SelfDecode™

Visceral Fat

DNA Health Report

REPORT CATEGORY

WEIGHT & BODY FAT

Sample Client

Report date: 15 January 2026

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Table of Contents

Personal information

NAME

Sample Client

SEX AT BIRTH

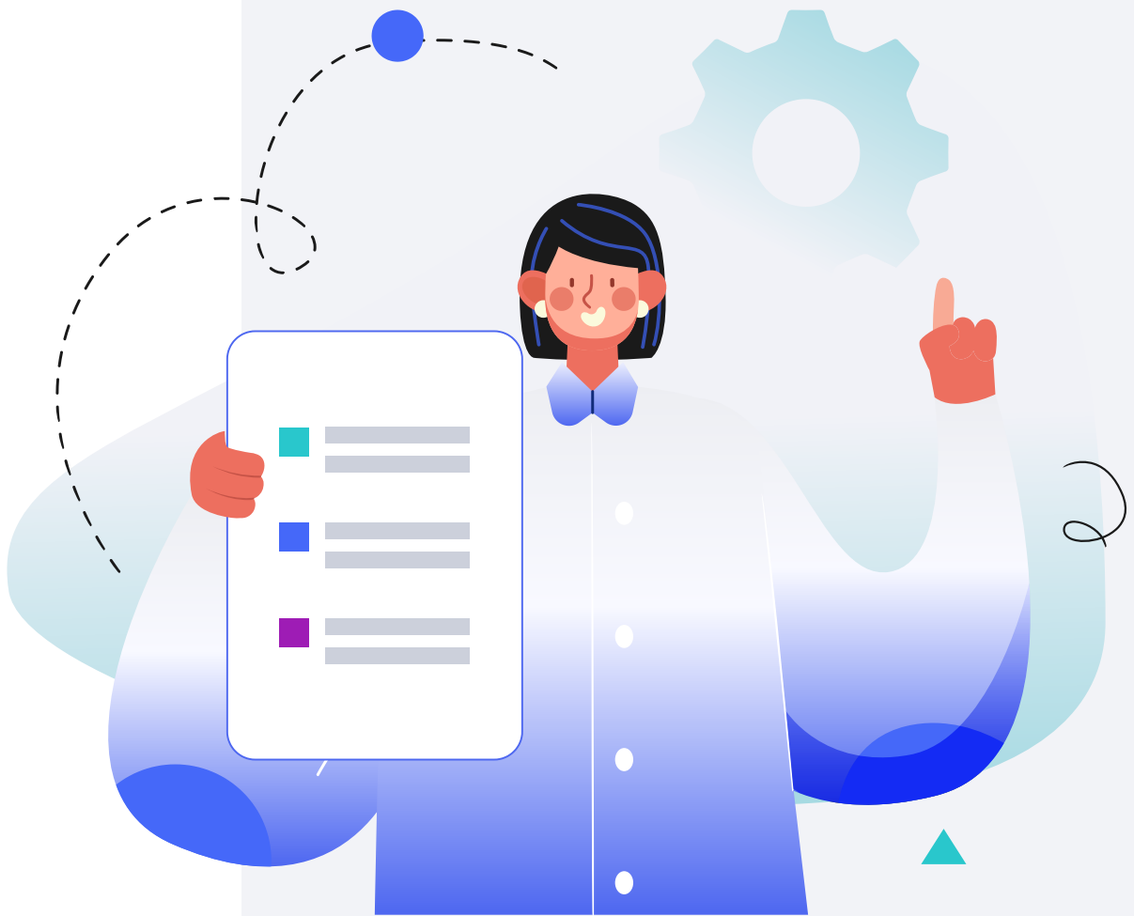
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

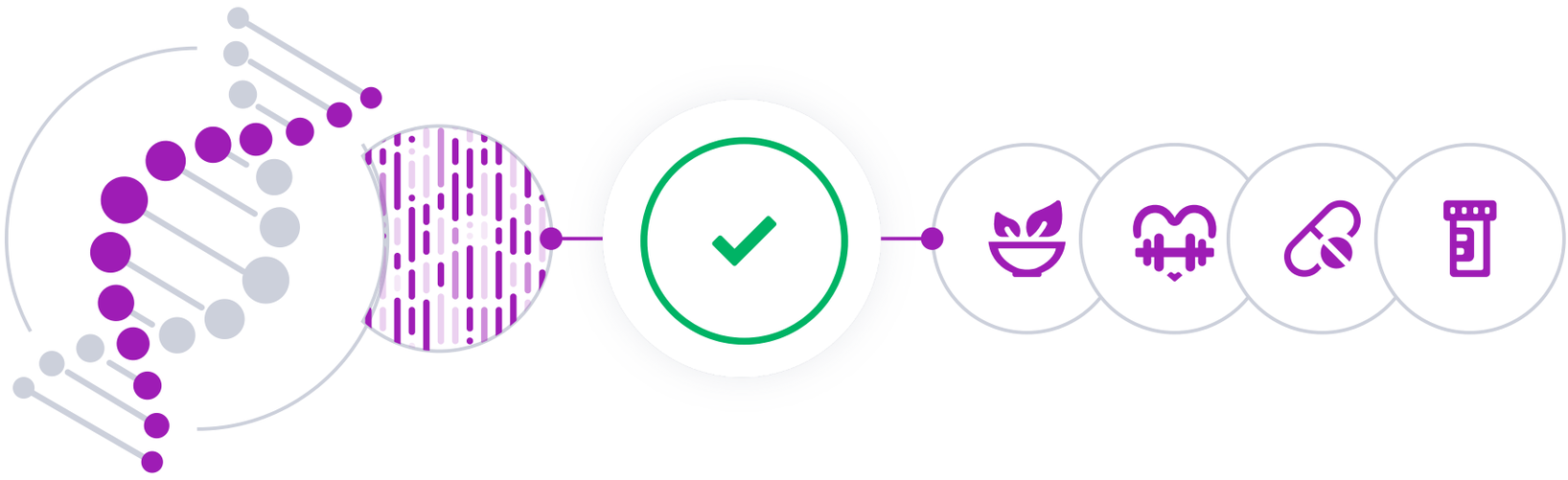


DISCLAIMER

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

How this works

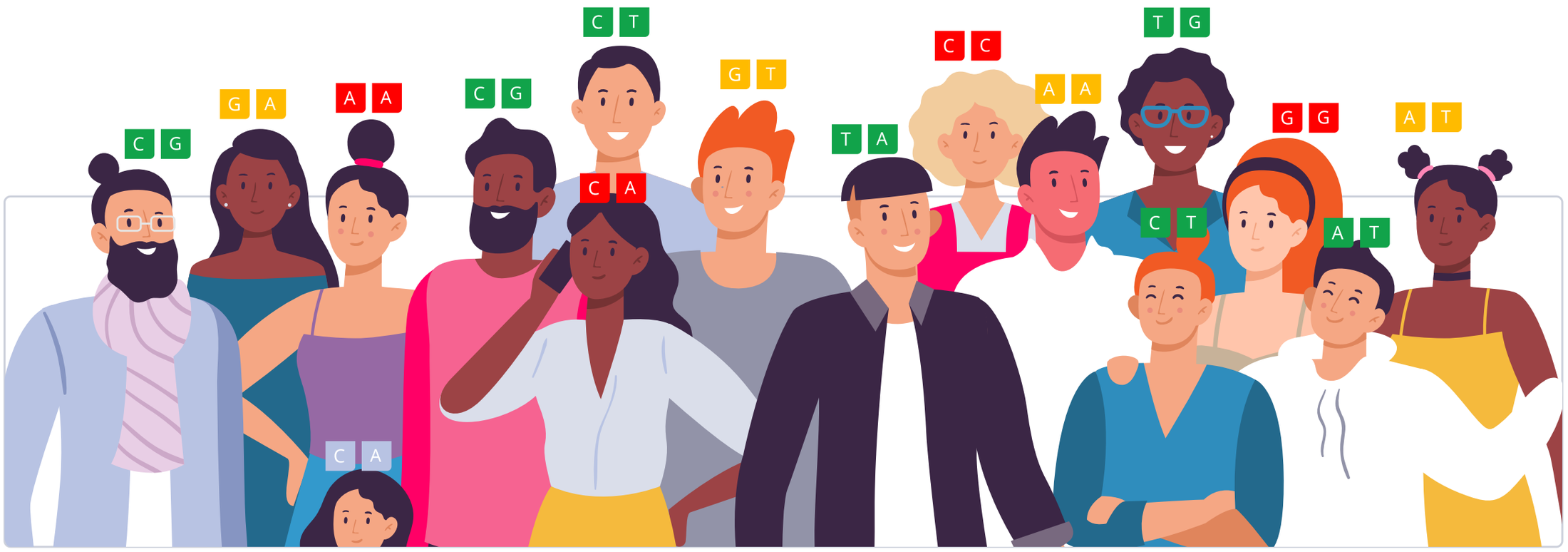
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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

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

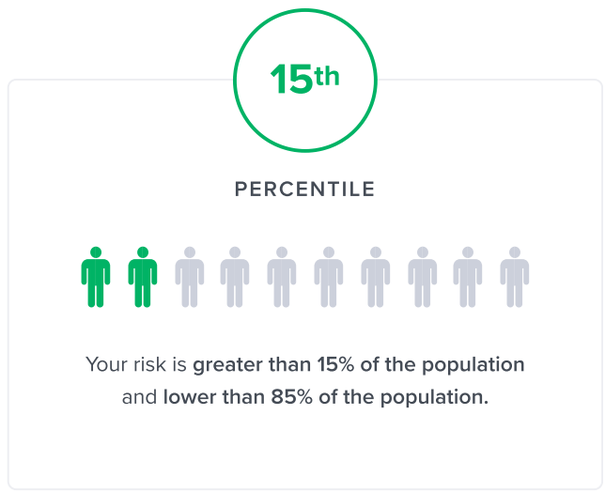
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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

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

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



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, afew 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

If we asked you to picture body fat, the first thing that would likely come to mind is *subcutaneous fat*. This fat is found under the skin of the belly, thighs, and other areas [R, R].

However, there is another type of body fat called *visceral fat*. This type of body fat hides in the abdomen and surrounds organs like the liver, stomach, and intestines. It may have a greater impact on health than subcutaneous fat [R, R].

A high amount of visceral fat is linked to health conditions like [R, R, R, R, R, R]:

- High blood pressure
- Heart disease
- Type 2 diabetes

Visceral fat is difficult to measure directly. The only accurate way is to get special scans done. However, most people don't need such an accurate measurement [R, R].

One way to estimate the amount of visceral fat is to measure *waist circumference*. This is done by wrapping a tape measure around your midsection at the height of the belly button. **A waist circumference greater than 40 inches (102 cm) for men or greater than 35 inches (89 cm) for women may be a risk factor for certain health conditions** [R, R].

Another way to estimate the amount of visceral fat is to determine your *waist-to-hip ratio*. This is done by dividing your waist circumference by your hip circumference (the circumference of the widest part of the hips). **A ratio greater than 0.95 for men or greater than 0.85 for women may be a risk factor for certain health conditions** [R, R].

Finally, there are special “body fat scales" that use weak electric currents to estimate the muscle and fat composition of your body. These are less accurate than special scans, but they are easier to use. You may own such a scale or you may have seen it at your gym, for example [R].

Factors Influencing Visceral Fat

Key Takeaways:

- About 40% of the differences in levels of visceral fat may be due to genetic factors
- High visceral fat levels have been related to high blood pressure, heart disease, and type 2 diabetes.
- Risk factors include a diet high in saturated fat and sugar, a lack of physical activity, stress, aging, and menopause.
- If your genetic risk is high or you have a low risk but more visceral fat than you want, take action on factors that you can change.

If we asked you to picture body fat, the first thing that would likely come to mind is *subcutaneous fat*. This fat is found under the skin of the belly, thighs, and other areas. However, there is another type of body fat called *visceral fat*. This type of body fat hides in the abdomen and surrounds organs like the liver, stomach, and intestines. It may have a greater impact on health than subcutaneous fat [R, R].

Factors that may increase the amount of visceral fat include [R, R, R, R]:

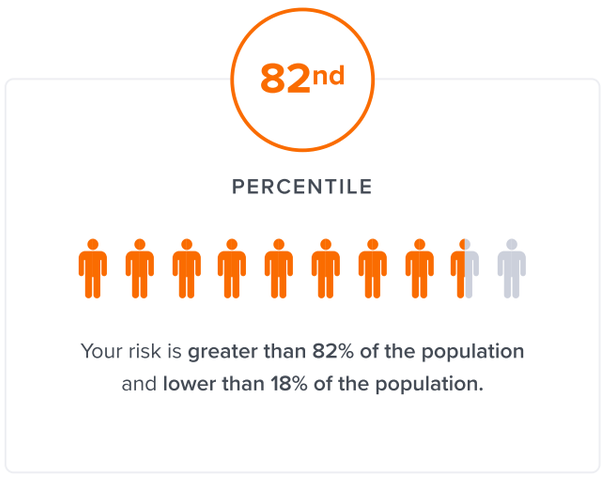
- A diet high in saturated fat and added sugar
- A lack of physical activity
- Long-term stress
- Aging
- Menopause
- **Genetics**

In fact, **about 40% of the differences in levels of visceral fat may be due to genetic factors** [R].

For example, genetically high bioavailable testosterone may be causally associated with lower hip circumference in

HIGHER LEVELS

Predisposed to more visceral fat based on 818,294 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ADRB2	rs1042714	GC
MC4R	rs2229616	CC
ADARB1	rs76040172	GG
SH3YL1	rs62106258	CT
/	rs114593013	AA
ADH1B	rs1229984	TC
RSPO3	rs9482772	CC
UHRF1BP1	rs9469899	AA
SH3YL1	rs13393304	AG
AS3MT	rs3740390	CT
SEC16B	rs539515	CA
SNX11	rs113866544	TC
PARD3B	rs4482463	AC
PDE4C	rs4808762	CT
NRXN3	rs7156625	AG
NCKAP5L	rs7132908	GA
LINGO2	rs17770336	CT
LRFN2	rs9471333	CT
VEGFA	rs11967262	CG
FABP2	rs1799883	CC
FCER1G	rs5082	AA
PPARG	rs1801282	CC
FTO	rs56094641	AA
GSTM4	rs7550711	CC

men and genetically high free testosterone may be causally associated with lower body fat [R, R].

GENE	SNP	GENOTYPE
MC4R	rs538656	GG
TFAP2B	rs72892910	GG
/	rs62277680	CC
FUBP1	rs71658797	TT
DLK1	rs28473022	GG
KCNH5	rs79733879	CC
SLC39A8	rs13135092	AA
LIN7C	rs11030112	GG
MEF2C	rs2304608	CC
MFSD10	rs362307	CC
GNPDA2	rs10938398	GG
SH2B1	rs7498665	AA
ADCY3	rs10182458	AA
NEBL	rs10740991	CC
PPARG	rs7649970	CC
BPTF	rs62084234	AA
SLIT2	rs9985922	GG
SEMA4A	rs61813293	GG

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
1	Exercise At Least One Hour a Day	1 hour
2	Keto Diet	
3	Choose Healthy Fats	
4	Fruits And Vegetables	
5	Strength Training	1 hour
6	Aerobic Exercise (Cardio)	1 hour
7	Regular Sleep Schedule	
8	Avoid Sugary Foods & Drinks	
9	Probiotics	30 billion CFU
10	Relaxation Techniques	30 minutes
11	Whole Grains	
12	Soccer	30 minutes
13	Eat Fiber-Rich Foods	
14	Good Eating Habits	
15	Grains of Paradise	
16	Cinnamon	500 mg
17	Stair Climbing	10 minutes
18	Intermittent Fasting	
19	Soy	
20	MCT Oil	
21	Low-Carbohydrate Diet	
22	Curcumin	500 mg
23	Green Tea	400 mg
24	DHEA (Dehydroepiandrosterone)	25 mg
25	Eat More Protein and Less Carbs	
26	Climbing	1 hour
27	Mediterranean Diet	
28	Kudzu	1200 mg
29	Bergamot	
30	Maintain Optimal Vitamin D Levels	1000 iu
31	Thai Black Ginger	
32	Lactobacillus Gasseri	10 billion CFU

33	Tai Chi	1 hour	34	Limit Calorie Intake	
35	Golf		36	Paleo Diet	
37	Beta-Hydroybutyric Acid	11 g	38	Apple Cider Vinegar	
39	Garcinia Cambogia	500 mg	40	Walking	30 minutes
41	Jiaogulan (Gynostemma Pentaphyllum)	1350 mg	42	Alpha-Linolenic Acid (ALA)	
43	Chia Seeds		44	Rutin	
45	Almonds		46	Yoga	30 minutes
47	Aquatic Exercise	1 hour	48	Onion	
49	Lactoferrin	100 mg	50	Dance	30 minutes
51	Astaxanthin	12 mg	52	DASH Diet	
53	Hibiscus	250 mg	54	Green Tea Extract	250 mg
55	Tocotrienols	100 mg	56	Dietary Vitamin A	

1

Exercise At Least One Hour a Day

IMPACT 4 / 5

EVIDENCE 4 / 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

Exercise may help reduce visceral fat in people who are overweight or obese [R, R].

Forms of exercise that may help include:

- Strength training [R, R]
- Cardio (e.g., brisk walking, light jogging, high-intensity interval training) [R, R, R, R]

A combination of cardio and strength training may be best for losing visceral fat and keeping it off [R, R, R, R].

2

Keto Diet

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Adopt a diet that consists of about 70-80% fat, 10-20% protein, and 5-10% carbohydrates. Eliminate or significantly reduce the intake of sugar and starches like bread, pasta, rice, and potatoes, focusing instead on high-fat foods like meats, fatty fish, eggs, butter, and healthy oils, as well as low-carb vegetables like leafy greens. This dietary pattern should be maintained consistently for a period of at least 3-4 weeks to achieve ketosis, after which it can be adjusted based on individual goals and responses.

Description

The keto diet is a high-fat, low-carbohydrate eating plan designed to induce a state of ketosis in the body, where it primarily burns fat for energy. It is often used for weight loss and managing certain medical conditions.

The ketogenic diet, or the ‘keto’ diet, is rich in fat and restricts carb intake [R, R].

On the ketogenic diet, 50 g of carbs or less are consumed per day. Around 55-80% of the calories come from fat [R].

The ketogenic diet depletes the body of sugars like glucose. When people fast or eat very little carbs, the body makes less insulin. In response, the body starts using fat for energy.

When the body only uses fat for energy, molecules called ketones are formed. This state is called *ketosis*.

The ketogenic diet may help with:

- Seizures [R]
- Excess weight [R]
- Diabetes [R, R]

How it helps

The Keto diet focuses on high-fat, low-carb foods that promote metabolic changes in your body. This leads to fat burning for energy, instead of carbs, helping reduce visceral fat accumulations.

A meta-analysis of 18 trials concluded that ketogenic diets decrease visceral adipose tissue by 28.91 g [R].

3

Choose Healthy Fats

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Incorporate sources of unsaturated fats such as olive oil, avocados, nuts, seeds, and fatty fish into your daily diet. Aim for at least two servings of fatty fish per week and use olive oil for cooking and salad dressings. Replace saturated fats found in red meat, butter, and processed foods with these healthier options whenever possible.

Description

Choosing healthy fats, such as those found in avocados, nuts, and fatty fish, can support cardiovascular health, reduce inflammation, and promote overall well-being. A diet balanced in healthy fats can help manage cholesterol levels and reduce the risk of heart disease.

Based on their structure, the fats in our diet can be broadly divided into *saturated* and *unsaturated* fat. Trans fat is a type of unsaturated fat [R, R, R].

In large amounts, trans fat and saturated fat may have a negative impact on your heart and reproductive health. Processed foods and animal products like red meat and dairy are rich in these fats [R, R, R, R, R].

Some types of unsaturated fat can protect your heart and support fertility. **Experts say you should add more unsaturated fats to your diet**. Some good sources include [R, R, R]:

- Nuts
- Seeds
- Fish

Unsaturated fats include polyunsaturated fats or PUFAs (omega-3 and omega-6) and monounsaturated fats or MUFAs [R, R].

How it helps

Eating foods rich in saturated fat may increase visceral fat [R].

On the other hand, getting more healthy fats, such as omega-3s and monounsaturated fats, may help reduce visceral fat [R, R, R, R].

4

Fruits And Vegetables

IMPACT 3 / 5

EVIDENCE 3 / 5

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

A higher intake of fruits and vegetables is negatively associated with visceral or liver fat content in middle-aged men and women [R].

Dietary intake of fruits and green vegetables is associated with beneficial gene expression in both visceral and subcutaneous adipose tissues, suggesting a protective role against adiposity [R].

5

Strength Training

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Engage in strength training exercises, such as weight lifting or bodyweight exercises, for 60 minutes per session, 2 to 3 times per week. Ensure you work all major muscle groups and rest each muscle group for at least 48 hours before exercising it again.

TYPICAL STARTING DOSE

1 hour

Description

Strength training, also called resistance or *anaerobic* training, contracts the muscles against an external resistance for short periods of time. This helps gain muscle strength, tone, and mass. This can include activities like weight lifting, pushups, and crunches.

Strength training, also known as resistance training, is a type of physical exercise that uses resistance to build strength, anaerobic endurance, and size [R]. Some of the most common strength training methods include [R]:

- Weight lifting
- Bodyweight exercises like push-ups, pull-ups, squats, and lunges.
- Resistance bands
- Plyometrics or explosive force exercises

The benefits of strength training are numerous, and include [R]:

- Increased muscle strength
- Improved bone health
- Reduced risk of injury
- Improved balance and coordination
- Enhanced mood
- Boost metabolism

Consult with a doctor before starting any new exercise program, especially if you have any health conditions.

How it helps

Experts recommend strength training exercises at least twice a week [R, R].

Strength training may help reduce visceral fat regardless of training volume. Combining aerobic and resistance training for 12 months may offer the greatest benefits [R, R, R].

6

Aerobic Exercise (Cardio)

IMPACT 3 / 5

EVIDENCE 3 / 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

Aerobic exercise, or cardio, helps to reduce visceral fat as it burns more calories, which results in a deficit leading to weight loss. Moreover, it specifically increases your heart rate, which stimulates the breakdown of visceral fat.

Three meta-analyses (the largest one with 35 studies) concluded that **aerobic exercise (30-60 min, at least 3x/week for 12-16 weeks) reduces visceral fat by over 30 cm2 in women and over 40 cm2 in men** [R, R, R].

7

Regular Sleep Schedule

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Go to bed and wake up at the same time every day, even on weekends and holidays. This helps regulate your body's internal clock, leading to better sleep quality. Aim for 7-9 hours of sleep per night.

Description

Maintaining a regular sleep schedule involves going to bed and waking up at consistent times each day. This practice helps regulate the body's internal clock and promotes better sleep quality, mood, and cognitive function.

How it helps

Moreover, short sleep duration may be causally associated with increased visceral fat [R].

Studies have also shown that correcting sleep disorders such as obstructive sleep apnea (OSA) not only improves sleep quality but also leads to significant reductions in visceral fat [R].

8

Avoid Sugary Foods & Drinks

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

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

Description

High-sugar foods like baked goods, sweets, and sugary drinks, can spike your blood sugar levels. Consuming a lot of these types of foods can contribute to 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 carbs and sugar-sweetened drinks is linked to high visceral fat levels. Likewise, eating pastry may increase visceral fat [R, R, R, R, R].

Diets low in carbs may help reduce visceral fat. Drinking less sugary beverages may also help [R, R, R, R, R].

Sugary foods are higher in calories. Extra calories that our bodies don't use get converted into fat [R].

9

Probiotics

IMPACT 3 / 5

EVIDENCE 2 / 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

Consumption of *Lactobacillus gasseri* SBT2055 reduced abdominal visceral and subcutaneous fat areas, as well as body weight, BMI, and waist and hip circumferences in adults with obese tendencies [R].

Bifidobacterium animalis ssp. lactis GCL2505 reduced visceral fat area compared to a placebo in overweight and mildly obese Japanese adults, indicating its potential to improve key factors associated with metabolic disorders [R].

Lactobacillus gasseri BNR17 also decreased visceral fat accumulation and waist circumference in obese adults in a study [R].

10

Relaxation Techniques

IMPACT 3 / 5

EVIDENCE 2 / 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 is linked to higher levels of visceral fat [R, R, R].

Doing yoga for 16 weeks may help reduce visceral fat in people who are obese. It may help by altering levels of metabolic hormones [R].

PERSONALIZED TO YOUR GENES

Stress may have a stronger effect on body fat in people with your *RGS6* gene variant [R]. **Try to manage stress by practicing relaxation techniques.**

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
RGS6	**rs2239219**	AG	

11

Whole Grains

IMPACT 2 / 5

EVIDENCE 3 / 5

How to implement

Incorporate at least three servings of whole grains into your daily diet. This can include consuming foods such as whole grain bread, brown rice, whole grain pasta, and oats. Aim to replace refined grains with whole grains at each meal for optimal benefits.

Description

Whole grains encompass a variety of grains like wheat, oats, and quinoa, where the entire grain kernel is intact. They are rich in fiber, vitamins, minerals, and antioxidants, supporting heart health and reducing the risk of chronic diseases.

Unlike refined grains, whole grains contain nutritious parts of the grain like bran and germ.

Whole grains provide many crucial nutrients, including:

- Fiber
- B-vitamins
- Iron
- Magnesium
- Phosphorus

Due to their high fiber content, whole grains don’t tend to spike blood sugar like refined grains do.

How it helps

A study found that whole-grain intake was inversely associated with abdominal subcutaneous and visceral adipose tissue. Increasing whole-grain intake was associated with lower visceral adipose tissue (VAT), suggesting a beneficial role of whole grains in managing abdominal obesity [R].

12

Soccer

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Engage in a game of soccer for at least 30 minutes, three times a week. This activity can be informal, such as playing with friends at a local park, or through structured league participation.

TYPICAL STARTING DOSE

30 minutes

Description

Soccer is a popular sport that provides cardiovascular exercise, improves coordination, and improves strength and endurance.

Soccer, also known as football, is the most popular sport in the world. The objective is to score goals by kicking the ball into the opposing team's goal post.

Playing soccer helps improve cardiovascular fitness, coordination, strength, endurance and more. Additionally, soccer is a great way to boost self-confidence, teamwork, and social interaction.

How it helps

A study on the health and fitness effects of school soccer training on obese children aged 12-14 found that regular long-term soccer training reduced the visceral fat index, and body fat rate, and improved muscle weight and physical flexibility [R].

Research on top-level Serbian professional soccer players during their seasonal training and competition cycles observed a reduction in body fat content, including visceral fat, during the competitive phase [R].

13

Eat Fiber-Rich Foods

IMPACT 2 / 5

EVIDENCE 2 / 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

Fiber intake is linked to lower levels of visceral fat [R].

In line with this, eating whole-grain wheat bread (2.5 slices/day for 12 weeks) may help reduce visceral fat in people who are overweight or obese [R].

Other forms of fiber that may help reduce visceral fat include:

- Barley that contains β-glucan (4.4 g/day for 12 weeks) [R]
- Resistant maltodextrin (15 g/day for 12 weeks) [R]

Increased fiber intake may help lower calorie intake and maintain a healthy weight. It may also decrease fat production [R, R].

14

Good Eating Habits

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Incorporate a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats into your meals daily. Aim to eat at regular intervals, ideally three meals and one to two healthy snacks per day, to maintain energy levels and avoid overeating. Reduce consumption of processed foods, sugary snacks, and beverages.

Description

Practicing good eating habits, such as balanced and portion-controlled meals, can help maintain a healthy weight, support proper nutrition, and reduce the risk of chronic diseases.

Eating habits involve the how, what, when, and where of your diet. Some eating habits can be good for your health, but others... not so much.

Good eating habits include [R, R, R]:

- Planning and preparing most of your meals
- Eating mindfully and slowly
- Only eating when hungry
- Not skipping meals

Developing good eating habits takes attention, practice, and effort [R].

How it helps

A study of 93 overweight youth associated skipping breakfast with increased intra-abdominal adipose tissue and some other adiposity measurements [R].

Eating too quickly was also associated with increased visceral fat area in 2 studies of 701 people [R, R].

15

Grains of Paradise

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take a supplement containing 30-50mg of grains of paradise extract once daily with water, preferably with a meal to aid in absorption. Continue this routine daily for at least 4-8 weeks to assess its effects on metabolism and energy expenditure.

Description

Grains of Paradise, a spice related to ginger, may offer potential benefits for digestion and metabolism due to its bioactive compounds. It is used in traditional medicine and culinary applications to support digestive comfort and overall well-being.

How it helps

Grains of Paradise is thought to activate brown fat and increase energy metabolism, which can help your body burn more visceral or "belly" fat. By increasing your metabolism, this supplement may help reduce the amount and impact of this harmful fat in your body.

In a placebo-controlled trial of 19 obese women, ingesting grains of paradise extract (30 mg/day) for 4 weeks increased whole-body energy expenditure and reduced the visceral (but not subcutaneous) fat area at the umbilicus level. Supplementation with grains of paradise extract for 4 weeks also increased whole-body energy expenditure in a placebo-controlled trial of 19 healthy men. In a placebo-controlled trial of 70 overweight participants, supplementation with grains of paradise extract (250 mg, 2x/day) for 12 weeks increased whole-body energy expenditure while decreasing visceral fat, visceral-to-subcutaneous fat ratio, weight, and BMI [R, R, R].

16

Cinnamon

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take a 1 g cinnamon supplement once daily, ideally with a meal to aid absorption. This can be in the form of a capsule or tablet. Continue this regimen as long as it aligns with your health goals and under the guidance of a healthcare provider.

TYPICAL STARTING DOSE

500 mg

Description

Cinnamon is a popular spice that may have various health benefits, including improving blood sugar control, reducing inflammation, and providing antioxidants. It's commonly used in both culinary and herbal applications.

Cinnamon is a spice made from the bark of *Cinnamomum* trees. Cinnamon can [R]:

- Decrease inflammation
- Fight oxidative stress
- Kill microbes

Cinnamon is mainly used in cooking and fragrances. **As a natural remedy, people use cinnamon to reduce blood sugar** [R].

There are two main types of cinnamon [R]:

- Ceylon or 'true' cinnamon (*Cinnamomum verum*)
- Chinese or Cassia cinnamon (*Cinnamomum cassia*)

How it helps

Cinnamon helps control insulin levels and decreases blood sugar, which can assist with managing visceral fat. It also has a potential impact on fat metabolism, aiding in weight loss and belly fat reduction.

In a meta-analysis of 35 trials on metabolic diseases, ≤1.5 g/day of cinnamon lowered cholesterol, triglycerides, LDL, glucose, insulin, waist size, and improved HDL, systolic and diastolic blood pressure [R].
A systematic review and meta-analysis of 12 trials (786 subjects) found cinnamon supplementation aids weight loss, reducing body weight, BMI, waist circumference, and fat mass. There are more significant effects in younger subjects and those with a BMI ≥30 kg/m2. Effective at ≥2 g/day for ≥12 weeks [R].
However, a systematic review and meta-analysis of 18 clinical trials with patients with type 2 diabetes (T2DM) found that supplementation with cinnamon reduced FBS **but not** HbA1C, body weight, body mass index, and waist circumference, insulin or insulin resistance [R].
Similarly, in another systematic review and meta-analysis of 9 clinical trials with T2D people, cinnamon reduced systolic blood pressure and diastolic blood pressure **without affecting** body weight, body mass index, or **waist circumference** [R].

17

Stair Climbing

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Incorporate stair climbing into your daily routine by choosing stairs over elevators or escalators whenever possible. Aim for at least 10 minutes of continuous stair climbing or multiple shorter sessions that add up to 10 minutes per day. This practice can be continued indefinitely to maintain or improve cardiovascular health and lower body strength.

TYPICAL STARTING DOSE

10 minutes

Description

Stair climbing is a great way to get a full-body workout, improve your cardiovascular health, and burn calories. It can also help to improve your balance and coordination.

How it helps

A study demonstrated that a short-term, intensive stair-climbing exercise regimen (for 3 weeks) led to a reduction in body weight and body fat mass, including visceral fat. Participants engaged in stair climbing for more than five minutes twice a day for three weeks [R].

Another study focused on the impact of a body mass reduction program incorporating stair climbing on obese people. It found that obese women aged ≥50 years showed the greatest improvement in stair-climbing performance and visceral fat reduction after a three-week intervention [R].

18

Intermittent Fasting

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Limit your daily eating to a specific window of time, typically within an 8-hour period such as from 12 pm to 8 pm, and fast for the remaining 16 hours of the day. Repeat this daily or for at least 3-4 days per week.

Description

Intermittent fasting is an eating pattern that involves cycling between periods of fasting and eating. It may help with weight management, improve metabolic health, and offer potential benefits for certain health conditions when done under proper guidance.

Intermittent fasting (IF) is a pattern of eating that alternates between periods of eating and fasting. The most popular IF method is called the 16/8 method, where you fast for 16 hours and eat during an 8-hour window.

People mainly practice IF to lose weight. Besides benefits related to weight reduction, IF may help lower the risk of [R]:

- Alzheimer's disease
- Joint pain
- Asthma
- Multiple sclerosis
- Stroke

Some types of intermittent fasting, such as Ramadan fasting, are also practiced for religious reasons.

How it helps

In a randomized trial on participants with metabolic syndrome, a low-carbohydrate diet, 8-hour time-restricted eating, and their combination significantly reduced body weight and subcutaneous fat area after 3 months. However, only time-restricted eating and the combination treatment led to reductions in visceral fat area, fasting blood glucose, uric acid, and dyslipidemia [R].

Numerous studies indicate that intermittent fasting has beneficial effects on weight loss in general [R, R, R, R, R, R, R, R, R, R].

Intermittent fasting may help by limiting your eating times, thus causing your body to burn fat for energy in the absence of new caloric intake.

19

Soy

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Incorporate soy-based products such as tofu, soy milk, and edamame into your daily diet. Aim for at least one serving per day, equivalent to about a cup of soy milk, a half-cup of cooked soybeans, or a 3-ounce piece of tofu.

Description

Soy is a legume native to East Asia, and its health benefits include being a source of plant-based protein, fiber, and various vitamins and minerals. It is known for its potential to support heart health, reduce cholesterol levels, and provide essential nutrients in vegetarian and vegan diets.

Soy is a common food in many cuisines around the world, especially Asian cuisines [R].

It's a great source of [R, R]:

- Plant-based protein
- Fiber
- Omega-3 fats
- Antioxidants (isoflavones)

Soy-based foods include [R]:

- Soy beverages
- Tofu
- Tempeh
- Edamame
- Miso
- Natto

Soy protein and soy isoflavones are also available as supplements.

How it helps

Soybean products, such as fermented soybean paste, and compounds found in soy may help reduce visceral fat in overweight and obese people [R, R, R, R, R].

Soy may help burn fat. Moreover, it's low in saturated fat and high in omega-3 fats and fiber [R].

20

MCT Oil

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Incorporate 1 to 2 tablespoons of MCT oil into your daily diet by adding it to coffee, smoothies, or salad dressings. Start with a lower dose to assess tolerance before gradually increasing to the full dosage. Use daily for ongoing benefits.

Description

MCT oil is a type of dietary fat known for its rapid absorption and potential to provide quick energy. It is often used in ketogenic diets and may support weight management and cognitive function.

How it helps

A meta-analysis of 11 randomized controlled trials (5 with low bias risk) investigated replacing 5g of dietary LCTs with MCTs for at least 4 weeks. The overall analysis found that this replacement resulted in significant reductions in body weight (-0.69 kg), body fat (-0.89 kg), and waist circumference (-1.78 cm). However, the overall quality of evidence was moderate to low [R]

13 trials (749 participants) found that MCTs, compared to LCTs, led to reduced body weight (-0.51 kg), waist circumference (-1.46 cm), hip circumference (-0.79 cm), total body fat (-0.39), subcutaneous fat (-0.46), and visceral fat (-0.55). Blood lipid levels remained unaffected [R].

21

Low-Carbohydrate Diet

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Limit your daily intake of carbohydrates to less than 26% of your total daily calories. For a standard 2000-calorie diet, this means consuming no more than 130 grams of carbohydrates per day. Focus on including non-starchy vegetables, lean proteins, and healthy fats in your meals while minimizing the intake of sugars, bread, pasta, and other high-carb foods.

Description

Low-carbohydrate diets can promote weight loss, improve blood sugar control, and support heart health. They may also be beneficial for individuals with certain medical conditions, such as epilepsy or metabolic syndrome.

How it helps

A study found that a low-calorie, low-carbohydrate diet (for 4 weeks) was more effective at reducing visceral fat and improving insulin sensitivity compared to a low-calorie, high-carbohydrate diet. People on the low-carbohydrate diet experienced a larger decrease in visceral fat area and an increase in HDL cholesterol levels, which are beneficial for cardiovascular health [R].

Another study found that a very high-fat, low-carbohydrate diet and a low-fat, high-carbohydrate diet (for 12 weeks) both reduced waist circumference, abdominal subcutaneous, and visceral fat mass, showing that low-carbohydrate diets can be as effective as low-fat diets in reducing visceral adiposity [R].

A moderate low-carbohydrate diet (for 12 weeks) reduced visceral adipose tissue (VAT) in non-obese Japanese people with type 2 diabetes, with a correlation found between the decrease in carbohydrate intake and reduction in abdominal fat [R].

22

Curcumin

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

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

TYPICAL STARTING DOSE

500 mg

Description

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

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

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

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

How it helps

Curcumin (up to 3,000 mg/day for 2-6 months) may help reduce visceral fat, however the evidence is mixed [R, R, R, R].

Curcumin may help by altering levels of hormones that play a role in appetite and metabolism [R].

Note that curcumin is hard to absorb. Look for supplements with *bioavailable* curcumin, which is easier to absorb. Combining it 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].

23

Green Tea

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Consume 400 mg of green tea extract daily. This can be taken in the form of capsules or tablets available that specify the amount of green tea extract. Ensure the supplement is taken according to the product's specific instructions, usually once a day with water.

TYPICAL STARTING DOSE

400 mg

Description

Tea is a beverage made by steeping the leaves of the Camellia sinensis plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to antioxidants and other bioactive compounds.

Green and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [R, R].

Tea contains antioxidants called **flavonoids**, which may help prevent [R, R, R, R]:

- Heart disease
- Cancer
- Diabetes

How it helps

Drinking beverages that contain green tea catechins (up to 588 mg/day for 12 weeks) may help reduce visceral fat in people who are overweight or obese [R, R].

EGCG (146 mg/day) combined with an antioxidant found in citrus fruits may have similar benefits when taken for 12 weeks [R].

Green tea may help by decreasing how much fat and sugar are absorbed in the gut [R, R].

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].

24

DHEA (Dehydroepiandrosterone)

IMPACT 2 / 5

EVIDENCE 1 / 5

How to implement

Take 25-50 mg of DHEA orally with water daily, preferably in the morning to mimic the body's natural rhythm of DHEA production. It is advisable to start at the lower dose to assess tolerance and adjust as needed. Consult a healthcare provider for personalized advice and before starting a new supplement regimen.

TYPICAL STARTING DOSE

25 mg

Description

DHEA is a hormone produced by the adrenal glands and has been used as a dietary supplement for various purposes, including supporting hormonal balance and energy levels. It may have potential benefits for specific individuals, but its use should be supervised by a healthcare professional due to its hormonal nature.

DHEA is a steroid hormone produced primarily by the adrenal glands. It is also produced to a much lesser extent by the testes and ovaries and, possibly, the brain [R, R].

DHEA helps make the sex hormones testosterone and estrogen. DHEA is important for [R, R, R, R]:

- Mood
- Immunity
- Muscle strength
- Bone health
- Skin health

DHEA is released in response to stress. In fact, one of DHEA's important roles is to protect against the adverse effects of prolonged and excessive exposure to cortisol, the stress hormone [R, R, R].

How it helps

DHEA assists in reducing visceral fat by enhancing the body's ability to break down fats and sugars properly. This hormone supplement could balance your body's hormone levels, potentially boosting metabolism and decreasing the quantity of stored visceral fat.
Please note: *DHEA has been banned by sport associations and anti-doping agencies. DHEA should not be used at high doses or long-term and is contraindicated in patients with hormone-responsive cancers. DHEA supplements should only be used with the prescription of a medical professional. Discuss risks and side effects with your doctor* [R].

25

Eat More Protein and Less Carbs

IMPACT 1 / 5

EVIDENCE 2 / 5

How to implement

Include a source of lean protein such as chicken, fish, beans, or tofu in each meal, aiming for 20-30 grams per serving, while reducing carbohydrate-rich foods like bread, pasta, and sweets, aiming to make proteins about 30-40% of your daily caloric intake. Replace at least one carbohydrate-heavy meal or snack with a high-protein option daily.

Description

A diet that includes more protein and fewer carbohydrates can promote weight management and satiety, potentially aiding in weight loss efforts. Protein-rich foods can help control hunger and support muscle maintenance.

Proteins, fats, and carbs are macronutrients. You need these nutrients in large (‘macro’) amounts. They provide your body with the energy it needs to function properly [R].

For a healthier diet, experts recommend eating foods that are higher in protein but lower in fat and carbs [R, R].

This is because simple carbs can spike your blood sugar levels. Likewise, too much saturated fat can increase “bad” (LDL) cholesterol [R, R, R, R, R, R].

Eating a lot of high-carb or high-fat foods may lead to conditions like diabetes, obesity, and heart disease [R, R, R, R].

Meanwhile, protein boosts muscle mass and helps control your weight [R].

How it helps

A study found that a low carbohydrate, high protein diet (for 4 weeks) led to a reduction in visceral fat compared to a high carbohydrate diet. This effect was particularly noticeable in obese people with type 2 diabetes [R].

A study comparing low carbohydrate to high carbohydrate diets (for 3 months) in diabetic people found that the low carbohydrate group had improved insulin sensitivity and a larger decrease in visceral fat. This suggests that reducing carbohydrate intake can have specific benefits for those with metabolic issues [R].

26

Climbing

IMPACT 1 / 5

EVIDENCE 2 / 5

How to implement

Engage in climbing activities, such as rock climbing, bouldering, or indoor wall climbing, two to three times per week, each session lasting for about an hour. Begin with easier routes and gradually progress to more challenging ones as your strength and skill improve.

TYPICAL STARTING DOSE

1 hour

Description

Climbing is a great way to get a full-body workout, improve your balance and coordination, and reduce stress. It can also help you build strength, endurance, and confidence.

How it helps

A randomized controlled trial with 19 sedentary adults found that sport rock climbing (60 minutes/day, 3x/week for 8 weeks) led to improvement in body composition, VO2 Max, muscle strength, and muscle endurance [R].

In a trial with 9 male participants, climbing a vertical ladder ergometer at different speeds increased VO2, heart rate (HR), and perceived exertion (RPE). Moving from a 75° to a vertical position intensified the cardiorespiratory response, attributed to the greater balance challenge when the body's center of mass is not above the feet [R].

Another pilot randomized controlled trial in 35 gynecologic cancer survivors found that supervised wall climbing intervention vs usual care (for 8 weeks, 16 sessions) improved the 6-minute walk, 30-second chair stand, 30-second arm curls, sit and reach, 8-foot up-and-go, grip strength-right, and grip strength-left assessments [R].

Climbing is a full-body workout that helps burn calories, reducing overall fat including visceral fat. Additionally, it boosts your metabolism which further aids in fat loss.

Please note: Climbing injuries are common and can be challenging to diagnose. Climbers typically get injured on their fingers, and if they have been injured before, they are more likely to get hurt again. Seek medical attention if you experience pain after practicing [R].

27

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

Plant-based foods are rich in fiber, vitamins, minerals, and antioxidants. These components are linked to lower levels of visceral fat, especially in women. These foods are also less calorie-dense and have a lower fat content [R, R, R].

In line with this, eating more plant-based foods may help reduce visceral fat [R, R, R].

However, the effects of the Mediterranean diet on visceral fat are mixed [R, R].

28

Kudzu

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a kudzu supplement daily, choosing a product that typically provides up to 1200 mg of kudzu extract. Continue its usage as directed on the product label or by a healthcare provider, usually for several weeks to observe potential health benefits.

TYPICAL STARTING DOSE

1200 mg

Description

Kudzu is a climbing vine originating from eastern Asia, known for its fast growth. Some people use it as a form of alternative medicine. It's believed to help with several health conditions such as heart disease, menopause symptoms and diabetes. Stating it clearly, consuming Kudzu might aid several health improvements, but it's crucial you follow advised servings and consult with a medical professional to determine its suitability for your health needs.

How it helps

In a placebo-controlled trial of 81 obese participants, supplementation with kudzu flower extract (200-300 mg/day) for 12 weeks decreased visceral fat area [R].

Kudzu may help by improving insulin sensitivity and reducing adipose tissue inflammation. This helps slow down fat accumulation and supports weight control.

29

Bergamot

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 500-1000mg of bergamot extract supplements once daily, preferably in the morning with a meal for better absorption.

Description

Bergamot is a citrus fruit known for its aromatic peel, which is used to make essential oils and flavorings. It is sometimes used in aromatherapy and may have potential mood-enhancing effects when diffused or applied topically.

Bergamot (*Citrus bergamia*) is a bitter citrus fruit native to southern Italy. The fruit is inedible due to its sour taste. The peel is used to make essential oil, and the juice is used to make extracts. People use bergamot in food, supplements, and cosmetics [R].

How it helps

Bergamot phytosome (1,000 mg/day for up to 12 weeks) may help reduce visceral fat in people who are overweight or obese [R].

Bergamot may help by reducing the amount of fat our body makes [R].

30

Maintain Optimal Vitamin D Levels

IMPACT 1 / 5

EVIDENCE 1 / 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

Vitamin D (up to 4,000 IU/day for 12-16 weeks) may help reduce visceral fat in people who are overweight or obese. It may help alone or combined with calcium or curcumin [R, R, R].

However, vitamin D did not improve visceral fat in two studies [R, R].

Vitamin D may help the body make less fats and increase their breakdown [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].

31

Thai Black Ginger

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a supplement containing Thai black ginger extract twice a day, with a recommended dose of 100mg per intake. This should be consumed with water before meals for optimal absorption. Continue this regimen daily for at least 8 weeks to potentially see benefits.

Description

Thai black ginger (Kaempferia parviflora) is a plant native to Thailand and is typically consumed as a rhizome or plant extract. The main compounds in Thai black ginger include flavonoids, polyphenols, and volatile oils. It has been used traditionally in Thai medicine to enhance energy, improve libido, and support overall well-being.

How it helps

In a study of 80 overweight people, supplementation with Thai black ginger polymethoxyflavone (12 mg/day for 12 weeks) reduced visceral fat, subcutaneous fat, and total fat area [R].

32

Lactobacillus Gasseri

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a Lactobacillus gasseri supplement containing around 10 billion colony-forming units (CFUs) daily, ideally with a meal, for at least 2 weeks to 4 months to observe benefits. Continuous daily intake is recommended for ongoing support.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus Gasseri 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 90 overweight and obese participants, supplementation with *L. gasseri* BNR17 (10^9-10^10 CFU/day) for 12 weeks reduced visceral fat mass (by 21.6 cm2) [R].

L. gasseri may help the body reduce fat storage, specifically in the belly area.

33

Tai Chi

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

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

TYPICAL STARTING DOSE

1 hour

Description

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

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

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

How it helps

A study conducted on Chinese adults aged 50 years and older with central obesity showed that a 12-week Tai Chi intervention resulted in a reduction in visceral fat mass. This effect was comparable to that achieved through conventional exercise interventions [R].

34

Limit Calorie Intake

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Consume fewer calories than your body needs for maintenance. Calculate your daily caloric needs using an online calculator based on your sex, age, weight, height, and activity level, then reduce that number by 500-1000 calories per day to safely lose 1-2 pounds per week. Adjust the caloric intake as needed based on your progress.

Description

People often limit their calorie intake to help them lose weight [R, R].
However, moderate calorie restriction may also help you stay healthier and age better [R, R, R, R, R].

There are different ways to take in fewer calories. You can:

- **Eat low-calorie foods**, such as those rich in proteins, fiber, and water. Avoid fatty and sugary foods, which tend to be high in calories [R].
- **Try intermittent fasting**, which involves changing how often you eat [R].

If you are restricting your calories, make sure your diet remains healthy and balanced. Experts also recommend being physically active, to prevent the loss of muscle and bone mass.

How it helps

A study on intermittent versus daily calorie restriction demonstrated that both methods effectively reduced visceral fat as estimated by waist circumference reduction. While daily calorie restriction reduced waist circumference by about 6.5%, intermittent calorie restriction achieved similar reductions in the short term and slightly better results in moderate-term trials [R].

35

Golf

IMPACT 1 / 5

EVIDENCE 1 / 5

Description

Golf is a low-impact sport that is easy on your joints. It can help improve your balance, coordination, and mental focus.

How it helps

In a non-placebo-controlled trial of 45 female golfers, both traditional and golf-specific resistance training were equally effective at improving strength, golf performance, and body composition (fat mass and visceral fat) [R].

36

Paleo Diet

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Adopt a diet that includes lean meats, fish, fruits, vegetables, nuts, and seeds, resembling the diet of our hunter-gatherer ancestors. Exclude all dairy products, legumes, grains, added sugar, and processed foods. This should be a consistent dietary approach, not a short-term diet, to observe its benefits on health and well-being.

Description

The paleo diet, also known as the caveman diet, emphasizes whole foods such as lean meats, fish, fruits, vegetables, nuts, and seeds while excluding processed foods, grains, and dairy. It is believed to support weight management and reduce the risk of chronic diseases by focusing on foods more in line with our ancestors' diets.

How it helps

In a non-placebo-controlled trial of 69 participants with metabolic syndrome, eating a Paleo diet for 10 weeks reduced visceral fat [R].

The Paleo diet encourages a reduced intake of processed foods and sugars, which can contribute to lowering visceral fat.

37

Beta-Hydroybutyric Acid

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take beta-hydroxybutyric acid as an oral supplement, typically in the form of exogenous ketone salts or esters. The common dosage ranges from 11 grams to 12 grams once daily, but it's important to start with a lower dose to assess tolerance. It can be taken with or without food, but taking it with meals may help minimize gastrointestinal discomfort.

TYPICAL STARTING DOSE

11 g

Description

Beta-hydroxybutyric acid is one of the ketone bodies produced during periods of fasting or on a ketogenic diet. It serves as an alternative energy source for the brain and muscles and may have potential cognitive and metabolic benefits when in a state of ketosis.

How it helps

Beta-Hydroxybutyric Acid, a type of ketone, can aid in weight loss by promoting fat burn. This could reduce visceral fat, the deep fat that surrounds your organs, by forcing your body to use fat as energy instead of carbohydrates.

In a placebo-controlled trial of 44 healthy volunteers, supplementation with D-β-hydroxybutyric acid (2.9 g/day) for 12 weeks decreased visceral fat (by 9.0 cm2), body weight, BMI, and fat weight [R].

38

Apple Cider Vinegar

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Incorporate 1-2 tablespoons of apple cider vinegar into your diet daily by diluting it in a large glass of water. Consume this mixture before meals to potentially benefit from its effects.

Description

Apple cider vinegar is a fermented liquid made from crushed apples and is known for its potential health benefits. It is rich in acetic acid and may aid in weight management, improve digestion, and help regulate blood sugar levels, often used as a natural remedy for various conditions like acid reflux and insulin resistance.

Vinegar is often used in cooking to add sour flavor and to preserve foods through pickling. Some people also use vinegar for cleaning [R].

Apple cider vinegar is one of the most common vinegars produced from apples. As a health food, apple cider vinegar may help [R, R, R]:

- Reduce blood sugar
- Lower cholesterol
- Fight infections

How it helps

Apple Cider Vinegar may help in reducing visceral fat by promoting satiety, reducing blood sugar, and lowering insulin levels. Hence, its regular consumption can aid in weight loss and fat reduction.

In a placebo-controlled trial of 155 obese participants, consuming 500 mL/day of a beverage with 15-30 mL vinegar for 12 weeks reduced visceral fat [R].

39

Garcinia Cambogia

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 500 mg of Garcinia Cambogia as a supplement 30 to 60 minutes before each meal. It is typically recommended to do this three times a day for effective results.

TYPICAL STARTING DOSE

500 mg

Description

Garcinia cambogia is a tropical fruit extract commonly used in weight management supplements. It contains hydroxycitric acid (HCA), which is believed to help curb appetite and support weight loss goals, although scientific evidence is mixed.

Garcinia cambogia is a plant native to Asia [R].

Different parts of *G. cambogia* are used to [R]:

- Preserve and flavor food
- Make artwork and polish metals

In traditional medicine, people mainly use *G. cambogia* and its active compounds to manage weight [R, R].

How it helps

In a placebo-controlled trial of 44 participants with high visceral fat area, supplementation with *Garcinia cambogia* (1000 mg HCA per day) for 16 weeks significantly reduced visceral, subcutaneous, and total fat areas [R].

The combination of *Garcinia cambogia* and glucomannan (500 mg, 2x/day each) taken for 6 months also reduced fat mass and visceral fat in a placebo-controlled trial of 214 overweight and obese participants [R].

Please note: *G. cambogia may cause liver damage. Consult your doctor before taking it* [R, R, R].

PERSONALIZED TO YOUR GENES

A combination of glucomannan and *Garcinia cambogia* may reduce weight and visceral fat more in people with your *FTO* gene variant [R].
A combination of glucomannan and *Garcinia cambogia* may reduce weight and visceral fat more in people with your *ADBR3* gene variant [R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
FTO	**rs9939609**	TT	

GENE	SNP	GENOTYPE	EVIDENCE
ADRB3	**rs4994**	AA	

40

Walking

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

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

TYPICAL STARTING DOSE

30 minutes

Description

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

How it helps

A study conducted with obese Japanese men found that daily walking decreased visceral adipose tissue and enhanced insulin sensitivity. Specifically, increasing daily steps was correlated with reductions in visceral fat [R].

41

Jiaogulan (Gynostemma Pentaphyllum)

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a capsule of jiaogulan (gynostemma pentaphyllum) containing 450 mg to 500 mg, three times a day with meals. Continue this routine daily for best results.

TYPICAL STARTING DOSE

1350 mg

Description

Jiaogulan, often referred to as the "immortality herb," is an herb used in traditional Chinese medicine for its potential adaptogenic and antioxidant properties. Some research suggests it may support overall well-being and longevity, but more studies are needed to confirm these effects.

Gynostemma (*Gynostemma pentaphyllum*), also called jiaogulan, is a climbing vine native to Southeast Asia. It is used in traditional Chinese medicine for [R]:

- High cholesterol
- Diabetes

People call it the "poor man's ginseng" because it may have similar benefits but cost less than Panax (Asian) ginseng [R, R].

How it helps

In a placebo-controlled trial of 117 overweight participants, supplementation with *Gynostemma pentaphyllum* (450 mg/day) for 16 weeks reduced visceral fat, but only in men [R].

Jiaogulan (*Gynostemma Pentaphyllum*) aids in enhanced fat metabolism, reducing the amount of visceral fat stored in the body. This supplement also regulates insulin levels, thereby affecting how your body stores fat, which can further reduce visceral fat buildup.

42

Alpha-Linolenic Acid (ALA)

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Incorporate foods high in alpha-linolenic acid (ALA) into your daily diet. This means eating about a tablespoon (14 grams) of flaxseeds or chia seeds, a quarter cup (30 grams) of walnuts, or using one tablespoon of flaxseed oil every day.

Description

Alpha-linolenic acid (ALA) is a type of omega-3 fatty acid found in plant-based sources like flaxseeds, chia seeds, and walnuts. It is essential for maintaining heart and brain health and is considered a healthy dietary fat.

How it helps

Alpha-Linolenic Acid (ALA), a type of Omega-3 fat, can help reduce Visceral Fat by improving your body's fat metabolism. By eating foods high in ALA, such as walnuts or flaxseed, your body gets more efficient at burning fat, which can reduce visceral fat levels.

In a study with 177 obese subjects (89 in the TAG group and 88 in the ALA-DAG group), the ALA-DAG group showed a significantly lower reduction in visceral fat area (VFA) at 12 weeks compared to the TAG group, with the baseline VFA being a significant factor. Additionally, body weight and waist circumference were also significantly lower in the ALA-DAG group compared to the TAG group as secondary measures [R].

In a randomized, double-blind, crossover trial with 19 healthy subjects, ALA-DAG intake significantly increased post-meal fat oxidation, reduced carbohydrate oxidation, and raised post-meal energy expenditure compared to TAG consumption. These findings suggest that daily ALA-DAG consumption promotes fat utilization for energy and greater diet-induced thermogenesis in healthy individuals, potentially contributing to reduced visceral fat [R].

43

Chia Seeds

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Incorporate 1 to 2 tablespoons of chia seeds into your daily diet. You can add them to yogurt, smoothies, oatmeal, or salads. Do this regularly as part of your daily meals.

Description

Chia seeds are high in fiber, omega-3 fatty acids, and various vitamins and minerals. Adding chia seeds to your diet can support digestive health, provide essential nutrients, and contribute to overall nutritional wellness.

Chia seeds are a healthy source of omega-3s, calcium, as well as fiber, iron, magnesium phosphorus, and vitamins B1 and B3. A 1-ounce serving provides 5.06 g of ALA.

How it helps

Chia seeds are high in fiber and protein, which can help reduce visceral fat by making you feel full and reducing calorie intake. Additionally, they are a good source of omega-3 fatty acids that can further assist in reducing this fat by increasing metabolism and promoting fat burn.

44

Rutin

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 500mg of rutin supplement daily, preferably with a meal to enhance absorption. Continue this supplementation regularly for at least 4 weeks to evaluate its benefits on your health, as effects may take some time to become noticeable.

Description

Rutin is a flavonoid found primarily in citrus fruits, buckwheat, and tea, and is known for its antioxidant and anti-inflammatory properties. It may support cardiovascular health and promote strong blood vessels.

How it helps

A randomized, placebo-controlled, double-blind, parallel group with 66 healthy Japanese men and women with a body mass index of ≥23 and <30 kg/m2 found that the water-soluble α-glycosylated rutin (4G-α-D-glucopyranosyl rutin, monoglucosyl rutin, MR), an enzymatically modified form of rutin, (200 mg or 400 mg/day for 8 weeks) reduced abdominal visceral fat. MR400 group also improved subjective symptoms concerning being "worried about abdominal fat" at week 4 [R].

Rutin improves metabolic function and inhibits fat accumulation, reducing visceral fat build-up and promoting a healthier body composition.

Please note: *rutin may inhibit the production of the thyroid hormone T4 (thyroxine). Individuals with thyroid disorders, particularly hypothyroidism or low T4 levels, should exercise caution when using rutin and always consult with a healthcare provider before taking this supplement* [R].

45

Almonds

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Incorporate a handful of almonds (about 23 kernels) into your daily diet. You can eat them as a snack, add them to your breakfast cereals or yogurt, or include them in salads and other dishes. Do this consistently for ongoing health benefits.

Description

Almonds are a good source of omega-6s, protein and vitamins, making for a great snack food. A 1-ounce serving provides 3700 mg of omega-6.

Almonds are nutritious tree nuts that originate from the Prunus dulcis tree. They are packed with essential nutrients, including healthy fats, fiber, vitamin E, and magnesium, which collectively contribute to heart health, support weight management, and may help regulate blood sugar levels.

How it helps

An interventional study involving almonds showed that they can help reduce visceral adipose tissue as part of an energy-restricted diet, suggesting a direct benefit of nuts in reducing harmful fat accumulations in the abdominal area [R].

46

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

In a non-placebo-controlled trial of 16 healthy postmenopausal women, practicing yoga for 16 weeks decreased visceral fat area [R].

47

Aquatic Exercise

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

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

TYPICAL STARTING DOSE

1 hour

Description

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

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

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

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

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

How it helps

A study investigating the effectiveness of aquatic exercise for obese patients with knee osteoarthritis found that while the main focus was on improving knee function, such exercises also contributed to reducing body fat, which includes visceral fat [R].

48

Onion

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Incorporate raw or cooked onions into your daily meals, aiming for about a half to one whole onion per day, depending on your taste preference and tolerance. This can be done by adding onions to salads, sandwiches, soups, or as a cooked ingredient in various dishes.

Description

Onions are a flavorful and versatile vegetable grown around the world. They are rich in antioxidants, vitamins, and minerals, like B-vitamins, vitamin C, phosphorus, and magnesium. Incorporating onions into your diet may promote heart health, improve immune function, and contribute to overall well-being.

How it helps

A randomized placebo-controlled trial of 70 healthy Japanese subjects found that intake of quercetin-rich onion powder (9 g/day for 12 weeks) reduced visceral fat and ALS [R].

In line with this, in a placebo-controlled trial of 70 overweight subjects, Jeju steamed onion extract (ONIRO) (1 capsule/day for 12 weeks) reduced the percentage of body fat and fat mass with no significant effects on lean body mass. There was a decrease in the areas of whole fat, visceral fat, and subcutaneous fat [R].

Onions contain quercetin, a flavonoid with anti-inflammatory properties that may help reduce body fat, including visceral fat.

49

Lactoferrin

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

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

TYPICAL STARTING DOSE

100 mg

Description

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

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

Lactoferrin may help support [R, R]:

- Immunity
- Iron status

How it helps

Lactoferrin, a protein found in milk, helps reduce visceral fat by inhibiting fat cell production and promoting fat breakdown. It reduces inflammation, improves insulin sensitivity, and could lead to healthier weight distribution, thus helping in reducing visceral fat.

In a double-blind, placebo-controlled study with 26 Japanese men and women with abdominal obesity (BMI>25 kg/m2, and visceral fat area (VFA)>100 cm2) enteric-coated lactoferrin (300 mg/day for 8 weeks) improved visceral fat-type obesity. It **reduced VFA (-14.6 cm2 vs - 1.8 cm2), body weight, BMI, and hip circumference (-1.5 kg, - 0.6 kg/m2, -2.6 cm vs +1.0 kg, +0.3 kg/m2, - 0.2 cm, respectively)**. It also reduced waist circumference (- 4.4 cm vs - 0.9 cm) [R].

However, in a randomized controlled trial double-blind study with 80 people, **neither of the following treatments changed body composition, indices of glycaemic control, and blood lipids**: enteric-coated whey-derived bovine lactoferrin (200 mg), immunoglobulin (200 mg or 800 mg), combination lactoferrin/immunoglobulin supplements (200 mg/200 mg, 200 mg/800 mg) for 4 weeks [R].

50

Dance

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Engage in dance activities for at least 30 minutes, three times per week. You can choose any form of dance you enjoy, such as ballroom, hip hop, or salsa, and you can dance at home, in a studio, or in a group class setting.

TYPICAL STARTING DOSE

30 minutes

Description

Dancing involves moving your body to music. Many people take dance classes to learn various styles of dance and improve their skills. Examples include:

- Ballet
- Zumba
- Belly dancing
- Hip hop
- Salsa

Dancing is a fun, creative, and relaxing activity. It can also provide a range of health benefits, improving your heart health, brain health, fitness, and more.

How it helps

A study compared the effects of dancing to walking (for 8 weeks) and found that both dancing and walking improved VO2 peak, lower body muscle power, and static balance. Additionally, both activities showed improvements in body composition, including reductions in visceral fat and improvements in lipid and inflammatory profiles [R].

51

Astaxanthin

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take an astaxanthin supplement daily, with a typical dosage ranging from 4 to 12 mg. It is best taken with a fat-containing meal to enhance absorption.

TYPICAL STARTING DOSE

12 mg

Description

Astaxanthin is a powerful antioxidant found in certain microalgae and seafood. It is known for its potential benefits in reducing oxidative stress, supporting skin health, and promoting eye health.

Astaxanthin is a naturally-occurring orange-red pigment carotenoid found in algae, shrimp, lobster, crab, and salmon [R].
As an antioxidant, astaxanthin is **10 times stronger than zeaxanthin, lutein and beta-carotene, and 100 times stronger than vitamin E** [R].
People take astaxanthin to:

- Support skin health [R, R]
- Reduce exercise fatigue [R, R]
- Prevent heart disease [R, R, R]

How it helps

Astaxanthin is an antioxidant that can help your body metabolize fat more efficiently, which can lead to a reduction in visceral fat. By assisting with fat oxidation, it can improve metabolic health and aid in weight management.

Astaxanthin (8 mg/day taken for 8 weeks) **lowered visceral fat** in a placebo-controlled trial of 44 patients with type 2 diabetes [R].

52

DASH Diet

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Adopt a dietary pattern that emphasizes fruits, vegetables, whole grains, lean proteins, and low-fat dairy, while reducing sodium, red meat, sweets, and sugary beverages. Aim for 4-5 servings of both fruits and vegetables per day, 6-8 servings of grains (with at least half being whole grains), and 2-3 servings of low-fat dairy. This diet should be followed daily to manage blood pressure effectively.

Description

The DASH (Dietary Approaches to Stop Hypertension) diet is a dietary plan designed to reduce high blood pressure. It emphasizes fruits, vegetables, lean proteins, and whole grains while limiting sodium intake.

Health experts developed the DASH diet to reduce blood pressure. This diet also helps support weight control while reducing inflammation and cholesterol [R].

It **limits salt, sweets, and saturated fat**, while promoting the intake of [R]:

- Fruits (4-5 servings/day)
- Vegetables (4-5 servings/day)
- Whole grains (6-8 servings/day)
- Low-fat dairy (2-3 servings/day)
- Nuts, seeds, and legumes (4-5 servings/week)
- Fish and poultry (up to 6 ounces/day)

The DASH diet focuses on fresh, minimally processed food rich in nutrients. Magnesium, calcium, and potassium-rich foods are particularly important due to their beneficial effects on the heart and blood vessels [R].

Although similar to the Mediterranean diet, DASH is lower in sodium (<2,300 mg a day) and omega-3 fatty acids. On the other hand, it's higher in red meat and dairy [R].

How it helps

A study of 244 University students associated high adherence to a DASH diet with reduced visceral fat levels [R].

53

Hibiscus

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 250 mg of hibiscus supplement daily, either in the form of a capsule or powder. It can be taken at any time of day, with or without food.

TYPICAL STARTING DOSE

250 mg

Description

Hibiscus is a flower known for its potential to lower blood pressure, boost antioxidant levels, and support heart health. Consuming hibiscus tea or incorporating hibiscus into your diet may provide these health benefits.

Hibiscus (*Hibiscus sabdariffa*), also known as roselle or sorrel, is a flowering plant. It is traditionally brewed as a tea of a distinctive, bright pink color [R, R].

For hundreds of years, people from all over the world have taken hibiscus for its potential health benefits [R, R, R].

Please note: *Hibiscus can interact with "water pills" (diuretics) like hydrochlorothiazide. If you are using "water pills", consult your doctor before taking hibiscus.*

How it helps

Hibiscus is rich in anthocyanins, a type of antioxidant that can help lower body weight and body fat levels, including visceral fat. It does this by reducing inflammation and oxidative stress, while also helping to regulate metabolic processes that directly influence the storage of visceral fat.

A 2-month study with 56 obese/overweight participants using a dietary supplement of Lippia citriodora and Hibiscus sabdariffa extracts resulted in significant weight loss, reduced abdominal circumference, and improved fat percentage in overweight individuals. Modulation of fat metabolism may involve AMPK activation. Modest changes were observed in obese subjects [R].

Please note: *Hibiscus may interact with painkillers and anti-inflammatory drugs such as diclofenac and drugs for high cholesterol such as simvastatin. Make sure to consult your doctor before consuming hibiscus* [R, R].

54

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

A study on the effects of catechin-enriched green tea (containing 609.3 mg catechins and 68.7 mg caffeine) on Chinese adults with a high proportion of abdominal visceral fat found that regular consumption of the tea led to reductions in visceral fat area, body weight, and body fat after 12 weeks [R].

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].

55

Tocotrienols

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take tocotrienols as a dietary supplement in doses ranging from 100 to 200 mg, 1-2 times a day, ideally with meals to enhance absorption. This intake can be continuous, but it's recommended to review its effects with a healthcare provider periodically, typically every 6 to 12 months.

TYPICAL STARTING DOSE

100 mg

Description

Tocotrienols are a form of vitamin E that helps to protect your cells. They fight harmful substances in your body called free radicals, which can damage our cells and lead to illness. By helping your body in this way, tocotrienols contribute to overall health, boosting immunity, and slowing down aging processes.

How it helps

Tocotrienols, a type of Vitamin E, can help manage visceral fat by reducing inflammation and oxidative stress, both of which contribute to fat accumulation around your organs. They also aid in cholesterol regulation, further helping with visceral fat reduction.

56

Dietary Vitamin A

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Include foods high in vitamin A in your daily diet, such as sweet potatoes, carrots, spinach, and fortified foods like milk. Aim for 700-900 micrograms (mcg) of vitamin A per day for adults, depending on your age and sex, with a slightly higher intake recommended for women who are pregnant or breastfeeding.

Description

Vitamin A is essential for maintaining healthy vision, immune function, and skin integrity. It also plays a role in cell differentiation and growth, supporting various bodily functions.

How it helps

Dietary vitamin A may reduce visceral fat in people with certain gene variants [R].

PERSONALIZED TO YOUR GENES

Vitamin A intake may reduce visceral and subcutaneous fat in people with your *RBP4* gene variant [R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
FFAR4	**rs10882272**	CT	

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.

VLDL Cholesterol	11 mg/dL	0 20 30	9 Nov 2025
Triglycerides	54 mg/dL	0 90 150 500	9 Nov 2025
hs-CRP	1.6 mg/L	0 0.5 3 100 500	9 Nov 2025
Cholesterol, Total	182 mg/dL	0 200 240	9 Nov 2025