinated barley foodstuff also lowered the levels of the inflammatory markers TNF-alpha, IL-6, and IL-8 in a non-placebo-controlled trial of 41 ulcerative colitis patients [R].

25



Cycling

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Begin cycling with moderate rides to build up your stamina, targeting 2 to 4 times a week for 30 to 60 minutes per session. Ensure your bicycle is the right size and properly adjusted for your comfort. Safety gear, including helmets, is essential. Mix up your routes for interest and challenge, and consider joining a cycling group for social and motivational benefits. Maintenance of your bicycle will ensure a smooth ride and prolong its life.

Description

Cycling is a low-impact, environmentally friendly exercise that offers significant cardiovascular benefits, muscle strengthening, and flexibility improvement. It's suitable for all fitness levels and can be enjoyed both recreationally and competitively. Cycling promotes weight loss, decreases stress levels, and improves joint mobility. It's also a convenient mode of transportation that encourages outdoor exploration and reduces air pollution.

How it helps

Experts agree that moderate exercise can support gut health in people with IBD. It likely helps by reducing inflammation. Aerobic exercise such as running or biking may also improve the composition of gut bacteria [\[R, R, R, R\]](#).

Some people with severe IBD may need to avoid long or intense exercise. In this case, even **low-moderate intensity exercise (2-3 times/week)** may help improve quality of life [\[R, R, R, R\]](#).

26



E. coli Nissle 1917

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

EcN is typically taken as capsules, tablets, or suspensions, with the dosage depending on the condition being treated (commonly, 1–2 doses daily). It is usually taken before or with meals, and if combined with antibiotics, should be spaced 2–3 hours apart. Follow the product’s storage instructions, as some require refrigeration. Consult a healthcare provider for proper use, especially for children, during pregnancy, or for long-term treatment of conditions like ulcerative colitis.

Description

E. coli Nissle 1917 (EcN) is a non-pathogenic strain of *Escherichia coli* that is widely studied and used as a probiotic. Originally isolated by Dr. Alfred Nissle in 1917 during World War I, this strain was identified for its ability to combat infectious diarrhea in soldiers. Unlike pathogenic *E. coli* strains, EcN lacks virulence factors and is considered safe for therapeutic use.

EcN is commonly available in probiotic formulations and has a well-established safety profile. Owing to its ability to modulate the gut microbiota and reduce inflammation, people use it to improve:

- IBD
- IBS
- Diarrhea
- Intestinal infections

How it helps

A meta-analysis of 10 studies and 1049 IBD patients found that *E. coli* Nissle 1917 was as effective as mesalazine at improving remission, relapse, and complication rates [\[R\]](#).

Another meta-analysis (6 trials and 719) found the same effect of this strain in patients with ulcerative colitis [\[R\]](#).

27



Avoid High-Impact Exercise

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Opt for low-impact activities such as swimming, cycling, or walking instead of running or jumping exercises. Engage in these alternative exercises for at least 150 minutes per week, spread out over several days to ensure rest periods between sessions.

Description

For individuals with certain medical conditions or joint issues, avoiding high-impact exercise can help prevent injuries and joint strain. Choosing lower-impact activities like swimming or cycling can provide similar cardiovascular benefits while minimizing the risk of overuse injuries.

How it helps

Some people with severe IBD may not be able to exercise as strenuously as healthy peers. If the intensity of exercise is limited, then physical activity is believed to be beneficial for IBD patients. In 2 trials (non-placebo-controlled and uncontrolled) of 62 people with moderate IBD, moderate-to-low-intensity exercise 2x-3x/week improved IBD quality of life [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

28



Butyrate

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take butyrate supplements orally with a full glass of water, typically starting with a dose of 300 to 600 mg per day. It can be taken with or without food, but if stomach upset occurs, try taking it with meals. The specific dosage and duration of use should be based on the guidance of a healthcare professional, tailored to individual health needs.

TYPICAL STARTING DOSE

300 mg

Description

Butyrate is a short-chain fatty acid produced by gut bacteria during the digestion of dietary fiber. It plays a crucial role in maintaining gut health, supporting the integrity of the intestinal lining, and contributing to overall digestive well-being.

[Butyrate](#) is a short-chain fatty acid produced when the gut bacteria ferment indigestible fibers. It prevents inflammation in the gut and is essential for maintaining a healthy barrier between the large bowel and the bloodstream [\[R\]](#).

People take butyrate to support gut health, improve insulin sensitivity, and promote weight loss.

How it helps

Supplementation with butyrate (1.8-4 g/day for 8-12 weeks) may cause remission in people with both Crohn’s disease and ulcerative colitis. Butyrate may also help as an add-on to conventional medication [\[R\]](#), [\[R\]](#), [\[R\]](#).

Butyrate may help by reducing inflammation [\[R\]](#).

29



Eat Fiber-Rich Foods

IMPACT

1 / 5

EVIDENCE

3 / 5

How to implement

Incorporate foods high in fiber, such as fruits, vegetables, whole grains, and legumes, into your daily meals. Aim for a total dietary fiber intake of 25 to 30 grams per day, spread out over all meals.

Description

Fiber is a type of carb that your body can’t digest which supports digestion, heart health, and blood sugar control. You can get fiber by eating things like whole grains, fruits, nuts, seeds, and leafy greens.

Fiber is a type of carb that your body can’t digest. It supports digestion, heart health, blood sugar control, and more [\[R, R\]](#).

Adults should get 28 g of fiber every day. Most people in the US don’t get enough fiber [\[R, R\]](#).

You can get more fiber by eating [\[R, R\]](#):

- Whole grains
- Fruits
- Leafy greens
- Nuts and seeds
- Beans
- Broccoli

Fiber supplements, such as [psyllium husk](#), are available for people who don’t get enough fiber from their diets [\[R, R\]](#).

How it helps

Experts recommend fiber as part of a healthy diet for people with IBD, unless it is triggering their symptoms [\[R\]](#).

Dietary fiber is linked to lower odds of **Crohn’s disease**. The risk may decrease by **13% for every 10 g increase in fiber intake per day**. However, dietary fiber may not protect against ulcerative colitis [\[R, R\]](#).

In some people with IBD, **fiber-rich foods** and supplements like **oat bran (60 g/day for 3 months)** may [\[R, R, R\]](#):

- Support “good” gut bacteria
- Reduce hospital visits
- Improve quality of life

Please note: People with IBD who follow a [low-FODMAP diet](#) should avoid some types of fiber. Consult your doctor or dietitian for more information [\[R, R\]](#).

30



Omega-3 (Fish Oil)

IMPACT1 / 5

EVIDENCE2 / 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

Many studies have used omega-3 supplementation to induce and maintain remission in people with Crohn's disease and ulcerative colitis but their quality was low and the results are mixed. Meta-analyses found insufficient evidence to support omega-3 supplementation in people with IBD [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

 PERSONALIZED TO YOUR GENES

The *IRF5* gene promotes Th1 and Th17 inflammatory responses, and suppresses the activity of the anti-inflammatory cytokine IL-10 [\[R\]](#).

Your genotype for this SNP has been associated with increased IRF5 expression, as well as relatively increased rates of ulcerative colitis [\[R\]](#).

Omega-3s may inhibit the Th1 response and increase IL-10 [\[R\]](#), [\[R\]](#), [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
IRF5	rs4728142	GA	

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Mediterranean Diet

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

In people with IBD, following the Mediterranean diet may improve [\[R, R\]](#):

- Quality of life
- Flare-ups
- Nutrition

The Mediterranean diet may help with IBD by reducing inflammation [\[R, R, R, R\]](#).

32



Avoid Refined Sugar

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Eliminate foods and beverages high in refined sugars, such as sodas, candies, pastries, and white bread, from your diet. Replace them with natural sugars found in fruits and whole grains. Implement this change immediately and maintain it indefinitely for long-term health benefits.

Description

Reducing the consumption of refined sugar and high-sugar foods can help prevent dental problems, manage blood sugar levels, and support weight management.

How it helps

A meta-analysis of 9 studies associated eating a Western diet (one of whose features is the abundance of refined carbs) with a 92% higher risk of IBD. This diet increased the risk of both Crohn's disease (by 72%) and ulcerative colitis (by 115%) [\[R\]](#).

However, two meta-analyses found uncertain effects of limiting refined carbs on IBD remission rates [\[R\]](#), [\[R\]](#).

How to implement

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

- Increase inflammation
- Increase leaky gut
- Disturb gut bacteria

People with IBD tend to have more flare-ups when they're stressed. Stress may even contribute to the onset and progression of IBD. However, the evidence is limited [R, R, R, R, R, R, R].

Experts recommend managing stress to increase the quality of life in people with IBD [R, R, R, R].

Relaxation techniques based on mindfulness and meditation may help reduce stress. They may also improve IBD symptoms, but the evidence is mixed [R, R, R, R].

34



Wormwood

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a wormwood supplement capsule, typically ranging from 200 to 500 mg, once daily before a meal. The exact dosage may depend on the specific condition being treated and the product's concentration, so consult the supplement's packaging or a healthcare professional for guidance. Use should generally not exceed four weeks consecutively without a break or medical advice.

TYPICAL STARTING DOSE
200 mg

Description

Wormwood is an herb used in traditional medicine for its potential digestive benefits and as an ingredient in herbal liqueurs. It may aid in relieving digestive discomfort and expelling intestinal parasites. The main compound of interest is thujone.

How it helps

A meta-analysis of 7 trials (2 of them using artemisia) identified wormwood (*Artemisia absinthium*) among the herbal remedies causing clinical remission of IBD [R].

Artemisia may help through its anti-inflammatory properties. It also boosts your immune system response, which can help your body faster heal from the damage caused by inflammation.

35



Inulin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 5 grams of inulin supplement daily, mixing it with water, other beverages, or food. It can be taken all at once or divided into smaller doses throughout the day. Start with a lower dose to assess your tolerance and gradually increase. Continue taking inulin daily for at least 4-8 weeks to assess its benefits on gut health.

TYPICAL STARTING DOSE
5 g

Description

Inulin is a type of dietary fiber found in certain plants. It can support digestive health by promoting the growth of beneficial gut bacteria and aiding regular bowel movements.

How it helps

Oligofructose-enriched inulin (12 g/day) reduced the fecal levels of an inflammatory protein (calprotectin) in a 2-week placebo-controlled trial of 19 people with active ulcerative colitis [R].

36



Flaxseed Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1 to 2 tablespoons (15-30 g) of flaxseed oil daily. It can be taken with or without food. For best results, use consistently for at least 2 months.

TYPICAL STARTING DOSE

15 g

Description

Flaxseed oil is a source of healthy fats, particularly alpha-linolenic acid (ALA), an omega-3 fatty acid. It can help support cardiovascular health and may have anti-inflammatory properties when used as part of a well-rounded diet.

[Flaxseed](#) is a common ingredient in bakery products. Some people also use it as a health food to support digestion [\[R\]](#).

Flaxseed is rich in many compounds, including [\[R\]](#):

- Vitamins and minerals
- Protein
- Fiber
- Omega-3 fatty acids ([ALA](#))

How it helps

In a placebo-controlled trial of 75 patients with ulcerative colitis, supplementation with flaxseed oil (10 g/day) or ground flaxseed (30 g/day) for 12 weeks decreased inflammatory markers (IFN-gamma and IL-6), disease severity, blood pressure, and waist circumference [\[R\]](#).

Flaxseed oil is rich in omega-3 fatty acids, particularly alpha-linolenic acid, which has anti-inflammatory properties.

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Bifidobacterium Longum

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a Bifidobacterium longum supplement daily, with a typical dosage around 10 billion colony-forming units (CFUs). It can be consumed any time of day, but taking it with a meal might improve its absorption and effectiveness. Continue this regimen for at least 4 weeks to assess its benefits on digestive health.

TYPICAL STARTING DOSE

10 billion CFU

Description

Bifidobacterium longum is a beneficial probiotic strain known for its potential to support digestive health and boost the immune system.

[Bifidobacterium longum](#) is a [probiotic](#) bacterium naturally present in the human gastrointestinal tract. Its subspecies *B. longum subsp. infantis* is one of the earliest bacteria to colonize the infant gut [\[R\]](#).

People take *B. longum* to enhance immunity against infections and support gut health [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

In a study of 56 patients with mild to moderate ulcerative colitis, 63% of those who received *B. longum* BB536 probiotics ($2\text{--}3 \times 10^{11}$ CFU/day) for 8 weeks achieved remission compared to 52% on the placebo. The BB536 group also saw significant improvements in symptoms and endoscopic index [\[R\]](#).

B. longum may help by balancing the gut bacteria, reducing inflammation, and improving the gut barrier.

38



Psyllium

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 5 grams of psyllium husk powder with at least 8 ounces of water. Do this once daily, preferably in the morning before breakfast. Continue this regimen daily for ongoing digestive health benefits.

TYPICAL STARTING DOSE

5 g

Description

Psyllium is a plant-based dietary fiber derived from the seeds of the *Plantago ovata* plant. It is primarily used both traditionally and today, as a dietary supplement due to its high soluble fiber content, aiding in digestive health and regulating bowel movements. The main compounds in psyllium are soluble fiber and mucilage.

[Psyllium husk](#) might be beneficial for gut health and heart health. But what exactly is this supplement and how does it work?

Psyllium is an herb that grows around the world. Its “husk,” the outer coating of the psyllium seed, is full of fiber. The health benefits of psyllium husk are due to this fiber.

How it helps

In 2 controlled trials of 134 ulcerative colitis patients in remission, taking psyllium seeds (10 g, 2x/day for 12 months) or husk (3.52 g, 2x/day for 4 months) maintained remission in 60-69% of patients [\[R, R\]](#).

Psyllium fiber may help by promoting healthy gut bacteria.

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Bifidobacterium Infantis 35624

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Bifidobacterium infantis 35624 is available in several forms, including capsules, tablets, powder, and liquid. The recommended dosage may vary depending on the specific product and individual health needs, but a common dosage range is between 1 to 10 billion CFU/day. Probiotic supplements should generally be taken with or after meals to improve stability and absorption. If taking the powder form, it can be mixed with water or food. For specific health concerns, such as gut issues or IBS, dosage recommendations may differ, so professional guidance is recommended.

Description

Bifidobacterium infantis 35624 is a specific strain of beneficial bacteria that is naturally found in the human gut, particularly in infants.

This strain is known for its ability to support digestive health and immune function. Research suggests that *B. infantis* 35624 can help maintain a healthy balance of gut microbiota, alleviate symptoms of irritable bowel syndrome, reduce inflammation, and improve overall gut function. It has also been studied for its potential to promote the development of the gut microbiome in infants, particularly in those born via C-section or who are not breastfed.

As a probiotic supplement, *B. infantis* 35624 is commonly used to support digestive health and improve symptoms of gut-related disorders.

How it helps

In 3 small placebo-controlled trials of 96 patients with ulcerative colitis, chronic fatigue syndrome, or psoriasis, supplementation with *B. infantis* 35624 for 6–8 weeks lowered CRP levels in all three inflammatory conditions, TNF-alpha in people with chronic fatigue syndrome and psoriasis, and IL-6 in those with chronic fatigue syndrome and ulcerative colitis [R].

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Extra Virgin Olive Oil (EVOO)

IMPACT

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EVIDENCE

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How to implement

Incorporate 1-2 tablespoons of extra virgin olive oil into your daily diet. Use it as a dressing for salads, vegetables, or incorporate it into cooking, but avoid using it at high temperatures to preserve its health benefits.

Description

Extra virgin olive oil is a high-quality olive oil obtained from the first pressing of olives. It is rich in monounsaturated fats and antioxidants, like polyphenols, and is associated with various health benefits, including heart health and anti-inflammatory properties.

[Olive oil](#) is fat from the olive, a traditional tree of the Mediterranean Basin [\[R\]](#).

Olive oil has anti-inflammatory and antioxidant properties. It may also reduce the risk of [\[R\]](#), [\[R\]](#):

- Heart disease
- Diabetes
- Cancer

Olive oil is also the primary fat source in the [Mediterranean diet](#), which may improve brain and heart health [\[R\]](#).

How it helps

In a non-placebo-controlled trial of 40 patients with ulcerative colitis, consuming EVOO for 20 days reduced CRP levels, erythrocyte sedimentation rate, bloating, constipation, fecal urgency, incomplete defecation, and gastrointestinal symptom rating scale [\[R\]](#).

Extra virgin olive oil contains anti-inflammatory compounds like oleocanthal, which help to reduce gut inflammation. Additionally, its high monounsaturated fat content increases the health of the gut lining.

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Mastic Gum

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 350-1000 mg of mastic gum in capsule form daily, usually divided into two doses - morning and evening, with a glass of water. Follow these instructions for at least two weeks to see improvements in digestive health.

TYPICAL STARTING DOSE
350 mg

Description

Mastic gum is a natural resin with potential digestive health benefits. It's believed to support gastrointestinal comfort and may help alleviate symptoms of conditions like indigestion and acid reflux.

[Mastic](#) is a resin from the mastic tree. The mastic tree is native to the Greek island of Chios [\[R\]](#), [\[R\]](#).

Mastic is consumed as a chewing gum, used in cosmetics, and added to foods and drinks as a sweetener. People also take it to potentially help with gut problems [\[R\]](#).

How it helps

In a placebo-controlled trial of 60 IBD patients, mastic gum (2.8 g/day) improved the quality of life and IBD markers (lysozyme, lactoferrin, and calprotectin levels, but not CRP) [\[R\]](#).

Mastic gum (2.2 g/day) reduced symptoms of Crohn’s disease (liquid stools, stomach pain, and cramps), antidiarrheal drug use, and inflammatory markers (IL-6 and CRP) while improving general well-being in a 4-week uncontrolled trial of 18 people [\[R\]](#).

Mastic gum (2.8 g/day) also reduced blood levels of free amino acids in 2 placebo-controlled trials of 128 people with IBD in remission, suggesting its potential to maintain remission [\[R\]](#), [\[R\]](#).

Mastic gum has anti-inflammatory and antibacterial properties that may help soothe the gut lining and clear out harmful bacteria.

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Autoimmune Protocol (AIP) Diet

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Eliminate grains, legumes, nuts, seeds, nightshades, dairy, eggs, coffee, alcohol, refined sugars, refined oils, food additives, and processed foods from your diet for a minimum of 30 days. After this elimination period, gradually reintroduce foods one at a time, every 5-7 days, to identify any that trigger symptoms.

Description

The Autoimmune Protocol (AIP) diet is a dietary approach designed to help individuals with autoimmune diseases identify and eliminate foods that may trigger inflammation and autoimmune responses. It focuses on nutrient-dense, anti-inflammatory foods while avoiding potential allergens and irritants.

How it helps

A dietary intervention involving a 6-week elimination and 5-week maintenance phase on 15 IBD patients improved disease scores but had no significant effects on CRP levels. Endoscopic improvements were observed in some cases [\[R\]](#).

The AIP diet may help by eliminating specific foods that may trigger gut inflammation.

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Resveratrol

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 150-500 mg of resveratrol as a supplement daily, preferably with meals to enhance absorption. This dosage range is based on studies for various health benefits, and it's advised to not exceed 500 mg per day without medical supervision.

TYPICAL STARTING DOSE

150 mg

Description

Resveratrol is a natural compound found in red grapes, red wine, and some berries. It is known for its potential antioxidant properties and its role in promoting heart health.

[Resveratrol](#) is an antioxidant found mainly in [\[R\]](#):

- Berries
- Red grapes
- Red wine
- Peanuts

It’s purported to have anti-inflammatory and antioxidant effects [\[R, R, R\]](#).

How it helps

In 2 placebo-controlled trials of 106 patients with active mild to moderate ulcerative colitis, supplementation with resveratrol (500 mg/day) for 6 weeks decreased IBD and clinical colitis scores, TNF-alpha (by 19.70 pg/mL), CRP (by 4764.25 ng/mL), and MDA, while increasing SOD and quality of life [\[R, R\]](#).

Resveratrol may help by suppressing inflammatory responses and repairing the intestinal barrier.

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Bacillus Clausii

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take Bacillus clausii as an oral probiotic supplement, usually found in liquid or capsule form. For adults and children, the typical dosage is one or two capsules (or one or two vials of liquid, if using that form) daily. The duration of use can vary; some may take it for a few weeks during or after antibiotic treatment, while others might use it for longer periods to support digestive health.

Description

Bacillus causii is a type of beneficial bacteria that can be found in probiotic supplements, potentially contributing to digestive health and a balanced gut microbiome.

How it helps

In a placebo-controlled trial of patients with IBD, supplementation with *B. clausii* UBBC-07 for 4 weeks increased *Firmicutes*, *Lactobacillus*, *Bifidobacterium*, and *Faecalibacterium* bacteria while decreasing *Bacteroidetes*. The treatment also increased IL-10 while decreasing IL-1β, TNF-α, IL-6, IL-17 and IL-23 [\[R\]](#).

B. clausii is a type of probiotic that helps in maintaining a stable gut microbiota, which could lessen inflammation in the gut. It works by enhancing your natural gut flora, promoting a healthy immune response, and fighting harmful bacteria that can cause inflammation.

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Bilberry

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate bilberry fruits into your diet by eating a small handful, approximately 1/4 to 1/2 cup, daily. You can also consume bilberry in the form of tea, by steeping 1-2 teaspoons of dried bilberries in hot water for about 10 minutes, up to three times a day.

Description

Bilberry is a fruit rich in antioxidants and flavonoids, which may contribute to eye health and circulatory function. It's often used in supplements for its potential to support vision and overall well-being.

How it helps

In a pilot trial with 13 ulcerative colitis patients, anthocyanin-rich bilberry treatment induced remission in 63.4% and a partial response in 90.9% after 6 weeks. It reduced the Mayo score, fecal calprotectin, endoscopic Mayo score, and histologic Riley index. However, calprotectin levels and disease activity increased after stopping bilberry [\[R\]](#).

Bilberries have powerful anti-inflammatory and antioxidant properties, which can help soothe inflammation in the gut.

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Lactobacillus Casei

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing Lactobacillus casei daily, with a dosage recommended by the product's manufacturer or a healthcare professional. The specific amount can vary, but it is commonly found in doses around 10 billion colony-forming units (CFUs). Continue this regimen for at least 4 weeks to observe potential health benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus casei is a probiotic bacterium known for its potential to support gut health and immune function. It contributes to a balanced gut microbiome and may help alleviate digestive issues like diarrhea.

[Lactobacillus casei](#) is a [probiotic](#) bacterium found in fermented foods (e.g., cheese), as well as in the reproductive and gastrointestinal tracts of humans and other animals [\[R\]](#), [\[R\]](#).

People mainly take *L. casei* to support a healthy gut microbiota [\[R\]](#).

How it helps

In a non-placebo-controlled trial of 26 patients with mild left-sided ulcerative colitis, receiving oral 5-aminosalicylic acid combined with rectal (but not oral) *L. casei* DG increased *Lactobacillus* spp and mucosal IL-10, while reducing *Enterobacteriaceae*, TLR-4, and IL-1β [\[R\]](#).

L. casei may help promote balance in your gut microbiome by supporting healthy bacteria growth. This can soothe inflammation by making sure good bacteria can outcompete harmful ones.

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Aloe Vera

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 50 mg Aloe vera supplement daily, with a glass of water, preferably at the same time each day to maintain consistency.

TYPICAL STARTING DOSE

50 mg

Description

Aloe vera is a succulent plant native to arid regions and contains a gel-like substance in its leaves that is rich in vitamins, minerals, and antioxidants, making it beneficial for soothing skin irritations, promoting wound healing, and providing relief from conditions such as sunburn and minor burns. The primary active compounds in aloe vera gel include polysaccharides, vitamins like vitamin C and E, and minerals such as zinc, which contribute to its healing and anti-inflammatory effects.

[Aloe vera](#) lives in the desert, and its thick leaves store water in the form of a gel [\[R\]](#).

People use aloe gel to help soften the skin and soothe burns [\[R\]](#).

Oral aloe supplements may help with blood sugar and gut health [\[R\]](#).

How it helps

In a placebo-controlled trial of 44 people with active ulcerative colitis, taking Aloe vera gel (100 mL, 2x/day) for 4 weeks caused a response in 47% of the patients, improvement in 37%, and remission in 30%. The treatment also reduced disease activity [\[R\]](#).

Aloe vera may help through its anti-inflammatory effects.

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Oat Bran

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate oat bran into your diet by adding 1-2 tablespoons to your breakfast cereal or yogurt daily. You can also use it as an ingredient in homemade bread, muffins, or pancakes. Aim to include oat bran in at least one meal per day for ongoing dietary benefits.

Description

Oat bran is the outer layer of oat grains and is rich in soluble fiber, making it a heart-healthy addition to diets. Consuming oat bran may help lower cholesterol levels and support digestive regularity.

How it helps

Adding 60 g/day of oat bran (providing 20 g dietary fiber) for 3 months increased fecal butyrate by 36% and significantly reduced gastrointestinal complaints in a non-placebo-controlled trial of 22 people with ulcerative colitis in remission [\[R\]](#).

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Flaxseed

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Consume 2 tablespoons of ground flaxseed daily. You can add it to your breakfast cereal, smoothies, or salads.

TYPICAL STARTING DOSE

2 tbsp

Description

Flaxseed is a nutrient-dense food that's high in fiber and omega-3 fatty acids. It may contribute to heart health, promote digestive regularity, and help manage cholesterol levels when included in a balanced diet.

[Flaxseed](#) is a common ingredient in bakery products. Some people also use it as a health food to support digestion [\[R\]](#).

Flaxseed is rich in many compounds, including [\[R\]](#):

- Vitamins and minerals
- Protein
- Fiber
- Omega-3 fatty acids ([ALA](#))

How it helps

In a placebo-controlled trial of 75 patients with ulcerative colitis, supplementation with flaxseed oil (10 g/day) or ground flaxseed (30 g/day) for 12 weeks decreased inflammatory markers (IFN-gamma and IL-6), disease severity, blood pressure, and waist circumference [\[R\]](#).

50



Spirulina

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1-8 g of spirulina supplements daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

Spirulina is a blue-green algae. It is rich in nutrients like protein, vitamins, and minerals, particularly vitamin B12 and iron, and is a source of antioxidants, chlorophyll, and phycocyanin. It can be found in powdered or tablet form as a supplement, and is often used to boost energy, support the immune system, and enhance overall nutrition. Additionally, spirulina.

[Spirulina](#) is a supplement made from blue-green algae that grows in fresh and marine water [\[R, R\]](#).

Dried spirulina is up to 70% protein. It’s also rich in vitamins, antioxidants, and healthy fats. This makes it a great source of nutrition for both people and livestock [\[R, R, R\]](#).

People use spirulina supplements to reduce [\[R, R\]](#):

- Cholesterol
- Blood pressure
- Blood sugar

How it helps

In a placebo-controlled trial of 73 patients with ulcerative colitis, supplementation with spirulina (500 mg, 2x/day) for 8 weeks reduced sleep disturbances and stress, while increasing quality of life [\[R\]](#).

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Saffron

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 20 mg of saffron supplement daily. This can be taken at any time of the day, with or without food.

TYPICAL STARTING DOSE

20 mg

Description

Saffron is a spice derived from the stigma of the saffron crocus flower, and is native to the Mediterranean and Asia. Its main compounds include crocin, picrocrocin, and safranal, which may contribute to its antioxidant properties and potential mood-enhancing effects.

[Saffron](#) is a yellow spice praised for its color, taste, and potential health benefits [\[R\]](#).

Saffron is rich in antioxidants such as *crocin*. Researchers are looking into its potential benefits for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Gut conditions
- Heart health
- Mental health

How it helps

In a placebo-controlled trial of 80 patients with mild to moderate ulcerative colitis, supplementation with saffron (100 mg/day) for 8 weeks improved colitis activity scores and antioxidant status (total antioxidant capacity, superoxide dismutase, and glutathione peroxidase activity but not malondialdehyde) [\[R\]](#).

Saffron has potent anti-inflammatory properties and may improve digestion and bloating.

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Guided Imagery

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Find a quiet, comfortable place to sit or lie down where you can spend 20 to 30 minutes without interruptions. Close your eyes and take deep breaths to relax. Then, listen to a guided imagery audio recording or follow a script where you imagine a peaceful scene or scenario in detail. Do this practice daily, ideally at the same time each day, to reduce stress and improve well-being.

TYPICAL STARTING DOSE

30 minutes

Description

Guided imagery is a relaxation technique that involves using mental images to promote relaxation, reduce stress, and manage pain. It can have a positive impact on mental well-being and overall stress management.

Guided imagery is a relaxation technique that involves visualizing positive, peaceful settings. Guided imagery aims to [\[R\]](#), [\[R\]](#):

- Improve mind-body connection
- Enhance well-being
- Reduce stress and anxiety
- Improve immunity

How it helps

In a study of 39 subjects with IBD, a relaxation-training intervention with guided imagery led to significant improvements in the treatment group compared to the control group. Anxiety decreased, quality of life and mood improved, and pain and stress levels decreased [\[R\]](#).

Guided imagery is a technique that reduces stress and induces relaxation, both of which can significantly alleviate gut inflammation symptoms.

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Propionyl-L-Carnitine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500 mg to 2 g of propionyl-L-carnitine orally with meals to enhance absorption, divided into two or three doses throughout the day. Continue this regimen daily for a minimum of several weeks to observe benefits.

TYPICAL STARTING DOSE
500 mg

Description

Propionyl-L-carnitine is a naturally occurring compound that plays a role in energy production and cardiovascular health. It is often used as a dietary supplement to support circulation and reduce symptoms of conditions like peripheral artery disease.

Propionyl-L-carnitine is a supplement that people use to improve athletic performance, heart health, and more. It provides [L-carnitine](#), a compound that helps your body get energy from fat [\[R, R\]](#).

How it helps

In 2 placebo-controlled trials of 135 people with IBD (most of them with ulcerative colitis), supplementation with propionyl-L-carnitine (1-2 g/day) caused clinical response in 71-72% and remission in 52-64%. Ulcerative colitis but not Crohn’s disease patients showed lower disease activity and tissue damage. The study of biopsies from the first trial found that propionyl-L-carnitine reduces mucosal inflammation and endothelial dysfunction in the microvessels [\[R, R, R\]](#).

Propionyl-L-carnitine may help by promoting the healing of the gut lining.

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Bifidobacterium Longum BB536

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

B. longum BB536 is available in several forms, including capsules, powders, and chewables. The typical dosage for *B. longum* BB536 is around 10 billion colony-forming units (CFUs) per day, depending on the health objectives and the specific product formulation. It is often recommended to start with a lower dose to assess tolerance before gradually increasing to the desired dose.

TYPICAL STARTING DOSE

10 billion CFU

Description

Bifidobacterium longum BB536 is a well-researched probiotic strain that offers various health benefits. Originating from human gut flora, this strain has a high survival rate through the gastrointestinal tract, enhancing its efficacy.

B. longum BB536 is a versatile probiotic that supports digestive health, strengthens the immune system, and offers antioxidant benefits.

How it helps

In a study of 56 patients with mild to moderate ulcerative colitis, 63% of those who received *B. longum* BB536 probiotics ($2-3 \times 10^{11}$ CFU/day) for 8 weeks achieved remission compared to 52% on the placebo. The BB536 group also saw significant improvements in symptoms and endoscopic index [\[R\]](#).

B. longum may help by balancing the gut bacteria, reducing inflammation, and improving the gut barrier.

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Lactobacillus Fermentum and Delbrueckii

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing Lactobacillus fermentum and Lactobacillus delbrueckii daily, according to the dosage instructions on the product label. It's typically recommended to consume these probiotics with a meal to enhance absorption. Continue taking the supplement daily for at least 4 weeks to observe potential health benefits.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus fermentum and *delbrueckii* are beneficial probiotic strains that can support digestive health and contribute to a balanced gut microbiome. They may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

How it helps

In a placebo-controlled trial of 30 patients with moderate-to-mild ulcerative colitis, supplementation with *L. fermentum* and *L. delbrueckii* as an add-on to sulfasalazine for 8 weeks decreased the colonic concentration of IL-6, expression of TNF-alpha and NF-kappaB p65, leukocyte recruitment, and the level of fecal calprotectin better than sulfasalazine alone [R].

L. fermentum may help by promoting balance in the gut flora and reducing inflammation-causing bacteria.

56



Dong Quai

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 500-600 mg capsule of Dong Quai supplement once daily with food. It is generally recommended to cycle Dong Quai use, taking it for three weeks followed by a one week break. Consult a healthcare provider before starting to ensure it's appropriate for your health condition.

TYPICAL STARTING DOSE
500 mg

Description

Dong quai is an herb commonly used in traditional Chinese medicine to support women's health, particularly during menstruation and menopause. It is believed to have hormonal-regulating properties.

How it helps

In a non-placebo-controlled trial of 64 patients with ulcerative colitis, adding *Angelica sinensis* injections to standard treatment for 3 weeks inhibited platelet activation, relieved vascular endothelial cell injury, and improved microcirculation [R].

Dong quai may help through its anti-inflammatory properties.

57



Black Seed (Black Cumin)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1000 mg of black seed (black cumin) supplement daily, preferably split into two doses of 500 mg each, one in the morning and one in the evening.

TYPICAL STARTING DOSE

1000 mg

Description

Black seed, also known as black cumin or *Nigella sativa*, has been used for its potential health benefits in traditional medicine. It is believed to have anti-inflammatory, antioxidant, and immune-boosting properties.

[Black seed](#) (black cumin) and its oil are used in cooking and traditional medicine [\[R\]](#).

People use black seed for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Asthma
- Allergies
- High blood sugar
- High blood pressure
- Joint pain

How it helps

In a placebo-controlled trial of 46 patients with active mild-to-moderate ulcerative colitis, supplementation with black seed powder (2 g/day) for 6 weeks decreased stool frequency but failed to improve other symptoms [\[R\]](#).

58



Lactobacillus Paracasei

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a supplement containing Lactobacillus paracasei daily, with a dose of around 10 billion colony-forming units (CFUs). Consume the supplement with or without food, but consistently at the same time each day for at least 4 weeks to observe beneficial effects.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus paracasei 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 paracasei](#) is a type of bacteria naturally found in the intestine. It is considered a [probiotic bacteria](#), which means “good” bacteria that has health benefits when taken in adequate amounts [\[R\]](#).

L. paracasei is used in the production of the following fermented foods [\[R\]](#):

- Yogurt
- Cheese
- Sauerkraut

It may help [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Improve gut and skin health
- Boost immunity
- Fight allergies

How it helps

In a placebo-controlled trial of 18 patients with ulcerative colitis, supplementation with *L. paracasei* B 20160 decreased IL-6 and IL-8 levels [\[R\]](#).

L. paracasei may help by boosting beneficial gut bacteria, thereby supporting a healthy gut microbiome. It may also help reduce inflammation by enhancing gut lining integrity and inhibiting harmful bacteria overgrowth.

59



Andrographis

IMPACT

1 / 5

EVIDENCE

1 / 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

Taking 1,200-1,800 mg andrographis daily for 8 weeks reduced the symptoms in 45-60% of the participants in a placebo-controlled trial of 225 people with mild-to-moderate ulcerative colitis, being the 1,800 mg dose more effective. However, andrographis did not improve remission rates [\[R\]](#).

In an 8-week non-placebo-controlled trial of 120 ulcerative colitis patients, andrographis extract (1,200 mg/day) was approximately as effective as mesalazine at causing response (76% vs 82%) and clinical remission (21% vs 16%) [\[R\]](#).

Andrographis may help through its anti-inflammatory properties.

 PERSONALIZED TO YOUR GENES

The IL23R gene encodes one part of the receptor for IL-23, a cytokine involved in gut inflammation and IBD [\[R, R, R\]](#).

Your genotype for this SNP has been associated with increased IL-23 receptor activity, and may contribute to gut inflammation. It has also been associated with relatively increased rates of ulcerative colitis [\[R, R, R\]](#).

Supplementing with Andrographis may help with ulcerative colitis by suppressing IL-23 [\[R, R, R, R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
IL23R	rs10889677	CA	

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Probiotic Yogurt

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

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

Description

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

How it helps

In a non-placebo-controlled trial of 20 healthy controls and 20 subjects with IBD, consuming yogurt with *Lactobacillus rhamnosus* GR-1 and *L. reuteri* RC-14 for 30 days showed anti-inflammatory effects in participants with IBD [\[R\]](#).

Probiotic yogurt introduces beneficial bacteria into your gut, which aids in maintaining a balanced gut flora and reduces inflammation.

Please note: *There is no evidence from controlled clinical trials to support this recommendation. It is included based on uncontrolled clinical trials, animal or cell studies, or non-scientific criteria. Please take this recommendation with a grain of salt until more research is available.*

61



Ginger

IMPACT

1 / 5

EVIDENCE

1 / 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

In a placebo-controlled trial of 46 patients with ulcerative colitis, supplementation with dried ginger powder (2000 mg/day) for 6 weeks reduced disease severity and improved antioxidant status [\[R\]](#).

Ginger has anti-inflammatory and antioxidant properties that may alleviate IBD symptoms.

62



Berberine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500 mg of berberine two times a day before meals. Continue this regimen for up to three months, then evaluate its effects with your healthcare provider.

TYPICAL STARTING DOSE

1000 mg

Description

Berberine is a compound found in certain plants, known for its potential to support blood sugar control and heart health.

[Berberine](#) is an active compound of some plants used in traditional medicine, such as [\[R\]](#):

- European barberry
- Oregon grape
- Goldenseal
- Chinese goldthread
- Tree turmeric

Berberine is also available as a supplement. People use it to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Diabetes
- High cholesterol
- High blood pressure
- PCOS

How it helps

In a placebo-controlled trial of 16 people with ulcerative colitis, using 900 mg/day berberine as an add-on to mesalamine for 3 months reduced gut tissue damage better than mesalamine alone [\[R\]](#).

Berberine may help by reinforcing the barrier function of the gut lining and promoting a healthy gut microbiome.

63



Yoga

IMPACT

1 / 5

EVIDENCE

1 / 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 may reduce disease activity while increasing quality of life in people with ulcerative colitis [\[R, R, R\]](#).

Yoga may help by reducing stress.

 PERSONALIZED TO YOUR GENES

The FCGR2A gene codes for a receptor that binds IgG antibodies and signals the inflammatory response against pathogens [\[R, R, R, R\]](#).

Your genotype for this SNP has been associated with increased receptor activity, as well as with relatively higher rates of ulcerative colitis [\[R, R, R\]](#).

Stress can mimic your overactive FCGR2A variant by increasing IL-1b and IL-17 levels [\[R, R, R, R, R, R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
FCGR2A	rs1801274	AA	

64



Milk Thistle (Silymarin)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 300 mg milk thistle (silymarin) supplement daily with water, preferably with a meal for better absorption. Continue this regimen as advised by your healthcare provider.

TYPICAL STARTING DOSE

300 mg

Description

Silymarin is a natural plant extract derived from the milk thistle plant (*Silybum marianum*). It has been traditionally used for its potential anti-inflammatory and liver-protective properties. Silymarin consists of several flavonolignans, including silybin, silydianin, and silychristin.

Milk thistle (*Silybum marianum*) is a purple flowering plant in the daisy family. Traditionally, it has been used for liver problems. Some people also eat the leaves in salads [\[R\]](#), [\[R\]](#).

The extract of milk thistle is called *silymarin* [\[R\]](#), [\[R\]](#), [\[R\]](#).

People use milk thistle to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Liver problems
- Blood sugar control
- Indigestion
- Skin problems

How it helps

In a placebo-controlled trial of 70 patients with ulcerative colitis, supplementation with silymarin (140 mg/day) for 6 months improved hemoglobin level (by 1.6 g/dL) and erythrocyte sedimentation rate (by 12.9 mm/h), decreased disease activity index, and improved remission rates [\[R\]](#).

Milk thistle has strong anti-inflammatory and antioxidant properties.

65



Aromatherapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Select essential oils like lavender, peppermint, or eucalyptus. Use a diffuser to disperse the scent into your room for 30-60 minutes at a time, up to 3 times a day. Alternatively, apply a few drops diluted in a carrier oil directly to your skin, such as on your temples or wrists, twice a day.

TYPICAL STARTING DOSE

30 minutes

Description

Aromatherapy is a holistic practice that uses the scents and aromas of essential oils to promote physical, mental, and emotional well-being. It is often used for relaxation, stress reduction, and to address various health concerns through inhalation or topical application of essential oils.

Aromatherapy uses concentrated plant extracts known as **essential oils**. They can be inhaled using a diffuser (a device that releases small amounts of oil into the air) or applied to the skin using a roller [\[R\]](#).

[Lavender](#) is a decorative flower and a calming herb and its essential oil is commonly used in aromatherapy. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#):

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

Essential oils can be harmful if not used properly. Tips for using them safely include [\[R\]](#), [\[R\]](#):

- Diluting them properly using a plant-based carrier oil (such as olive oil or almond oil)
- Using diffusers in a well-ventilated area for a maximum of 1 hour
- If using on the skin, testing a small area first and waiting a day before using more
- Keeping essential oils away from candles or other heat sources

How it helps

In a non-placebo-controlled trial of 70 patients with IBD, receiving aromatherapy through the skin and by inhalation for 8 weeks improved fatigue, sleep quality, and quality of life [\[R\]](#).

66



Green Tea Extract

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a green tea extract supplement containing 250-500 mg of EGCG (the active compound in green tea) daily, preferably with a meal to enhance absorption. This dosage is typically split into two separate doses, taken in the morning and later in the day. Continue this regimen for at least three months to observe potential health benefits.

TYPICAL STARTING DOSE

250 mg

Description

Green tea extract is a concentrated form of the beneficial compounds found in green tea, such as catechins. It is used in dietary supplements for its potential to enhance metabolism, aid in weight management, and provide antioxidant protection.

[Green tea](#) is made from the same plant as black tea (*Camellia sinensis*). However, the leaves and buds are processed differently [\[R\]](#).

Green tea contains **catechins**. These are antioxidants that help prevent [oxidative stress](#) [\[R\]](#).

EGCG is the main catechin found in green tea. It may help reduce inflammation and support weight loss [\[R\]](#).

How it helps

In a placebo-controlled trial of 20 patients with mild to moderate ulcerative colitis, taking a commercial green tea extract (400-800 mg/day) for 56 days reduced ulcerative colitis activity in 66.7% of the participants and improved remission rate in 53.3% [\[R\]](#).

Supplementation with the green tea polyphenol EGCG (200-400 mg, 2x/day) reduced the frequency of bowel movements and bleeding in 78% of the participants and caused total remission of 56% in an uncontrolled trial of 9 people with pouchitis after surgery for ulcerative colitis [\[R\]](#).

Green tea is rich in antioxidants that may reduce inflammation in the gut.

Please note: polyphenols from green tea may bind to iron and form insoluble complexes, which reduces iron absorption in the gut. If you have anemia, consult your healthcare provider before using green tea [\[R\]](#).



PERSONALIZED TO YOUR GENES

The JAK2 gene creates a protein that activates the growth, development, and activity of immune cells in response to signals from cytokines [R, R, R, R, R].

Your genotype for this SNP has been associated with somewhat higher rates of ulcerative colitis and Crohn’s disease [R, R].

Green tea may protect the gut by blocking JAK2 activation [R, R, R].

The IRF5 gene promotes Th1 and Th17 inflammatory responses, and suppresses the activity of the anti-inflammatory cytokine IL-10 [R].

Your genotype for this SNP has been associated with increased IRF5 expression, as well as relatively increased rates of ulcerative colitis [R].

EGCG from green tea may inhibit the Th1 response and increase IL-10 [R, R, R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
JAK2	rs10758669	CA	

GENE	SNP	GENOTYPE	EVIDENCE
IRF5	rs4728142	GA	

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Boswellia

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 350 mg Boswellia supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

350 mg

Description

Boswellia is an herbal remedy derived from the resin of certain trees. It's known for its potential anti-inflammatory properties and is often used to support joint health.

[Boswellia](#), also known as frankincense, is the hardened sap of the *Boswellia serrata* tree [\[R\]](#).

In traditional medicine, boswellia is used for joint pain and gut conditions [\[R\]](#).

Today, some people use boswellia for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Osteoarthritis
- IBD
- Skin aging
- Asthma
- Gum health

How it helps

Supplementation with boswellia gum resin (300-350 mg, 3x/day) for 6 weeks caused remission in 70-82% of the patients and improved stool properties, tissue damage, and blood parameters in 2 non-placebo-controlled trials of over 20 people with ulcerative colitis [\[R\]](#), [\[R\]](#).

Boswellia may help through its anti-inflammatory properties.

68

Moxibustion

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Place a moxa stick (a cigar-shaped stick made from mugwort leaves) approximately 1-2 inches away from the skin's surface over the area to be treated. Light one end of the moxa stick and let it burn slowly, moving it around in a small circular motion or holding it still, depending on the technique being used, for about 10 to 15 minutes per session. Repeat the process 1-3 times a week for several weeks, monitoring for any skin irritation or discomfort.

TYPICAL STARTING DOSE

10 minutes

Description

Moxibustion is a traditional Chinese medicine therapy that involves burning dried mugwort near the skin's surface to stimulate acupuncture points, promoting relaxation, pain relief, and overall well-being.

How it helps

In a 12-week placebo-controlled trial of 92 IBD patients, moxibustion combined with acupuncture improved quality of life, increased hemoglobin levels, and reduced CRP levels better than placebo (sham moxibustion combined with acupuncture) [R].

A meta-analysis of 5 trials concluded that moxibustion has 24% higher response rates than conventional therapy in people with IBD. However, the authors warned about the low quality and high risk of bias of the included studies [R].

69



Evening Primrose Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500mg to 1000mg of evening primrose oil, in capsule form, once daily with a meal to ensure optimal absorption. This regimen is typically recommended for several months to evaluate its effectiveness for the specific condition being addressed.

Description

Evening primrose is a plant known for its seeds, which are a source of gamma-linolenic acid (GLA), an essential fatty acid. Some studies suggest that evening primrose oil, derived from these seeds, may help alleviate symptoms of conditions like premenstrual syndrome (PMS) and eczema, as well as support overall skin health.

Evening primrose (*Oenothera biennis*) is a flowering plant. Its name comes from the fact that its flowers close during the day and open when the sun sets [\[R\]](#).

[Evening primrose oil](#) comes from the plant’s seeds. It is rich in omega-6 fatty acids like [GLA](#). People use this oil to help with high triglycerides [\[R\]](#), [\[R\]](#).

How it helps

In a placebo-controlled trial of 43 patients with stable ulcerative colitis, supplementation with evening primrose oil as an add-on to standard treatment for 6 months improved stool consistency, but not stool frequency, rectal bleeding, disease relapse, sigmoidoscopic appearance, or rectal histology [\[R\]](#).

Evening primrose oil is rich in anti-inflammatory omega-6 fatty acids, especially GLA. They may help reduce gut inflammation by soothing the intestinal lining and suppressing inflammatory responses in the body.

70



Dietary Zinc

IMPACT

1 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods high in zinc, such as beef, poultry, seafood (especially oysters), beans, nuts, and whole grains, into your daily diet. Aim for the recommended dietary allowance of zinc, which is 11 mg per day for adult men and 8 mg per day for adult women.

Description

Dietary zinc is essential for the body. It helps our immune system fight off bacteria and viruses, plays a role in healing wounds, and is essential for our sense of taste and smell. Without enough zinc, these systems may not work as effectively as they should.

How it helps

Genetically higher zinc levels may be protective against ulcerative colitis [\[R\]](#).

How to implement

TYPICAL STARTING DOSE

700 mg

Description

Phosphorus is a fundamental nutrient that is essential for life. It's used in various biological processes, such as energy transfer and storage in cells, as well as cellular metabolism. Phosphorus can be found in a wide range of foods, including dairy products, meat, fish, nuts, seeds, and grains, making it readily available in the human diet.

How it helps

Genetically higher phosphorus levels may be protective against ulcerative colitis [R].

How to implement

Description

- Making DNA
- Metabolism
- Energy production

- Beef liver
- Spinach
- Black-eyed peas
- Asparagus
- Citrus fruits

Adults should get **400 micrograms (mcg)** of folate per day. Pregnant or breastfeeding women should get **500-600 mcg per day**. Supplements are usually in the form of *folic acid* or [L-methylfolate](#) (5-MTHF) [[R](#), [R](#)].

How it helps

[SKIP TO NEXT SECTION](#)

How to implement

TYPICAL STARTING DOSE
10 billion CFU

Description

Saccharomyces boulardii is a beneficial yeast often used as a probiotic supplement to support digestive health and prevent or alleviate symptoms of diarrhea, including those caused by antibiotics or infections.

How it helps

S. boulardii may help by restoring the gut lining.

How to implement

Do not purchase or consume magnesium supplements, including tablets, capsules, or powders. If you are currently taking magnesium supplements, consider discontinuing their use, especially if not medically advised.

Description

Magnesium supplements may not be necessary if you're eating a balanced diet, as it's found in many foods. Overuse can lead to stomach issues, irregular heartbeat, and even cardiac arrest. It's best to get your magnesium naturally through diet, unless a doctor recommends otherwise.

How it helps

Genetically higher magnesium levels may be causally associated with ulcerative colitis [R].

75



N-Acetyl-Glucosamine (NAG)

IMPACT1 / 5

EVIDENCE0 / 5

How to implement

Take 500-1000 mg of N-acetyl-glucosamine (NAG) orally with a glass of water, preferably with meals to minimize digestive discomfort. This should be done once daily for at least 2-6 months to evaluate its effectiveness on the intended condition.

TYPICAL STARTING DOSE

500 mg

Description

NAG is a compound derived from glucose and is often used in dietary supplements for its potential joint health benefits, particularly in combination with other compounds like chondroitin and glucosamine.

How it helps

NAG (3-6 g/day) improved IBD symptoms in 8 out of 12 children when given orally and in 5 out of 7 when given rectally in a small uncontrolled trial [\[R\]](#).

NAG may help by rebuilding the gut lining and promoting healthy gut bacteria.

76



Inositol

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take inositol as a daily supplement, usually available in powder or capsule form. The typical dosage ranges from 2 grams to 18 grams per day, divided into smaller doses taken with meals and water to aid absorption. It's important to start with a lower dose and gradually increase to avoid digestive side effects.

TYPICAL STARTING DOSE

2 g

Description

Inositol is a naturally occurring compound that plays a role in cell signaling and neurotransmitter function. It has been studied for its potential in promoting mental health and managing conditions like anxiety and depression when used as a supplement under the guidance of a healthcare professional.

Inositol is a type of sugar that our bodies need to function. It was considered a vitamin (vitamin B8) until it was discovered that our bodies can make it from another common sugar, glucose [\[R\]](#).

[Myo-inositol](#) is the most common form of inositol. It plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart health
- Normal blood sugar levels
- Mental health
- Cognitive function
- Reproductive health

Myo-inositol can convert to [D-chiro-inositol](#) in the body. These two forms of inositol are often combined in supplements. People use them to improve blood sugar control and PCOS [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

A study examined the effectiveness of the beta-glucan inositol and digestive enzyme mixture in alleviating gastrointestinal symptoms in IBD-IBS patients. Group A, receiving the mixture alongside standard mesalamine treatment, reported reduced abdominal pain, bloating, flatulence, and overall well-being improvement. Group B, with only mesalamine treatment, showed mild relief in evacuative urgency, without other improvements [\[R\]](#).

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Bifidobacterium Breve

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take a Bifidobacterium breve supplement according to the product's specific instructions, usually 1-2 capsules daily with water, ideally before meals for better absorption. This regimen should be followed for at least 2-4 weeks to start observing benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Bifidobacterium breve is another probiotic strain that can contribute to digestive health and support a balanced gut microbiome. People use *B. breve* as a supplement to improve skin health and combat allergies and infection.

[Bifidobacterium breve](#) is a probiotic species found in human breast milk and the gastrointestinal tracts of infant and adult humans. As an individual ages, the total population of B. breve within their gut decreases [\[R\]](#).

People use *B. breve* as a supplement to improve skin health and combat allergies and infections [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

In a non-placebo-controlled trial of 41 patients with ulcerative colitis, supplementation with *Bifidobacterium breve* strain Yakult (109 cfu/g, 1 g/day) and galacto-oligosaccharide for 1 year **improved the clinical status** [\[R\]](#).

However, supplementation with *B. breve* strain Yakult (1010 cfu) and *L. acidophilus* (109 cfu) for 48 weeks **had no effect on time to relapse** in a placebo-controlled trial of 195 patients with quiescent ulcerative colitis [\[R\]](#).

B. breve may help by reinforcing the gut's microbial balance and enhancing the intestinal barrier.

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Lactobacillus Fermentum

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing Lactobacillus fermentum, aiming for dosages around 10 billion CFU (colony forming units). Consume it daily, preferably with a meal, to ensure proper absorption. Continue this routine for at least 4 weeks to observe benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus fermentum 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.

How it helps

In a placebo-controlled trial of 30 patients with moderate-to-mild ulcerative colitis, supplementation with *L. fermentum* and *L. delbrueckii* as an add-on to sulfasalazine for 8 weeks decreased the colonic concentration of IL-6, expression of TNF-alpha and NF-kappaB p65, leukocyte recruitment, and the level of fecal calprotectin better than sulfasalazine alone [R].

L. fermentum may help by promoting balance in the gut flora and reducing inflammation-causing bacteria.

79



Digestive Enzymes

IMPACT

0 / 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

A study examined the effectiveness of the beta-glucan inositol and digestive enzyme mixture in alleviating gastrointestinal symptoms in IBD-IBS patients. Group A, receiving the mixture alongside standard mesalamine treatment, reported reduced abdominal pain, bloating, flatulence, and overall well-being improvement. Group B, with only mesalamine treatment, showed mild relief in evacuative urgency, without other improvements [R].

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Beta-Glucans

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take a beta-glucan supplement daily, with a dosage ranging from 250mg to 500mg. It is best consumed with a meal to enhance absorption. Continue this routine daily to support immune health.

Description

Beta-glucans are types of soluble fiber found in foods like oats and barley. They have been associated with immune system support and may help lower cholesterol levels when consumed as part of a heart-healthy diet.

Beta-glucan is a type of soluble fiber with antioxidant properties. It is abundant in [\[R\]](#), [\[R\]](#):

- Baker's yeast
- Cereals (e.g., oats, barley)
- Mushrooms (e.g., maitake)
- Seaweeds

People use beta-glucans to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Improve immunity (e.g., fight infections)
- Reduce blood sugar
- Reduce cholesterol

How it helps

A study examined the effectiveness of the beta-glucan inositol and digestive enzyme mixture in alleviating gastrointestinal symptoms in IBD-IBS patients. Group A, receiving the mixture alongside standard mesalamine treatment, reported reduced abdominal pain, bloating, flatulence, and overall well-being improvement. Group B, with only mesalamine treatment, showed mild relief in evacuative urgency, without other improvements [\[R\]](#).

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Dietary Vitamin E

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods high in Vitamin E into your daily diet. This includes almonds, hazelnuts, sunflower seeds, and green leafy vegetables such as spinach and broccoli. Aim for a daily intake of 15mg of Vitamin E from your diet, which is roughly a handful of almonds (about 23 almonds) or 2 tablespoons of sunflower seeds.

Description

Dietary vitamin E is a fat-soluble antioxidant vitamin found in nuts, seeds, and vegetable oils. It helps protect cells from oxidative damage and supports immune function.

[Vitamin E](#) is an antioxidant important for the immune system and for heart health [\[R\]](#).

Plant-based foods have the most vitamin E. These include [\[R\]](#):

- Wheat germ
- Sunflower seeds
- Almonds
- Plant oils

Adults need about **15 mg** of vitamin E per day [\[R\]](#).

How it helps

Genetically higher vitamin E levels may be associated with a 28% reduced risk of ulcerative colitis [\[R\]](#).

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Avoid Sugary Foods & Drinks

IMPACT

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EVIDENCE

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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

Consuming a lot of sugary foods can exacerbate symptoms of ulcerative colitis. Sugars can contribute to inflammation and may feed unhealthy bacteria in the gut, leading to increased symptoms and discomfort.

83



Gelatin Tannate

IMPACT

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EVIDENCE

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How to implement

Take gelatin tannate 250-500 mg up to 2-4 times daily with a large glass of water. This supplement is usually used for short-term relief, so consider using it for no longer than one week unless advised by a healthcare professional.

TYPICAL STARTING DOSE
500 mg

Description

Gelatin tannate is a compound sometimes used to support digestive health and alleviate symptoms of conditions like diarrhea and irritable bowel syndrome (IBS). It may help reduce intestinal inflammation and provide relief from gastrointestinal discomfort.

How it helps

Gelatin Tannate has properties that can soothe the gut lining and reduce inflammation, potentially providing relief from symptoms of ulcerative colitis like diarrhea and discomfort.

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Avoid Spicy Food

IMPACT

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EVIDENCE

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How to implement

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

Description

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

How it helps

Spicy foods can irritate the digestive tract and worsen symptoms of ulcerative colitis in some individuals. Avoiding these foods may help reduce flare-ups and discomfort.

85



Carnivore Diet

IMPACT

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EVIDENCE

0 / 5

How to implement

Choose high-quality meats and gradually reduce carbohydrates to help your body adapt. Keep meals simple by including a variety of meats and organ meats for essential nutrients. Stay hydrated and monitor electrolyte levels due to the lack of plant-based foods. Pay attention to how your body responds, adjusting as needed, and track your progress to stay motivated. Listening to your body and ensuring nutrient variety are key to successfully following the Carnivore diet.

Description

The carnivore diet, also called "zero carb", is exactly what it sounds like: **its adherents eat only meat**. Some people are more strict than others about what counts as meat; animal products like milk, cheese, and eggs are a topic of debate. Some people [salt](#) their food, while others claim not to need it.

Most people who eat a carnivore diet are likely to say that they eat this way to avoid the “toxins” or [antinutrients](#) in plant matter. They point to compounds like **gluten, oxalates, lectins, histamine**, and other [potentially inflammatory compounds found in plant-based foods](#), which may cause serious illness in people who are sensitive to them. **Many specialized diets, such as the [lectin avoidance diet](#), aim to eliminate specific antinutrients and potentially prevent certain inflammatory conditions** [\[R, R, R\]](#).

Critics of the carnivore diet say that it destroys the intestines and can’t provide all the nutrients the human body requires. Meanwhile, some proponents of the carnivore diet may point to people like **the Maasai and Inuit, who eat traditional diets of almost exclusively meat** [\[R, R\]](#).

How it helps

Anecdotal evidence has reported 10 cases of patients with IBD who improved their symptoms after adopting a ketogenic, mostly carnivore diet [\[R\]](#).

86



Avoid Calcium Supplements

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Do not purchase or consume any calcium supplements. If you're currently using them, discontinue use immediately and do not replace them with another form of calcium supplement. Ensure that your calcium needs are met through dietary sources such as dairy products, leafy green vegetables, or fortified foods instead.

Description

Calcium supplements are pills people take to increase their calcium levels. But sometimes, instead of helping, they can lead to kidney stones and heart issues. Therefore, it's generally healthier to get your calcium from food like milk, cheese, and leafy green vegetables.

How it helps

Genetically higher calcium levels are linked to higher odds of ulcerative colitis [\[R\]](#).

87



Zinc

IMPACT

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EVIDENCE

0 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

15 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

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

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

Genetically higher levels of zinc may be associated with a 9% lower risk of ulcerative colitis [\[R\]](#).

88



Limit Dairy Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

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

Dairy products can exacerbate symptoms of ulcerative colitis in individuals who are lactose intolerant or sensitive to dairy. Reducing dairy intake can help manage bloating, gas, and diarrhea.

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Dietary Selenium

IMPACT

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EVIDENCE

0 / 5

How to implement

Incorporate selenium-rich foods into your daily diet, such as Brazil nuts, seafood, and organ meats. Eating 1-2 Brazil nuts a day can meet the daily selenium requirement for most adults.

Description

Selenium is a trace mineral found in various foods, including nuts, seeds, and seafood. It is an essential nutrient that plays a crucial role in maintaining the body's antioxidant defenses and supporting thyroid function.

[Selenium](#) supports [\[R\]](#):

- Reproduction
- Thyroid function
- DNA production
- Immune response

Adults should be getting **55 micrograms** of selenium per day. Good sources of selenium include [\[R\]](#):

- Brazil nuts
- Fish
- Meat
- Eggs
- Rice
- Oatmeal

How it helps

Genetically higher selenium levels may be protective against ulcerative colitis [\[R\]](#).

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Topical Aloe Vera

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a thin layer of pure aloe vera gel extracted directly from the aloe plant or an aloe vera-based product directly to the affected area. Gently rub it in until it is absorbed. Repeat this application 2-3 times daily until the symptoms improve.

Description

Aloe vera is a plant-derived gel known for its skin-soothing and healing properties. Topical applications of aloe vera are commonly used to relieve sunburn, minor burns, and skin irritation, promoting faster healing and reducing discomfort.

[Aloe vera](#) lives in the desert, and its thick leaves store water in the form of a gel [\[R\]](#).

Topical aloe vera may help soothe burns and skin conditions [\[R\]](#).

Oral aloe vera may help with blood sugar and gut health [\[R\]](#).

How it helps

Aloe Vera has anti-inflammatory properties that can help soothe the gut lining in cases of ulcerative colitis. Applying Aloe Vera topically may provide relief from abdominal pain and improve wound healing in the affected area.

91

Topical Hyaluronic Acid

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a few drops of hyaluronic acid serum directly to your clean, damp skin twice a day, in the morning and before bedtime. Gently massage it into your face and neck until fully absorbed. Follow up with your regular moisturizer to seal in the hydration.

Description

Hyaluronic acid is a naturally occurring substance in the skin that is used topically to enhance skin hydration, reduce fine lines, and improve overall skin texture. It can be derived from various sources, including microbial fermentation.

Hyaluronic acid is a compound naturally found in the body. It helps the skin, eyes, connective tissues, and joints retain water [\[R\]](#), [\[R\]](#).

By doing so, hyaluronic acid can help keep the [\[R\]](#):

- Joints moving smoothly
- Skin and eyes moist
- Skin flexible

Hyaluronic acid is popular as a topical serum. It is also available as an injection, supplement, and eye drop.

How it helps

Hyaluronic Acid can promote healing in damaged tissues and has been used in managing wounds. For ulcerative colitis, applying it topically may help in repairing the mucosal barrier of the colon, potentially easing symptoms.

92

Topical Curcumin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a cream or gel containing curcumin directly to the affected area of the skin. This should be done 2-3 times daily. It's best to continue this application for as long as the condition persists or according to the product's specific instructions.

Description

Curcumin is a compound found in turmeric, a plant-derived topical application used for its anti-inflammatory and antioxidant properties. It is applied to the skin to reduce inflammation and soothe conditions like arthritis and skin irritations.

[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]:

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

How it helps

Curcumin, a compound found in turmeric, has potent anti-inflammatory properties. It may help in reducing inflammation and promoting healing in the colon when applied topically, offering some relief from ulcerative colitis symptoms.

93



Histidine

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500-1000 mg of histidine supplement per day, ideally with a meal. It is best to start with a lower dose, such as 500 mg, to assess tolerance and then adjust as needed up to 1000 mg. Consistent daily intake for at least 4 to 8 weeks may be necessary to notice benefits.

TYPICAL STARTING DOSE

500 mg

Description

Histidine is an essential amino acid that plays a role in protein synthesis and the formation of histamine. It is important for overall health and is found in various protein-rich foods.

A histidine supplement of up to 14 mg/kg/d can be taken to meet the needs not achieved through diet.

You can also increase your dietary histidine intake. Histidine is found in protein-rich foods such as meat, chicken, fish, beans, oats, and wheat. It's especially high in the Japanese food ingredient dashi or dried bonito, often used for soup stock [\[R\]](#).

How it helps

A study of 369 ulcerative colitis patients in clinical remission associated low plasma histidine levels with a 2.5-fold higher risk of relapse [\[R\]](#).

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Dietary Lycopene

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in lycopene into your daily diet. This includes consuming at least one serving per day of tomatoes, watermelon, grapefruit, or papaya. Considering lycopene is better absorbed when cooked and with a small amount of healthy fats, include dishes like cooked tomato sauce with olive oil in your meals several times a week.

Description

Lycopene is a powerful antioxidant found in tomatoes and other red or pink fruits and vegetables. Consuming lycopene-rich foods may help reduce the risk of chronic diseases and support heart and prostate health.

[Lycopene](#) is a bright red substance that gives color to a number of fruits such as [R](#), [R](#):

- Tomato
- Watermelon
- Papaya
- Apricot

Lycopene has antioxidant properties. It may help support [R](#), [R](#), [R](#):

- Heart health
- Prostate health
- Cognition

How it helps

Genetically higher lycopene levels may be protective against ulcerative colitis and Crohn’s disease [R](#).

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Avoid Processed High Phosphate Foods

IMPACT

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EVIDENCE

0 / 5

How to implement

To follow this recommendation, remove or significantly reduce processed foods such as sodas, packaged snacks, processed meats, and canned foods from your daily diet. Instead, opt for fresh fruits, vegetables, whole grains, and lean proteins. It's helpful to read nutrition labels, aiming to keep your daily phosphate intake below 700 mg if possible.

Description

Processed foods often have high levels of phosphate. These include fast foods and soda. Extra phosphate can make bones brittle and damage your blood vessels over time. So, it's healthier to choose fresh foods over processed ones.

How it helps

Processed foods high in phosphate additives can disrupt the gut's balance, potentially worsening symptoms of ulcerative colitis. These additives can harm the protective mucus layer in the colon, exacerbating inflammation and symptoms.

Next Steps

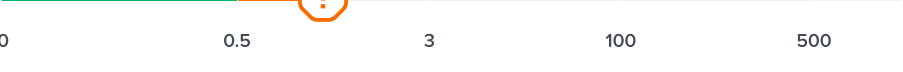
Remember, your genes only tell one important part of your health story!

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 x10^3/mm3		9 Nov 2025
	Platelet Count	215 x10^3/mm3		9 Nov 2025
	Hematocrit	51.8 %		9 Nov 2025
	Albumin	4.3 g/dL		9 Nov 2025
	Hemoglobin	17.1 g/dL		9 Nov 2025
	hs-CRP	1.6 mg/L		9 Nov 2025