

Vomiting

DNA Health Report

REPORT CATEGORY —



GUT HEALTH

Sample Client

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DISCLAIMER

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

Personal information

NAME

Sample Client

SEX AT BIRTH

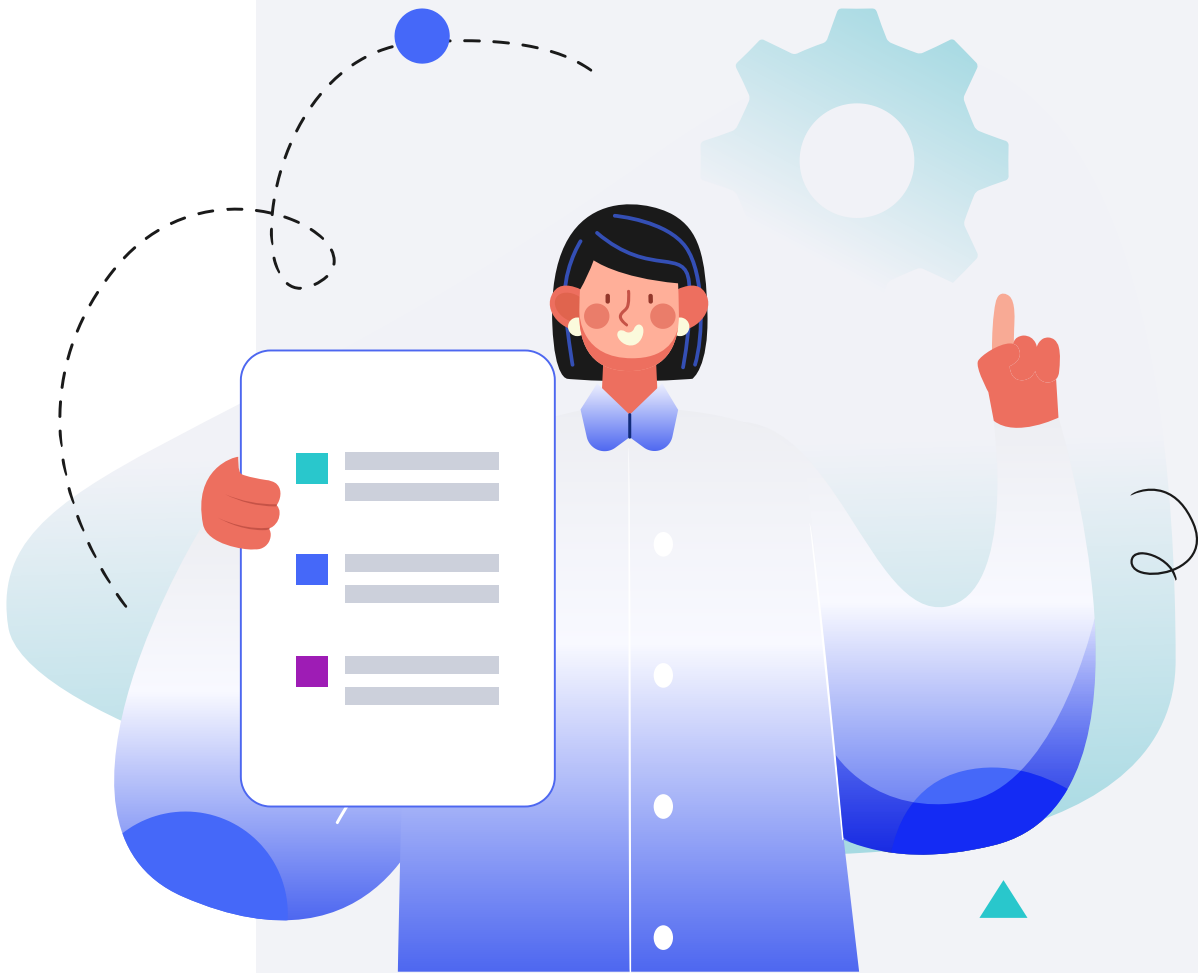
Male

HEIGHT

5ft 5" 165cm

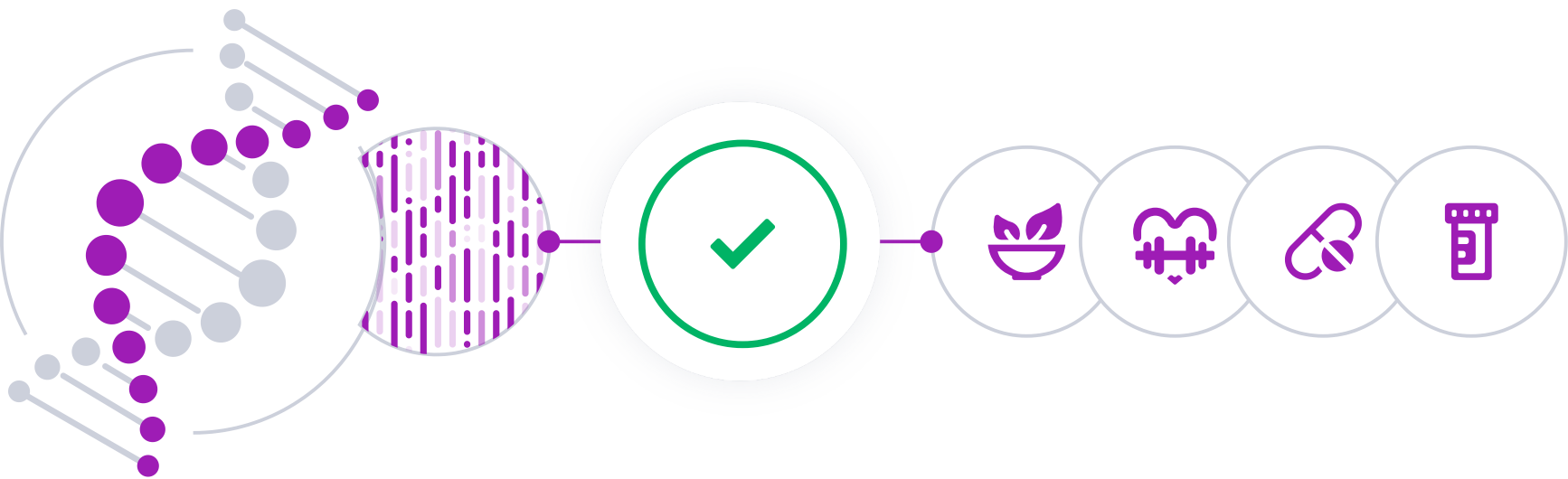
WEIGHT

137lb 62kg



How this works

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

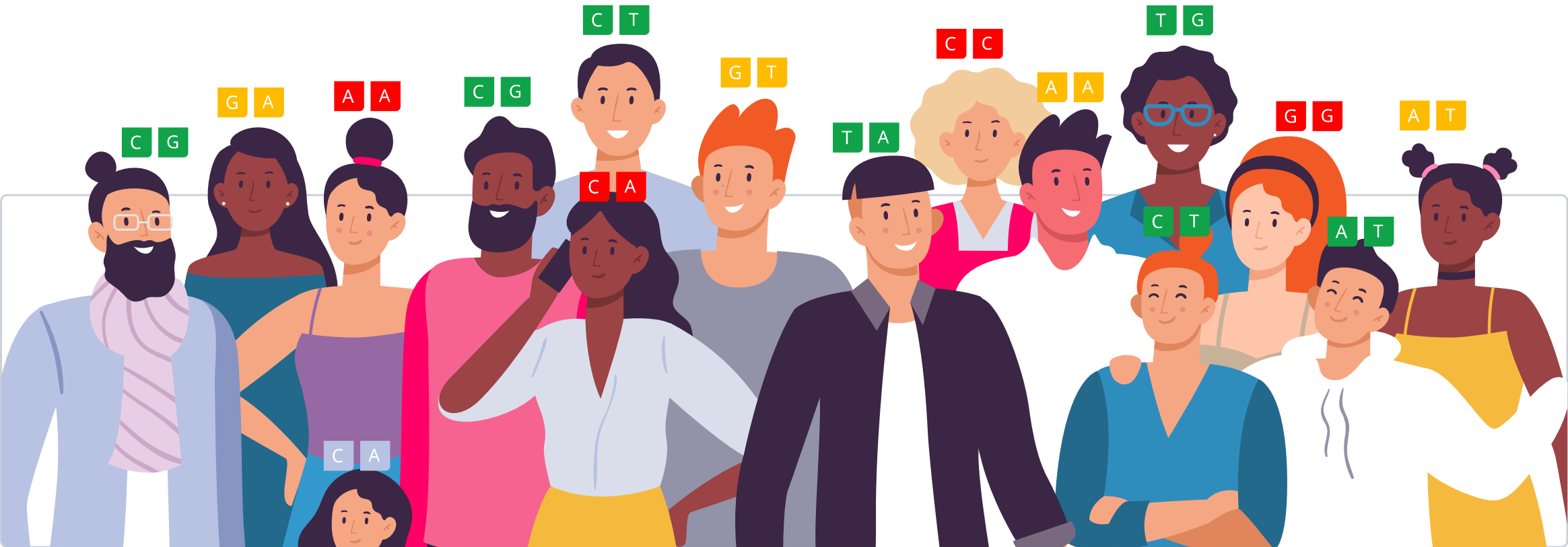


Similarly, our Trait Reports look at how your DNA influences your traits.



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

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



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

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

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



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

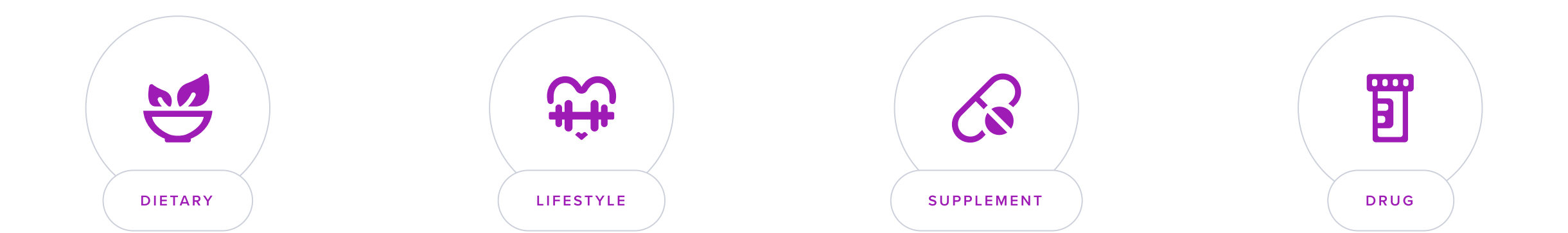
You have 2 risk alleles

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

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

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

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



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

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



Impact

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

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

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

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

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

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

Introduction

Vomiting, or emesis, is the involuntary, forceful expulsion of the stomach's contents through the mouth. Vomiting can be a symptom of a wide range of conditions, from mild and temporary issues to more serious underlying health concerns.

Signs and symptoms that can accompany vomiting include:

- Nausea or feeling sick to the stomach
- Increased salivation
- Dizziness or light-headedness
- Abdominal pain or discomfort
- Diarrhea
- Fever
- Dehydration signs, such as dry mouth, decreased urination, or dark yellow urine

Causes and Risk Factors

Common causes of vomiting include:

- **Gastroenteritis (stomach flu)**
- Pregnancy-related sickness
- Migraine headaches
- Chemotherapy or radiation
- Food poisoning or contamination
- Overeating or drinking large amounts of alcohol
- Certain medications
- Vestibular disorders, like motion sickness
- Gallbladder disease

Factors that might increase the risk of vomiting include:

- Exposure to individuals with stomach viruses or infections
- Consuming contaminated food or water
- Traveling, especially to areas with different water or food sanitation standards
- A history of motion sickness or migraine
- Genetics



TYPICAL LIKELIHOOD

Typical likelihood of vomiting based on 1,675 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
KCND2	rs12706265	CC
/	rs62493919	GG
/	rs1355625	AA
/	rs10928874	TA
PPP2R1A	rs8108607	TC
NT5M	rs8082383	CC
GJB4	rs11589940	CC
SLCO3A1	rs1568209	GG
SLC5A8	rs7956620	AA
MEIS2	rs2681320	TT
C9ORF50	rs10118527	CC
C9ORF50	rs10118507	CC
CPEB2	rs6848922	TT
FGF14	rs1927382	CC
CLDN14	rs2071049	CC
SPATS2L	rs1561296	CT
MTNR1B	rs7118248	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			DOSAGE
1	Music Therapy	30 minutes	2	Aromatherapy	30 minutes
3	Topical Capsaicin		4	Peppermint Oil Aromatherapy	30 minutes
5	Hyperbaric Oxygen Therapy	90 minutes	6	Cupping Therapy	15 minutes
7	Grape Juice		8	Chewing	
9	Avoid Overeating		10	Mindful Eating	
11	Probiotic Yogurt		12	Bed Head Elevation	
13	Avoid Carbonated Beverages		14	Avoid Spicy Food	
15	Stress Management Therapy	1 hour	16	Avoid Sugary Foods & Drinks	
17	Acupressure	1 minute	18	Avoid Large Meals	
19	Avoid Sensory Triggers		20	Elimination Diet	
21	Zinc	15 mg	22	Bananas	
23	Avoid Meals 3-4 Hours Before Bedtime		24	Peppermint	
25	Avoid Raw Seafood		26	Limit Dairy Intake	
27	Ginger	500 mg	28	Apple Juice	
29	Acupuncture	1 hour	30	Peppermint Oil	180 mg

1



Music Therapy

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Engage in music therapy sessions for at least 30 minutes a day, three times a week. These sessions can involve listening to music, playing an instrument, singing, or writing songs, facilitated by a certified music therapist if possible.

TYPICAL STARTING DOSE

30 minutes

Description

Music therapy is a therapeutic approach that uses music to address physical, emotional, cognitive, and social needs. It can improve mental health, enhance emotional expression, and support overall well-being.

[Music](#) therapy is a form of therapy that involves making, reflecting on, and/or listening to music. It can be applied individually or in groups and may not require the presence of a therapist [\[R\]](#).

Music therapy provides tools for body relaxation and positive imagery. It aims to improve communication, quality of life, and well-being [\[R\]](#), [\[R\]](#).

How it helps

A meta-analysis of 7 studies and 576 patients undergoing surgical procedures found that music therapy reduces postoperative vomiting but not postoperative nausea. Another meta-analysis (10 trials and 632 cancer patients) found that music therapy reduces anticipatory chemotherapy-induced nausea and vomiting and lowers the severity of delayed vomiting [\[R\]](#), [\[R\]](#).

Music therapy can help distract your mind, reducing the amount of stress and anxiety that often triggers vomiting.

2



Aromatherapy

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

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

TYPICAL STARTING DOSE

30 minutes

Description

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

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

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

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

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

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

How it helps

A Cochrane review of 7 studies and 663 participants concluded that aromatherapy may slightly reduce nausea and the need for medication. However, the authors warned about the low quality of the included studies [\[R\]](#).

In a placebo-controlled trial of 75 patients with breast cancer, receiving 20 minutes of aromatherapy foot massage or 3 minutes of inhalation aromatherapy with a mixture of English peppermint, bergamot, and cardamom oil reduced chemotherapy-induced nausea and vomiting. However, inhaled ginger aromatherapy failed to reduce chemotherapy-induced nausea and vomiting in 2 placebo-controlled trials of 49 children with cancer and 60 women with breast cancer [\[R\]](#), [\[R\]](#), [\[R\]](#).

3



Topical Capsaicin

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Apply a capsaicin cream or gel to the affected area 3 to 4 times daily. Make sure the skin is clean and intact before application. Avoid contact with eyes, mouth, and other sensitive areas. Use consistently for several weeks to see improvement.

Description

Capsaicin is a compound found in chili peppers and is used topically in creams and patches for its potential to alleviate pain related to conditions like arthritis, neuropathy, and muscle soreness.

[Capsaicin](#) is the compound that makes chili peppers spicy [\[R\]](#).

People use topical capsaicin to relieve pain and oral capsaicin to aid weight loss [\[R\]](#), [\[R\]](#).

In the short term, capsaicin causes pain. However, **if you’re exposed to a lot of capsaicin over a long period of time, it can reduce your pain sensitivity** [\[R\]](#), [\[R\]](#).

***Please note:** Capsaicin may irritate the skin. Consult your doctor if the irritation is severe or lasts longer than 4 weeks. If capsaicin gets in your eyes, flush them with water immediately and consult your doctor* [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

A meta-analysis of 7 studies and 106 participants concluded that topical capsaicin resolves cannabinoid hyperemesis syndrome within a reasonable time [\[R\]](#).

In a non-placebo-controlled trial of 186 surgical patients, applying a capsaicin ointment on the hands before surgery reduced postoperative nausea and the need for anti-emetic medication [\[R\]](#).

Topical capsaicin also reduced nausea and vomiting in a placebo-controlled trial of 30 pregnant women [\[R\]](#).

4



Peppermint Oil Aromatherapy

IMPACT

1 / 5

EVIDENCE

3 / 5

How to implement

Add 2-3 drops of peppermint oil to a diffuser filled with water and use it in your home or office space for about 30 minutes to an hour daily for a calming effect and to aid with focus and digestion.

TYPICAL STARTING DOSE

30 minutes

Description

Peppermint oil is extracted from the leaves of the peppermint plant, and has a long history of medicinal usage. Peppermint aromatherapy involves the inhalation of the diffuse essential oil derived from the peppermint plant. It is known for its potential to alleviate headaches, reduce stress, and improve mental clarity, making it a popular choice for promoting relaxation and mental well-being.

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

[Peppermint oil](#) is an **essential oil from peppermint leaves**. It may ease muscle pain, relieve headaches, and improve digestion [\[R\]](#), [\[R\]](#).

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

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

Please note: *Peppermint oil may interact with certain medications. If you are taking any medications, consult your doctor before using peppermint oil* [\[R\]](#), [\[R\]](#).

How it helps

Peppermint has been studied for its potential effects on nausea and vomiting in various contexts, and several studies have found it to be beneficial. Here are some key findings:

- **Pregnancy-Related Nausea and Vomiting:** Peppermint aromatherapy has been found effective in reducing nausea and vomiting during the first trimester of pregnancy [\[R\]](#).
- **Chemotherapy-Induced Nausea and Vomiting:** A study on breast cancer patients undergoing chemotherapy showed that peppermint extract significantly reduced the severity of nausea, vomiting, and anorexia [\[R\]](#).
- **Cancer Patients Undergoing Chemotherapy:** Inhaled peppermint oil was found to significantly reduce the frequency and severity of nausea, vomiting, and retching in cancer patients following chemotherapy [\[R\]](#).
- **Postoperative Nausea and Vomiting:** The inhalation of peppermint essential oil was shown to have beneficial effects on reducing nausea and vomiting after open-heart surgery [\[R\]](#).
- **Hospitalized Patients:** Peppermint essential oil was effective as an independent or complementary modality for relief of nausea and vomiting in hospitalized patients [\[R\]](#).

5



Hyperbaric Oxygen Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

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

TYPICAL STARTING DOSE

90 minutes

Description

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

How it helps

In a non-placebo-controlled trial of 100 patients receiving standardized sevoflurane anesthesia for breast surgery, postoperative administration of oxygen 50% for 2 hours decreased the incidence of vomiting. The combination of oxygen therapy and Benson relaxation technique reduced chemotherapy-induced nausea and vomiting in a non-placebo-controlled trial of 100 gastric cancer patients [R, R].

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

6



Cupping Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To practice cupping therapy as part of your lifestyle, schedule sessions with a qualified therapist once or twice a month to address specific concerns or for general wellness. Each session usually lasts between 5 to 15 minutes. Consistent treatment over several months may yield the best results.

TYPICAL STARTING DOSE

15 minutes

Description

Cupping therapy is an alternative therapy that involves placing cups on the skin to create suction. Some believe it may help with pain relief and muscle tension.

How it helps

In a non-placebo-controlled trial of 206 patients receiving general anesthesia, dry cupping delivered in the operating room reduced the rates of postoperative nausea and vomiting [R].

7



Grape Juice

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Consume 8-12 ounces of pure grape juice, preferably made from Concord grapes, daily. This can be done in one sitting or divided into smaller servings throughout the day. Continue this practice daily as part of your regular diet.

Description

Grape juice is made from the whole grape and is typically purple or white depending on the variety of grape used. Grape juice contains flavonoids and polyphenols that provide several health benefits [\[R\]](#)..

Fruit juices are naturally high in sugars, lack the fiber of whole fruit, and often contain added sugars. Care should be taken if sugar consumption is a concern.

How it helps

In this study, the experimental, grape juice group experienced reduced nausea and vomiting, but a high dropout rate (50%) limited statistical significance. Initial anxiety, depression, and hostility correlated with these symptoms and quality of life. Further research with a larger sample and protocol adjustments are needed for conclusive results [\[R\]](#).

8



Chewing

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Incorporate chewing thoroughly into your daily eating habits by ensuring each bite is chewed 20-30 times before swallowing. Practice this technique at every meal and with snacks to improve digestion and satiety.

Description

Chewing can help to reduce the tendency to overeat by keeping your mouth busy and providing a sense of fullness. It can also help to improve your metabolic rate and increase your energy levels. Additionally, chewing can help to improve your attention span and reduce stress levels.

How it helps

In a non-placebo-controlled trial of 94 women undergoing laparoscopic or breast surgery, chewing gum was as effective as ondansetron at reducing postoperative nausea and vomiting [\[R\]](#).

Chewing gives the stomach more time to process food without getting overwhelmed, thus reducing the likelihood of vomiting.

9



Avoid Overeating

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume meals slowly, taking time to chew your food thoroughly and pausing between bites to allow your body to signal when it is full. Aim to stop eating when you feel about 80% full rather than waiting until you feel uncomfortably full. Implement this practice at every meal and snack, making it a consistent part of your daily eating habits.

Description

People who overeat take in more food than their body needs. Overeating may contribute to obesity and diabetes, as well as digestive and sleep problems.

People who overeat take in more food than their body needs.

Overeating may contribute to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Obesity
- Diabetes
- Digestive problems
- Sleep problems

How it helps

Overeating can make vomiting worse. Eating smaller, more frequent meals can help reduce the burden on your stomach.

10



Mindful Eating

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Allocate at least 20-30 minutes for each meal, taking small bites and chewing each bite around 20-30 times before swallowing. This practice should be maintained consistently at every meal to enhance digestion and control portion sizes.

Description

Chewing slowly and thoroughly can aid in digestion and promote a sense of fullness, potentially assisting with portion control and weight management. It can also enhance nutrient absorption by breaking down food more effectively in the mouth.

How it helps

Eating slowly and chewing food thoroughly aids digestion and prevents the likelihood of vomiting due to indigestion.

11



Probiotic Yogurt

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

Description

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

How it helps

Probiotic yogurt contains beneficial bacteria that help restore the natural balance of gut flora, which can be disrupted during episodes of vomiting. This can aid in quicker recovery and reduce the duration of gastrointestinal symptoms.

12



Bed Head Elevation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Elevate the head of your bed by 6 to 8 inches using blocks or wedges under the bedposts or a foam wedge under the mattress. Maintain this setup continuously every night during sleep to mitigate symptoms related to GERD or acid reflux.

Description

Elevating the head of the bed or using pillows to raise the upper body while sleeping can alleviate symptoms of acid reflux or gastroesophageal reflux disease (GERD). It helps prevent stomach acid from flowing back into the esophagus, promoting better sleep and reducing discomfort.

How it helps

Keeping your head elevated while sleeping can prevent gastric contents from traveling upward, which helps reduce nausea and vomiting.

13



Avoid Carbonated Beverages

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Stop consuming drinks like soda, sparkling water, and other carbonated beverages. If you're used to drinking these regularly, gradually reduce your intake by replacing one carbonated drink with a non-carbonated alternative, such as still water or herbal tea, each day until you no longer consume them.

Description

Avoiding carbonated beverages, particularly those high in sugar or artificial additives, can support dental health by reducing the risk of tooth decay and enamel erosion, and avoid potentially irritating the bladder.

How it helps

Carbonated beverages can cause stomach distension and may trigger vomiting; avoiding them can help reduce this risk.

14



Avoid Spicy Food

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

Description

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

How it helps

Spicy foods can irritate the stomach lining, leading to nausea and vomiting for some people.

15



Stress Management Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

TYPICAL STARTING DOSE

1 hour

Description

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

How it helps

Managing stress through therapy can help reduce nausea and vomiting, as stress and anxiety are common triggers for these symptoms.

16



Avoid Sugary Foods & Drinks

IMPACT

0 / 5

EVIDENCE

0 / 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 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

Sugary foods can cause rapid fluctuations in blood sugar, potentially leading to nausea and vomiting.

17

Acupressure

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply firm pressure on specific acupoints related to your condition using your fingers or a blunt object for 1-3 minutes. Repeat this process 2-3 times a day for several weeks to potentially observe improvements.

TYPICAL STARTING DOSE

1 minute

Description

Acupressure is a traditional Chinese healing technique that involves applying pressure to specific points on the body to promote relaxation, alleviate pain, and improve overall well-being.

How it helps

Acupressure involves applying pressure to specific points on the body which may help reduce the feeling of nausea and prevent vomiting.

18

Avoid Large Meals

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Divide your daily food intake into smaller portions spread out over five to six times a day instead of having three large meals. Ensure that each portion is balanced and includes a variety of nutrients. This means having breakfast, a mid-morning snack, lunch, an afternoon snack, dinner, and possibly a light evening snack, depending on your caloric needs.

Description

Eating smaller, more frequent meals may help prevent overeating. This involves eating the same number of meals at about the same times every day. Doing so may help with issues like blood pressure, body weight, cholesterol levels, and migraines.

Eating smaller, more frequent meals may help prevent overeating. One way to do this is to keep a regular meal schedule. This involves eating the same number of meals at about the same times every day. Doing so may help [\[R, R, R\]](#):

- Manage blood pressure
- Balance the internal clock
- Maintain a healthy body weight
- Support healthy cholesterol levels
- Prevent migraines

How it helps

Large meals can overextend the stomach and trigger vomiting; smaller, more frequent meals may mitigate this.

19



Avoid Sensory Triggers

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Identify and keep a record of situations, environments, or objects that trigger unwanted sensory responses, such as bright lights for migraines or loud noises for auditory sensitivities. Actively avoid these triggers whenever possible, such as wearing sunglasses in bright environments or using noise-cancelling headphones in loud places. Implement these strategies consistently to minimize exposure to the identified triggers.

Description

Recognizing and avoiding sensory triggers, such as bright lights or loud noises, can help individuals with sensory processing issues manage their environment and reduce sensory overload and potential symptoms.

A "trigger" is something that prompts or worsens the symptoms of a health condition.

A number of things that you see, hear or smell may be sensory triggers [\[R, R\]](#).

For example, looking at a digital screen for too long may trigger symptoms in some people. These include [\[R, R\]](#):

- Tired, itchy eyes
- Blurred vision
- Headache

How it helps

Certain smells, sights, or sounds can trigger vomiting or nausea. By avoiding these triggers, you can reduce the likelihood of vomiting.

20



Elimination Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Begin by removing foods you suspect might be causing adverse reactions for 2-3 weeks. These often include dairy, gluten, soy, nuts, eggs, corn, and processed sugars. After this period, reintroduce each food group one at a time every 3 days, while noting any symptoms that may reappear. This process helps identify food intolerances or sensitivities.

Description

An elimination diet involves removing specific foods or food groups from the diet to identify and address potential food sensitivities or allergies. It can help alleviate symptoms such as digestive issues, skin problems, and allergic reactions by pinpointing trigger foods.

An elimination diet omits foods that can cause your body to have a reaction. Foods are removed for a period of time and then added back in. This helps figure out what foods are causing symptoms or making them worse [\[R\]](#).

Salicylates are compounds naturally found in many foods and drinks. These include wine, tea, beans, and tomatoes [\[R\]](#), [\[R\]](#).

One form (*salicylic acid*) is found in aspirin. People who are sensitive to salicylates may have a reaction to aspirin and other NSAIDs [\[R\]](#), [\[R\]](#).

How it helps

Following an elimination diet can help identify food intolerances that might cause vomiting, thus allowing to avoid triggers.

21



Zinc

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

TYPICAL STARTING DOSE

15 mg

Description

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

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

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

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

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

How it helps

Zinc has been shown to reduce the duration and severity of vomiting in cases such as acute gastroenteritis. It helps to enhance the immune response and supports the integrity of the gut lining.

22



Bananas

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate 1-2 bananas into your daily diet. Bananas can be eaten as a standalone snack, added to cereal, oatmeal, or smoothies, or used as an ingredient in baking. Aim to include them regularly for ongoing dietary benefits.

Description

Bananas are a nutrient-rich fruit packed with potassium, fiber, and essential vitamins. They are a convenient and healthy snack option that can help support heart health, digestive regularity, and overall well-being.

Bananas are a good source of vitamins B6 and C, as well as numerous minerals, including potassium, copper, and magnesium. A single banana provides 0.4 mg of vitamin B6 or 25%DV.

How it helps

Bananas are easy to digest and help replenish potassium levels, which can be depleted due to vomiting.

23



Avoid Meals 3-4 Hours Before Bedtime

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Finish your last meal of the day at least 3 to 4 hours before you go to sleep. For example, if you usually go to bed at 10 pm, aim to have dinner no later than 6 pm to 7 pm.

Description

Avoiding meals, especially heavy meals, close to bedtime can help prevent digestive discomfort, indigestion, and disrupted sleep patterns. Opting for lighter evening meals promotes better digestion and overall sleep quality.

How it helps

Eating heavy meals can put extra pressure on the stomach during digestion, potentially causing discomfort and vomiting.

24



Peppermint

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1-2 capsules of peppermint oil, which is often sold as a supplement, three times a day before meals. This is usually done for 4-6 weeks to help with symptoms like digestive discomfort. Always check the specific dosage on the product label since concentrations can vary.

Description

Peppermint is an aromatic plant and a member of the mint family. It has a long history of traditional use, dating back to ancient Egypt and Greece, and is native to Europe and Asia but is now cultivated worldwide. Its main traditional uses include soothing digestive issues, alleviating headaches, and providing relief from respiratory symptoms. This is due to its active compounds menthol and menthone. It is used today for similar purposes, whether eating, made into tea, or consumed as a supplement.

How it helps

Peppermint can relax stomach muscles and ease digestion, which may help alleviate nausea and reduce the urge to vomit.

25



Avoid Raw Seafood

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Do not consume seafood that is uncooked or undercooked, including sushi, sashimi, ceviche, and raw oysters. Always ensure that seafood is cooked to an internal temperature of 145 degrees Fahrenheit before eating. Practice this avoidance consistently to reduce the risk of foodborne illnesses.

Description

Avoiding the consumption of raw seafood is recommended to reduce the risk of foodborne illnesses, including bacterial and parasitic infections such as salmonella.

Seafood is a healthy source of protein and essential nutrients such as omega-3 fatty acids and vitamins. Fish and shellfish are also low in saturated fat and cholesterol, making them a good choice for a balanced diet.

However, eating raw seafood can be dangerous as it may contain toxins and harmful germs that can cause food poisoning. Eating raw fish or shellfish, such as sushi or oysters, can increase the risk of food-borne illnesses such as **anisakiasis and salmonella infection**.

Make sure to cook seafood properly to reduce the risk of food poisoning.

How it helps

Raw seafood may contain pathogens that can induce food poisoning and cause vomiting.

26



Limit Dairy Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Reduce your consumption of dairy products, such as milk, cheese, yogurt, and butter, to no more than one serving per day. A serving is equivalent to 1 cup (240 ml) of milk, 1 cup of yogurt, 1.5 ounces (42 grams) of natural cheese, or 2 ounces (56 grams) of processed cheese.

Description

Limiting dairy intake may benefit individuals who are lactose intolerant or have dairy allergies, as it helps prevent digestive discomfort and symptoms like bloating and diarrhea. Exploring dairy-free alternatives supports overall gastrointestinal comfort.

Dairy products are made from milk. They include [\[R\]](#):

- Cheese
- Yogurt
- Kefir
- Butter
- Cream

Dairy products contain high levels of [calcium](#). Calcium helps build strong bones. However, eating a lot of dairy products is linked to acne and certain health conditions like Parkinson's disease [\[R, R, R, R\]](#).

How it helps

For those with lactose intolerance, limiting dairy intake can prevent symptoms, such as vomiting, associated with this condition.

27



Ginger

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 500 mg ginger supplement daily, preferably with a meal to enhance absorption and minimize potential stomach discomfort.

TYPICAL STARTING DOSE

500 mg

Description

Ginger is a versatile spice known for its potential anti-inflammatory and digestive benefits. It may help alleviate nausea, reduce muscle soreness, and support gastrointestinal comfort when consumed as part of a balanced diet.

[Ginger root](#) is a cooking spice and a traditional remedy. People mostly use it to relieve [\[R\]](#):

- Nausea
- Menstrual cramps
- Joint pain

How it helps

Ginger can help reduce feelings of nausea and may prevent vomiting. Its compounds appear to have direct effects on the digestive and central nervous systems.

28



Apple Juice

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume 8 ounces (about 240 milliliters) of apple juice once daily, preferably in the morning with your breakfast. This routine should be maintained for at least 4 weeks to observe potential health benefits.

Description

Apple juice is known for its natural sweetness and pleasant taste. It is a good source of vitamin C and contains essential antioxidants, which can support immune health and provide a boost of hydration.

How it helps

Apple juice provides hydration and can be gentler on the stomach compared to other types of juices, helping to soothe the digestive tract.

29



Acupuncture

IMPACT

0 / 5

EVIDENCE

0 / 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 can stimulate the body's natural mechanisms to combat nausea and reduce the incidence of vomiting through the insertion of needles at particular meridians.

30



Peppermint Oil

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 180-400 mg of peppermint oil in capsule form daily before meals. It is recommended to continue this regimen for at least 4 weeks to evaluate its effects.

TYPICAL STARTING DOSE

180 mg

Description

Peppermint oil is an essential oil derived from the peppermint plant (*Mentha × piperita*). It has a long history of traditional use, dating back to ancient Egypt and Rome, where it was utilized for digestive and respiratory issues. Its main compounds, menthol and menthone are utilized for a variety of potential health benefits, including digestion, skin care, headaches, and respiratory congestion.

People use peppermint in foods, cosmetics, and supplements. [Peppermint oil](#) is an essential oil from peppermint leaves. It may ease muscle pain, relieve headaches, and improve digestion [\[R\]](#), [\[R\]](#).

Please note: *Peppermint oil may interact with certain medications. If you are taking any medications, consult your doctor before using peppermint oil* [\[R\]](#), [\[R\]](#).

How it helps

Peppermint oil has antispasmodic properties that can help reduce the spasms that sometimes cause vomiting. It can soothe the stomach lining.

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.

	Chloride	97 mmol/L		9 Nov 2025
	Sodium	137 mmol/L		9 Nov 2025
	BUN/Creatinine Ratio	13 x100%		9 Nov 2025
	Potassium, Serum	5.2 mmol/L		9 Nov 2025
	Amylase	64.3 IU/L		9 Nov 2025
	pH, Urine	6.5 :1		9 Nov 2025