

Vertigo

DNA Health Report

REPORT CATEGORY —



Sample Client

Report date: 15 January 2026

Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

10 Your recommendations

30 Next Steps

- 30 Your Lab Results

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

Hello, hello, hola! Do you suffer from vertigo?

If you do, then I'm sure it's everything you wish you didn't know. But you aren't alone! In fact, **up to 1 in 5 adults experience dizzy spells every year** [\[R\]](#), [\[R\]](#).

People often don't know the difference between vertigo and dizziness. Dizziness is where you feel unbalanced. Vertigo is a sense that your surroundings are moving or spinning [\[R\]](#).

A vertigo attack can leave your world feeling upside down (and then right side up again) in a flash. Just standing up during an attack can be a challenge.

Unsurprisingly, as many as 80% of those who suffer from vertigo report that it affects their day-to-day activities. This includes impacting their ability to work [\[R\]](#).

So what can you do to stop things from spinning right 'round, baby, right 'round?

Well, scientists are working hard to try and identify potential genetic links to vertigo. One recent study identified links between variants of genes like [OTOG](#) and vertigo in a study of more than 894,000 participants [\[R\]](#).

By identifying whether you carry genetic variants like these, you may be able to stabilize your world by taking targeted action.

Take the above-mentioned [OTOG](#) gene. This gene is involved in inner ear function. If you carry the vertigo-associated variant of this gene, you may benefit from taking ginkgo. This is because it can improve blood flow to the inner ear [\[R\]](#), [\[R\]](#), [\[R\]](#).

Read on to find out more about:

- **How your genetics play a role in vertigo**
- **Your genetic risk score based on over 1.2 million genetic variants**
- **Personalized recommendations based on your genetics**

About Vertigo

Key Takeaways:

- Genetics can affect your chances of getting vertigo by influencing nerve function, response to viruses, and blood sugar control.
- Risk factors include older age, female sex, past dizzy episodes, pregnancy, and your genetics.
- Having dizzy spells can also be a sign of other health conditions. Check with your doctor if you have symptoms.

Up to **4 in 10** adults experience vertigo every year. Click the **next steps** tab for relevant labs.

Almost everyone is familiar with dizziness. Most people describe it as [R](#):

- A feeling that the world is moving or spinning around them
- Feeling lightheaded or faint
- Feeling floaty, woozy, or heavy-headed
- Losing balance

Feeling like the world is moving or spinning is called *vertigo* [R](#).

Up to 4 in 10 Americans experience vertigo at some point in their lives [R](#).

Risk factors for vertigo include [R](#), [R](#), [R](#), [R](#):

- Older age
- Female sex
- Past dizzy episodes
- Pregnancy
- Genetics**

Dizzy spells can be a symptom of a health condition. These include [R](#):

- Inner ear problems (such as infection, fluid buildup in the inner ear, and migraine)
- Circulation problems (such as low blood pressure and heart disease)
- Anxiety
- Low blood sugar or iron



MORE LIKELY

More likely to have vertigo based on 1,170,745 genetic variants we looked at



PERCENTILE



Your risk is greater than 92% of the population and lower than 8% of the population.

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CPPED1	rs139157630	CC
/	rs1480520869	CC
CAPN2	rs28370157	GG
C12ORF4	rs1340348525	GG
DPP6	rs866701094	GG
/	rs540235500	GG
MEIS2	rs577008249	TT
CRB2	rs372223428	CC
/	rs190116504	AA
/	rs763578646	TT
/	rs556469928	CC
MYB	rs565208646	CC
/	rs780544227	GG
AVEN	rs193168841	GG
SYCP2L	rs567419663	CC
/	rs759806869	CC
SLC35B1	rs149496223	TT
ARPP21	rs374070607	TT
/	rs537608761	CC
/	rs762684141	CC
NPM1	rs767121118	GG
/	rs747565049	GG
CFTR	rs540149525	CC
/	rs565992396	GG

- Neurological diseases (such as multiple sclerosis and Parkinson's disease)
- Carbon monoxide poisoning
- Heat stroke or dehydration

It's crucial to treat the underlying cause of dizziness and vertigo. Depending on the cause, treatment may include [R](#), [R](#):

- Medication
- Physical therapy
- Inner ear injections
- Psychotherapy
- Surgery

An important part of managing vertigo is preventing injuries. Dizzy spells can make you more likely to fall and get hurt. They can also make tasks like driving much more dangerous. Experts therefore recommend [R](#), [R](#):

- Getting rid of tripping hazards
- Adding non-slip mats to bath and shower floors
- Using good lighting
- Using a cane if needed
- Not driving cars or heavy machinery

Researchers suggest that genetics plays a role in the development of vertigo. Genes involved in vertigo may influence [R](#), [R](#):

- Nerve function [KCNA1](#), [CACNA1A](#)
- Response to certain viruses [NR3C2](#), [ANKRD30A](#), [MED30](#))
- Blood sugar control [LMX1A](#), [SLC30A8](#))

GENE	SNP	GENOTYPE
GRM5	rs182798317	CC
MALRD1	rs186228055	TT
C16ORF82	rs190703705	GG
GRM5	rs147202944	TT
FRK	rs527870168	TT
GULP1	rs185659094	GG
NME7	rs148734148	GG
FAM168A	rs144627013	CC
SVIL	rs150504741	CC
SLC10A5	rs146360872	CC
HMSD	rs77112857	TT
VANGL1	rs150215900	TT
/	rs13157162	TT
PRKCQ	rs41284445	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE			DOSAGE
1	Physical Therapy	30 minutes	2	Maintain Optimal Vitamin D Levels	1000 iu
3	Ginkgo	120 mg	4	Acupuncture	1 hour
5	Sleep for 7+ Hours		6	Drink at Least 8 Glasses of Water a Day	
7	Osteopathic Manipulation		8	Psychotherapy	1 hour
9	Yoga	30 minutes	10	Mesoglycan	
11	Limit Salt Intake		12	Limit Caffeine Intake	
13	Neurofeedback	1 hour	14	Stability Training	30 minutes
15	Balance And Mobility Training	30 minutes	16	Avoid Lead Exposure	
17	Ginger	500 mg	18	Aerobic Exercise (Cardio)	1 hour
19	Avoid Cadmium Exposure		20	Ginger Moxibustion	

1

Physical Therapy

IMPACT4 / 5

EVIDENCE5 / 5

How to implement

Attend physical therapy sessions 2-3 times per week for a duration of 4-6 weeks, depending on your specific condition and the advice of your healthcare provider. Each session typically lasts about 30-60 minutes, where a licensed therapist will guide you through targeted exercises, stretches, and possibly other treatments like electrical stimulation or ultrasound therapy.

TYPICAL STARTING DOSE

30 minutes

Description

Physical therapy is a therapeutic practice focused on optimizing physical function and mobility through specialized exercises, manual techniques, and therapeutic modalities. It helps individuals recover from injuries, manage chronic conditions, and improve overall physical well-being by enhancing strength, flexibility, and pain management.

Physical therapy (physiotherapy) helps people regain or maintain their ability to move [\[R\]](#).

Physical therapy can involve [\[R\]](#):

- Joint or muscle exercises
- Corrective movements
- Massage
- Education and advice

People mainly use physical therapy to help with [\[R\]](#), [\[R\]](#):

- Pain and injury
- Stroke recovery
- Chronic health conditions
- Headaches

Mirror therapy uses a mirror placed between the arms or legs. The image of a moving arm or leg gives the illusion of normal movement in the affected one. This therapy stimulates different brain regions and aims to improve mobility [\[R\]](#).

Constraint-induced movement therapy is another type of physical therapy. It consists of restraining the healthy leg or arm to increase the use of the affected one [\[R\]](#).

How it helps

Experts agree that physical therapy can help people get rid of vertigo [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Physical therapy may improve symptoms of vertigo. Exercises and maneuvers that involve the head and eyes may be best [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Treatment time may vary based on age and cause of dizziness. For example, older people and those with vertigo due to injury or underlying conditions may require more therapy to completely recover [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Physical therapy may help by reducing reactions to vertigo triggers [\[R\]](#).

2



Maintain Optimal Vitamin D Levels

IMPACT3 / 5

EVIDENCE3 / 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

Low vitamin D levels are linked to vertigo. However, one review only found a link between low vitamin D and recurrent vertigo [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Taking vitamin D supplements for at least a month may help reduce vertigo episodes. In people with low levels, vitamin D supplements may also help in combination with calcium [\[R\]](#), [\[R\]](#).

Vitamin D may help by protecting the inner ear from damage [\[R\]](#).

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* [\[R\]](#).

3



Ginkgo

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

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

TYPICAL STARTING DOSE

120 mg

Description

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

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

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

How it helps

Ginkgo extract (160-240 mg/day for up to 6 months) may help improve vertigo [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

It may help by improving blood flow to the inner ear [\[R\]](#), [\[R\]](#).

Ginkgo may also support the benefits of physical therapy [\[R\]](#).

Please note: *Do not consume ginkgo seeds or unprocessed ginkgo leaves. They are poisonous. Ginkgo may also interact with blood thinners. Consult your doctor before taking ginkgo supplements* [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

4



Acupuncture

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

Acupuncture may help with dizziness and headaches in people with vertigo. However, the quality of evidence is low [\[R\]](#), [\[R\]](#).

Acupuncture may help by improving blood flow to the inner ear [\[R\]](#).

Please note: *Acupuncture is safe for most people. However, it may come with extra risks for pregnant women, people with pacemakers, and people with bleeding disorders. Consult your doctor or a licensed acupuncturist for more information* [\[R\]](#).

5



Sleep for 7+ Hours

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

[Sleep](#) supports your body and mind [\[R, R\]](#). More precisely, sleep helps:

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

Ways to sleep better include [\[R\]](#):

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

How it helps

The following sleep disturbances are linked to vertigo [\[R, R, R, R, R, R, R\]](#):

- Poor sleep quality
- Sleep disorders
- Night shift work

Sleep apnea may increase the risk of developing vertigo by 70%. Those with chronic insomnia may have more than 3 times higher risk [\[R, R\]](#).

Sleep disturbances may contribute to vertigo by [\[R\]](#):

- Making it harder to balance
- Increasing levels of the stress hormone [cortisol](#)
- Increasing brain cell inflammation

Getting enough sleep may help with vertigo [\[R\]](#).

6



Drink at Least 8 Glasses of Water a Day

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Consume a total of at least 64 ounces (or approximately 1.9 liters) of water over the course of the day. This can be divided into 8 glasses, each containing 8 ounces of water. Aim to drink evenly throughout the day to avoid dehydration.

Description

Water is an essential nutrient for nearly every process in your body, helping to mainting brain and gut function, maintain a health weight, as well as energy and performance levels, among others.

Water is essential for life. It supports nearly every process in your body [\[R\]](#).

Water helps maintain [\[R\]](#):

- Energy and performance levels
- Brain function
- Gut function
- Healthy weight

Most experts recommend drinking **around 8 glasses (64 oz. or 2 L) of water daily**. You might need more or less than this, depending on how active you are, where you live, or what your overall health is like [\[R\]](#).

How it helps

Overheating and dehydration may cause dizziness. People taking heart medication may be especially prone to this effect [\[R\]](#).

Drinking more water (30-35 mL more water per kg of body weight per day) may help improve vertigo [\[R\]](#), [\[R\]](#), [\[R\]](#).

Water may help by improving blood flow [\[R\]](#).

7



Osteopathic Manipulation

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Schedule an appointment with a licensed osteopathic physician (DO) who specializes in osteopathic manipulative treatment (OMT). Initially, you might need to go for treatment once a week for 4-6 weeks, depending on your condition's severity and response to treatment. After the initial period, the frequency may be reduced based on your physician's advice.

Description

Osteopathic manipulation is a hands-on medical approach used by osteopathic physicians to diagnose, treat, and prevent medical conditions. It involves techniques like stretching, pressure, and resistance to support musculoskeletal health and overall well-being.

Osteopathic manipulation involves applying pressure to different parts of the body. A practitioner will move your muscles and joints to relieve pain and other health issues [\[R\]](#).

How it helps

Osteopathic manipulation may help improve balance in people with vertigo. It may help alone or combined with physical therapy [\[R\]](#), [\[R\]](#).

8



Psychotherapy

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Schedule and attend regular sessions with a licensed psychotherapist, typically once a week for 50-60 minutes, over a period of several months to years depending on your individual needs and progress. Consistency is key, and the duration can vary widely based on personal goals and the type of psychotherapy being practiced.

TYPICAL STARTING DOSE

1 hour

Description

Psychotherapy is a broad term for therapeutic approaches that address mental and emotional health issues through talking and counseling. It can be used to treat a wide range of psychological and emotional challenges.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences and help reduce stress [\[R, R\]](#).

Psychotherapy is a great way to improve many conditions, including [\[R, R, R, R, R, R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Weight problems
- Eating disorders

Cognitive-behavioral therapy (CBT) is a type of psychotherapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

People with anxiety may be at a higher risk of vertigo [\[R\]](#).

Psychotherapy (talk therapy) may help with vertigo linked to anxiety. Cognitive-behavioral therapy (CBT) is one type of talk therapy that may help with symptoms in the short term [\[R, R, R, R\]](#).

Other types of talk therapy may also help with vertigo [\[R, R\]](#).

 PERSONALIZED TO YOUR GENES

People with your [DRD2](#) gene variant may be more prone to chronic dizziness. They may also be more anxious. Talk therapy may help with vertigo linked to anxiety [\[R, R, R, R, R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
ANKK1	rs1800497	GA	

9



Yoga

IMPACT

2 / 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

Vertigo is more common in people who experience a lot of stress. It can also be a symptom of anxiety and PTSD [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Stress may contribute to vertigo by altering blood flow to the brain [\[R\]](#), [\[R\]](#).

Yoga may reduce stress and help with vertigo symptoms. It may help by improving balance [\[R\]](#), [\[R\]](#).

 PERSONALIZED TO YOUR GENES

People with your [DRD2](#) gene variant may be more prone to chronic dizziness. They may also be more nervous. Yoga may reduce stress and dizziness [\[R\]](#), [\[R\]](#), [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
ANKK1	rs1800497	GA	

10



Mesoglycan

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take mesoglycan orally at a dose of 50-100 mg daily. It can be taken with or without food. Continue this regimen for a period as prescribed by your healthcare provider, usually for several months to assess its effectiveness for the intended treatment.

Description

Mesoglycan is a naturally occurring substance often used as a dietary supplement for its potential to support vascular health and circulation. It may help improve blood vessel elasticity and reduce the risk of certain cardiovascular issues.

Mesoglycan is a natural substance obtained from pig intestines or cow blood vessels. It is used for blood vessel health and wound healing [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

A study of 873 patients with tinnitus, instability, or peripheral vertigo found that treatment with mesoglycan (50 mg, 2x/day for 12 weeks) improved the symptoms and quality of life [\[R\]](#).

11



Limit Salt Intake

IMPACT1 / 5

EVIDENCE3 / 5

How to implement

Reduce your daily salt intake to less than 2,300 milligrams (mg), equivalent to about one teaspoon of table salt. This includes all salt consumed, whether added during cooking, at the table, or present in processed and ready-to-eat foods.

Description

Limiting salt intake involves lowering the amount of sodium in the diet, which can help lower blood pressure and reduce the risk of heart disease. It often involves avoiding processed and other high-sodium foods such as cured meats, soups and sauces, and various pickled foods.

Your body needs a certain amount of sodium to function. For example, it helps support your blood pressure. This sodium usually comes from [salt](#). However, eating too much salt is linked to an increased risk of stroke and heart disease [\[R\]](#), [\[R\]](#).

Foods higher in salt include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Prepared soups, broths, gravies, and sauces
- Fermented or pickled foods (such as pickles, soy sauce, olives, and [capers](#))
- Cured meats and sausages (such as bacon, salt pork, and salami)
- Cheese (such as Roquefort and Parmesan)

Try to limit your daily intake to 1 teaspoon of salt (2,400 mg of sodium) [\[R\]](#).

How it helps

Eating a lot of salt may worsen vertigo. **Experts recommend reducing salt intake to help** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Low-salt diets may improve vertigo in people with fluid buildup in the inner ear (Ménière’s disease). However, not all studies found an improvement [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Low-salt diets may help by reducing pressure in the inner ear [\[R\]](#), [\[R\]](#).

 PERSONALIZED TO YOUR GENES

People with your [TAS2R38](#) gene variant tend to eat more salt [\[R\]](#). Try limiting your salt intake to potentially improve vertigo.

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
TAS2R38	rs1726866	GA	

12



Limit Caffeine Intake

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Limit your caffeine consumption to less than 200 milligrams per day, equivalent to about two 6-ounce cups of coffee. Aim to avoid caffeine-containing foods and beverages such as tea, chocolate, and some soft drinks, especially in the late afternoon and evening to minimize sleep disturbances.

Description

Although caffeine is the world's most popular stimulant, some people choose to limit or avoid it due to potential adverse effects on their sleep, mood, or blood pressure.

How it helps

Consuming a lot of caffeine may be linked to vertigo. **Experts recommend avoiding coffee to help** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Caffeine may contribute to vertigo by narrowing blood vessels and reducing blood flow to the inner ear [\[R\]](#).

13

Neurofeedback

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Attend neurofeedback sessions with a trained therapist, usually once or twice a week, for a minimum of 20 sessions. Each session typically lasts 30 to 60 minutes where sensors are placed on your scalp to monitor brainwave activity, and feedback is given in real-time to help you learn to control or alter your brain functions.

TYPICAL STARTING DOSE

1 hour

Description

Neurofeedback is a therapeutic technique that helps individuals regulate brain activity, potentially improving focus, reducing anxiety, and enhancing cognitive function by providing real-time feedback on brainwave patterns.

How it helps

Neurofeedback helps manage Vertigo by training the brain to better control balance and spatial orientation, which are often disrupted in this condition. This non-invasive therapy uses real time displays of brain activity to promote self-regulation, potentially reducing Vertigo symptoms.

In a study involving 36 patients with various vestibular disorders, daily vibrotactile neurofeedback training for 10 days resulted in reduced body sway and vertigo symptom scale (VSS) scores in all five patient groups receiving the correct feedback signal (n=30). The placebo group did not exhibit this effect [\[R\]](#).

A study involving 105 patients with chronic balance disorders showed significant improvement in balance and symptoms after 2 weeks of daily 15-minute vibrotactile neurofeedback training using the Vertiguard system, unlike the placebo group [\[R\]](#).

The study assessed combining medication with vibrotactile neurofeedback training (IVNT) for chronic vestibulopathy patients. Both groups saw improved stability and reduced dizziness, indicating IVNT's effectiveness alongside medication, with long-term benefits even after 6 months [\[R\]](#).

14

Stability Training

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Integrate stability exercises into your workout routine 2-3 times per week. These exercises include activities such as using a stability ball, performing balance exercises on a balance board, or doing body-weight exercises that focus on balance and core strength, such as planks and single-leg stands. Spend approximately 20-30 minutes per session focusing on these exercises.

TYPICAL STARTING DOSE

30 minutes

Description

Stability training is a form of exercise that focuses on enhancing core strength and balance through targeted movements and exercises, often incorporating equipment like stability balls, balance boards, or resistance bands. It helps improve overall stability and posture while reducing the risk of falls and injury.

How it helps

In a non-placebo-controlled trial of 23 elderly subjects with non-peripheral vertigo and/or unsteadiness, balance training improved both objective and perceived balance [\[R\]](#).

Stability training may help by strengthening the body's balance system.

15

Balance And Mobility Training

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate balance and mobility exercises into your routine three to four times per week. Each session should last approximately 30 minutes and include activities such as standing on one foot, walking heel to toe, and tai chi or yoga. Start with simple exercises and gradually increase difficulty as your balance improves.

TYPICAL STARTING DOSE

30 minutes

Description

Balance and mobility training exercises, such as yoga or tai chi, can improve stability and reduce the risk of falls, particularly among older adults. These exercises enhance overall physical function.

How it helps

Balance exercises may help patients with vertigo return to normal activities sooner [\[R\]](#).

In a study on 23 elderly people experiencing nonperipheral vertigo and unsteadiness, training sessions (2x/week for 8 weeks) improved their ability to stand on one leg with eyes open, walk forward on a line, and walk quickly. It also reduced vertigo and unsteadiness [\[R\]](#).

16

Avoid Lead Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Prevent lead exposure by using cold water for drinking and cooking, regularly cleaning dust from windowsills and floors, and ensuring that your home's paint is not chipping if it was built before 1978. For occupations involving potential lead exposure, use protective gear and follow safety protocols. Test your home for lead if it's old or you're concerned about contamination.

Description

Lead is a heavy metal. It is naturally found in the environment in small amounts [\[R\]](#), [\[R\]](#).

Exposure to lead can cause it to build up in the body. A buildup of lead can contribute to oxidative stress and cell damage. This is called **lead poisoning** [\[R\]](#), [\[R\]](#).

Lead is no longer used in the manufacturing of some products like gasoline and paint. However, it can still be found in some pipes, batteries, and the wall paint of older homes [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

A study of 5,574 adults found that those in the highest lead exposure quintile (3.3-48 µg/dL) had a 1.42 times higher risk of balance dysfunction and a 1.24 times higher risk of failing a challenging balance test compared to those in the lowest lead exposure quintile (< 1.2 µg/dL) [\[R\]](#).

Lead is known to damage the nerves, including those in the inner ear. Damage to these nerves may cause dizziness and vertigo.

17



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 study with 80 healthy people not used to sailing in heavy seas, ginger (1g) reduced sea sickness symptoms such as vomiting and cold sweats within the next 4 hours. Ginger may reduce the disturbance of the equilibrium system [\[R, R\]](#).

18

Aerobic Exercise (Cardio)

IMPACT1 / 5

EVIDENCE1 / 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

A study involving 491 elderly people with benign paroxysmal positional vertigo (BPPV) found an association between BPPV and the level of physical activity among women. Those who led a sedentary lifestyle without engaging in physical activity were 2.62 times more likely to experience BPPV [\[R\]](#).

19



Avoid Cadmium Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To avoid cadmium exposure, refrain from smoking or exposure to secondhand smoke, reduce consumption of foods high in cadmium like shellfish, liver, kidney meats, and certain leafy vegetables, and use ceramic or glass containers instead of plastic when microwaving food. Limit intake of cadmium-contaminated workplace air by using protective gear if you work in battery manufacturing, welding, or metal refining industries.

Description

Avoiding cadmium exposure is essential to prevent potential health risks associated with this heavy metal, such as kidney damage and increased cancer risk. Reducing exposure to cadmium-containing products and contaminated foods is crucial.

Heavy metals are elements naturally found in the environment. They are also used for agricultural, industrial, and medicinal purposes. Some can even be found in small amounts in your body [\[R\]](#), [\[R\]](#).

Long-term exposure to high amounts of heavy metals can be harmful to your health [\[R\]](#), [\[R\]](#).

Heavy metals that are most often linked to health problems include [\[R\]](#), [\[R\]](#):

- Lead
- Cadmium
- Arsenic
- Chromium
- Mercury

How it helps

Among adults aged 40 and older, those in the highest quintile of lead exposure (3.3-48 µg/dL) had a 42% increased risk of balance dysfunction compared to the lowest quintile (< 1.2 µg/dL) in a study. Similarly, the highest quintile of cadmium exposure (0.9-7.4 µg/L) was associated with a 27% increased risk of balance dysfunction compared to the lowest quintile (< 0.2 µg/L) [\[R\]](#).

Cadmium can damage the ears and affect balance, aggravating vertigo.

20



Ginger Moxibustion

IMPACT1 / 5

EVIDENCE1 / 5

Description

Ginger moxibustion is a variant of traditional moxibustion. Moxibustion is a method of direct or indirect warm stimulation on acupoints by burning mugwort. According to the theory of Traditional Chinese Medicine, Yang Qi deficiency is the main reason for fatigue, and moxibustion is widely used for fatigue relief due to its warm effect [R].

Ginger moxibustion incorporates ginger as a base for the moxa cones. This technique provides not only the therapeutic heat but also the beneficial properties of ginger [R].

How it helps

A study explored the effectiveness of ginger moxibustion versus acupuncture in treating cervical vertigo, involving 78 people. About 72% of those getting ginger moxibustion got relief from their symptoms compared to about 45% in the acupuncture group [R].

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.

	TSH	2.76 mIU/mL		9 Nov 2025
	Glucose, Fasting	97 mg/dL		9 Nov 2025
	Vitamin D, 25-Hydroxy, Total	58.59 ng/mL		9 Nov 2025
	T3 Total	0.95 ng/mL		9 Nov 2025