



Weight Regain

DNA Health Report

REPORT CATEGORY —



WEIGHT & BODY FAT

Sample Client

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

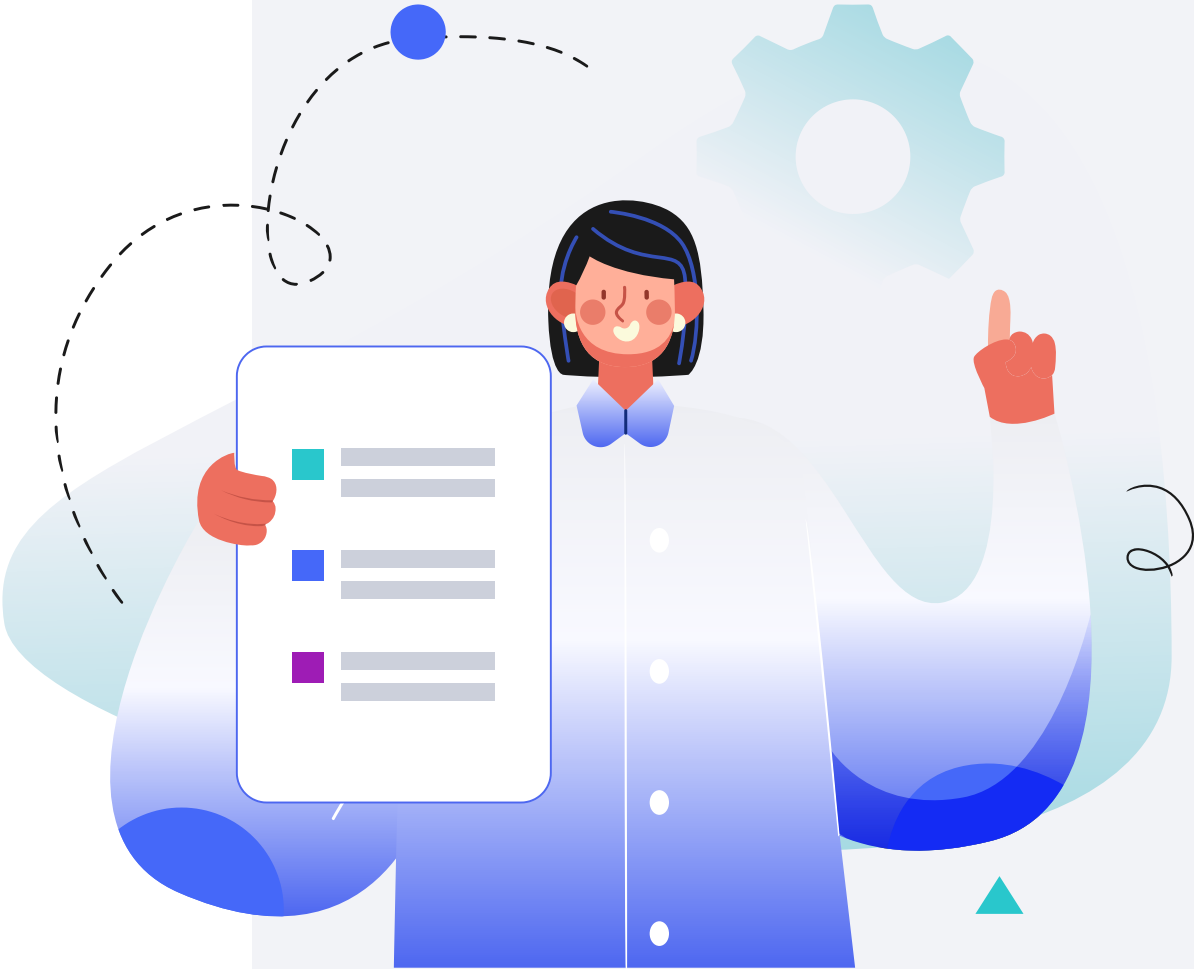
5ft 5" 165cm

WEIGHT

137lb 62kg

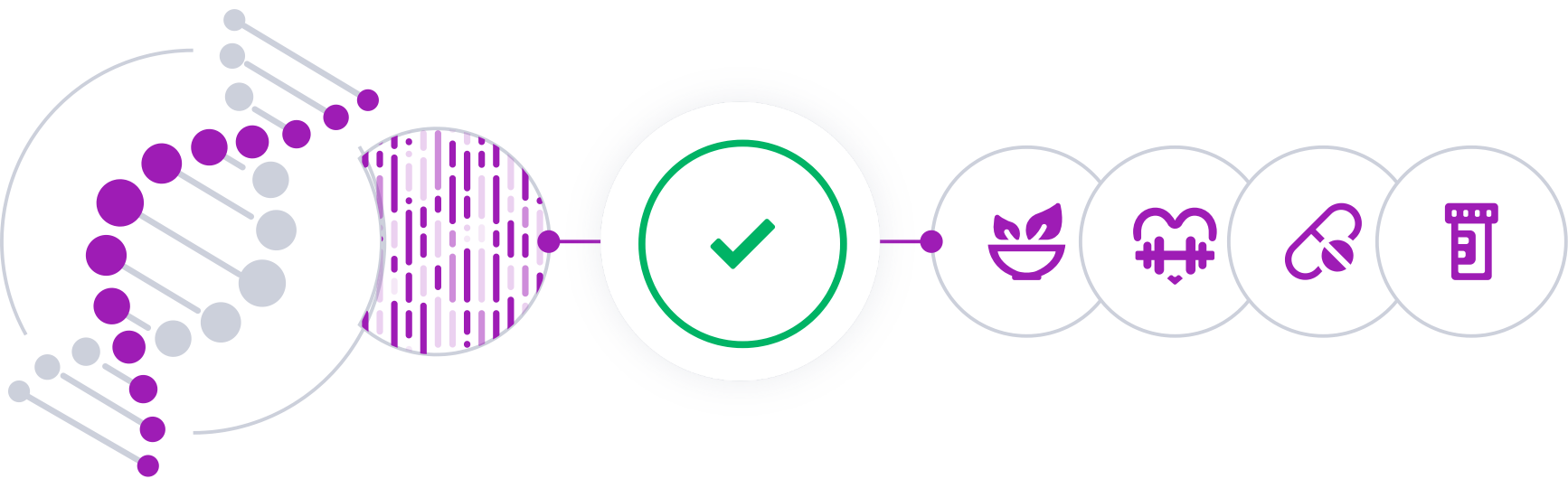
DISCLAIMER

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.

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

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



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

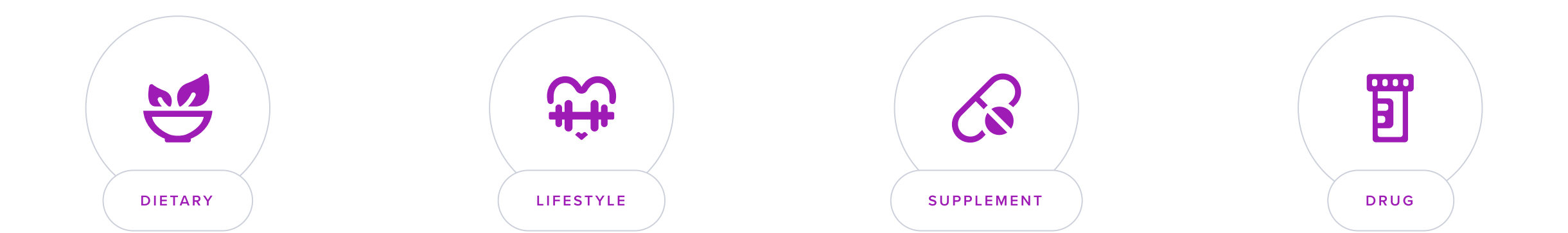
You have 2 risk alleles

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

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

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

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



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

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



Impact

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

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

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

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

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

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

Introduction

A lot of people who are overweight focus on losing weight by dieting or exercising.

However, many people who have lost weight while on a diet will tell you it’s hard to keep the weight off once the diet is over. In fact, it’s very common to regain up to 50% of weight lost within a year after losing it [\[R\]](#).

Your body has a system in place to make sure that it returns to “normal” after weight changes. If your metabolism is slow, or if certain hormones are imbalanced, this “normal” baseline might be heavier than you would like [\[R, R, R\]](#).

Some people’s brains may send hunger signals more than others. Some people even show signs of addiction to high-fat or high-sugar foods, which can make it very hard to keep weight off [\[R\]](#).

Other factors that may lead to weight regain include [\[R, R, R\]](#):

- The presence of excess fat cells
- Hormones
- Nerve and brain function
- Genetics

Keeping the weight off is hard, but not impossible. Long-term weight management may require coaches or counselors. These experts can help create both mental and physical plans to help you stay at a healthy weight. These plans may include [\[R, R\]](#):

- Diet plans
- Exercise
- Recording exercise and eating behaviors

Genetics of Weight Regain

PERSONALIZED TO GENES

According to the genetic variants we looked at, you may have a typical likelihood of regaining weight once you’ve lost it. However, environment and other factors may also play a role. If you are struggling to keep weight off, work with your doctor to make a plan. Be prepared to make (and stick to) changes to your diet and exercise. Consider using a step recorder and keeping a diary of your habits.

A lot of people who are overweight focus on losing weight by dieting or exercising. However, many people who have lost weight while on a diet will tell you it’s hard to keep the weight off once the diet is over. In fact, it’s very common to regain up to 50% of weight lost within a year after losing it [R]!

Different people may find it easier or harder to keep the weight off. Some of those differences may be genetic.

Genes linked to weight regain may influence [R, R, R, R, R, R, R]:

- The way fat is stored in the body
- Inflammation
- Feelings of hunger
- Feelings of reward from eating food



TYPICAL LIKELIHOOD

Typical likelihood of weight regain based on 54 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
LEP	rs4731426	GG
ALOX5AP	rs4769873	CC
ALOX5AP	rs9578196	CC
LEP	rs2071045	TT
TUB	rs7396690	GC
GCG	rs3761656	TG
BDNF	rs6265	TC
ALOX5AP	rs9315051	AG
TFAP2B	rs987237	AA
ADRB2	rs1042714	GC
ADRB2	rs1042713	GA
APP	rs2242682	CT
LEPR	rs4655537	AG
TUB	rs4385931	CG
GHRL	rs2619507	AG
ALOX5AP	rs3885907	AC
GHRL	rs1617161	CT
APP	rs466448	GA
BHLHE40	rs908078	TC
APP	rs2830054	GT
APP	rs9976453	CG
PEX11A	rs894160	CT
ANKK1	rs1800497	GA
SH3YL1	rs6548238	TC

GENE	SNP	GENOTYPE
KCTD15	rs29941	AG
FTO	rs9939609	TT
POMC	rs7565877	AA
POMC	rs3769671	AA
PPARG	rs1801282	CC
PPARGC1A	rs2932976	GG
APP	rs1876063	GG
ADIPOQ	rs17366568	GG
FAM241A	rs17044137	TT
CCK	rs11571842	TT
CCK	rs10865918	AA

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

Your Recommendations

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

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

		DOSAGE			DOSAGE
1	Aerobic Exercise (Cardio)	1 hour	2	Mediterranean Diet	
3	Hibiscus	250 mg	4	Cinnamon	500 mg
5	Tongkat Ali	200 mg	6	Lactoferrin	100 mg
7	Bilberry		8	Melatonin	500 mcg
9	Probiotics	30 billion CFU	10	Strength Training	1 hour
11	Fish		12	Psyllium	5 g
13	Dietary Protein		14	Regular Sleep Schedule	
15	Fiber Supplement	5 g	16	Legumes	
17	Fruits And Vegetables		18	Greek Yogurt	
19	Whole Grains		20	Glucomannan	3 g
21	Eat More Protein and Less Carbs		22	Intermittent Fasting	
23	Berries		24	Vegetables	
25	Drink at Least 8 Glasses of Water a Day		26	Protein Supplement	20 g
27	Tai Chi	1 hour	28	Elimination Diet	
29	Limit Calorie Intake		30	Eat Fiber-Rich Foods	
31	Green Tea Extract	250 mg	32	Aquatic Exercise	1 hour

1



Aerobic Exercise (Cardio)

IMPACT

5 / 5

EVIDENCE

5 / 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

Most experts agree that getting 150-300 minutes of exercise per week can help you control your weight and prevent weight regain. For best results, try to push yourself a bit with **moderate or intense exercise** [\[R, R\]](#).

Aerobic exercise may help prevent weight regain in people who lost weight with diet or diet plus exercise. It may also help those who underwent bariatric surgery [\[R, R, R\]](#).

Aerobic exercise helps by burning calories and boosting your metabolism. It may also lower your appetite [\[R, R\]](#).

2



Mediterranean Diet

IMPACT

3 / 5

EVIDENCE

3 / 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

People who eat a Mediterranean diet may have a decreased risk of weight regain after intentional weight loss [\[R, R, R\]](#).

3



Hibiscus

IMPACT

2 / 5

EVIDENCE

2 / 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 antioxidants and has properties that may aid in weight control. It can help reduce appetite, enhance metabolism and lower fat absorption, potentially thwarting weight regain.

In an 8-week study of 33 overweight and obese individuals, a polyphenolic extract (*Lippia citriodora* and *Hibiscus sabdariffa*) improved appetite regulation, leading to decreased appetite sensation, higher satiety quotient, and reduced energy consumption [\[R\]](#).

In a crossover clinical trial, *H. sabdariffa* tea reduced hunger perception and increased satiety in both genders. Men showed increased energy expenditure, while women oxidized more fat. Tea mainly impacted men's energy expenditure and satiety [\[R\]](#).

A 2-month double-blind trial with 56 obese/overweight individuals found that a dietary supplement containing polyphenolic extracts from *Lippia citriodora* L. and *Hibiscus sabdariffa* L. significantly reduced body weight, abdominal circumference, body fat percentage, and improved heart rate and systolic blood pressure, especially in overweight participants. The supplement likely activates AMPK to modulate fat metabolism [\[R\]](#).

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

4



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 can help control blood sugar, which affects how hungry or energetic you feel and helps you drop weight. It also may slow down the breakdown of carbs in the digestive tract, which can suppress your appetite and prevent weight regain.

Obesity and Weight Management: Cinnamon has been shown to modestly reduce BMI, body weight, and waist-hip ratio in various studies. Effects are more notable in individuals under 50 years and with higher initial BMI. Higher doses (≥ 2 g/day) and longer use (≥ 12 weeks) enhance these benefits. However, its impact on waist circumference and body fat mass is less clear.

PCOS and Type 2 Diabetes: In PCOS, cinnamon improves metabolic markers without significant changes in weight or BMI. In type 2 diabetes, it reduces fasting blood sugar, but effects on HbA1C, body weight, BMI, and waist circumference are limited.

Cinnamon shows potential in lowering body weight and BMI, especially in specific groups like PCOS patients, but its effectiveness varies and does not significantly influence overall body composition in type 2 diabetes.

References: [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#)

5



Tongkat Ali

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 200-400 mg of Tongkat Ali extract daily, preferably in the morning, to maintain consistent levels in your body. This dosage is typically taken in a single dose or divided into two doses throughout the day. Use for a period of 5-9 weeks followed by a break or as advised by a healthcare professional.

TYPICAL STARTING DOSE

200 mg

Description

Tongkat Ali is a plant native to Southeast Asia. Traditionally and today, its roots have been used as a herbal remedy to boost energy, improve libido, and support overall vitality. It's typically consumed as a tea or in powdered form. The main compounds in Tongkat Ali are quassinoids, which are believed to have potential benefits for hormonal balance and sexual health.

[Tongkat ali](#) or longjack (*Eurycoma longifolia*) is a plant native to Southeast Asia. It has a long history in traditional medicine [\[R\]](#).

Today, people mainly use extracts from its root to support erectile function and fertility [\[R\]](#).

How it helps

Tongkat Ali can help with weight regain by enhancing energy, stamina and reducing fatigue, which allows for increased physical activity. Its potential effect on boosting testosterone levels can also support muscle growth and fat loss.

In a [randomized, double-blind, placebo-controlled clinical study in 97 obese individuals](#), a standardized product containing a blend of Citrus bergamia and Eurycoma longifolia, CitruSlim, high-dose (HD, 400 mg), CitruSlim low-dose (LD, 200 mg) for 112 days **reduced BMI (by 3.3% and 3.2%)** without affecting t improve parameters associated with dyslipidemia and metabolic disturbances [\[R\]](#).

The bioavailability of propranolol is significantly decreased when consumed together with E. longifolia. The interaction is due to a reduction in absorption, rather than an increase in propranolol's metabolism. Although the pharmacodynamics of propranolol was not affected in healthy volunteers, caution is still advisable with co-administration of the drug and the herb [\[R\]](#).

6



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 supplement can help with weight regain as it helps to improve metabolic health by reducing body fat and inflammation. It does this by regulating lipid metabolism, thereby preventing excessive fat accumulation and promoting weight loss.

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].

7



Bilberry

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

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

Description

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

How it helps

Bilberry has high fiber content which can provide a feeling of fullness, potentially reducing overall food intake and preventing weight regain. It's also rich in antioxidants, which may help regulate metabolism and fight inflammation associated with obesity.

In a controlled trial with 36 participants, frozen bilberries (150g, 3x/week for 6 weeks) reduced BMI in women, lowered total cholesterol, LDL-C, TG, glucose, albumin, γ-glutamyltransferase, and increased HDL-C in both genders. In men, it additionally improved total cholesterol, glucose, albumin, aspartate aminotransferase, γ-glutamyltransferase, and HDL-C, but LDL-C increased. Blood pressure, magnesium, and antiradical activity remained unchanged [\[R\]](#).

8



Melatonin

IMPACT

0 / 5

EVIDENCE

2 / 5

How to implement

Take 500 mcg of melatonin orally, about 30 minutes before bedtime, to help with sleep. It can be taken daily as needed.

TYPICAL STARTING DOSE

500 mcg

Description

Melatonin is a natural hormone produced by the pineal gland in the brain that helps regulate the sleep-wake cycle. It plays a crucial role in promoting sleep onset and maintaining a consistent sleep pattern, making it a commonly used supplement for managing sleep disorders and jet lag.

[Melatonin](#) is an important sleep hormone. Bright light at night may prevent your body from making enough melatonin [\[R, R, R\]](#).

Your body makes melatonin on its own. However, some people take melatonin supplements to help them sleep. It may help with jet lag in particular [\[R, R, R\]](#).

How it helps

A meta-analysis of 7 trials and 244 participants found that melatonin supplementation may not change body weight, but may reduce body weight fluctuations, in children and adolescents. In another meta-analysis of 4 studies including 118 patients with psychiatric disorders, melatonin (up to 5 mg/day for up to 12 weeks) reduced BMI but not significantly, so it did not attenuate the weight changes induced by atypical antipsychotics [\[R, R\]](#).

Melatonin may help by supporting a healthy sleep schedule, which is commonly linked with balancing body weight.

9



Probiotics

IMPACT

0 / 5

EVIDENCE

0 / 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

Certain probiotics can impact gut bacteria balance, potentially influencing body weight and helping prevent weight regain.

10

Strength Training

IMPACT

0 / 5

EVIDENCE

0 / 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

Strength training builds muscle mass, which increases resting metabolic rate, making it easier to maintain weight loss over time.

11



Fish

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate two servings of fish into your diet each week, focusing on oily fish like salmon, mackerel, or sardines for their high omega-3 fatty acid content. Each serving should be about 3.5 ounces cooked, or about ¾ cup of flaked fish.

Description

Fish, particularly fatty fish like salmon and mackerel, is an excellent source of omega-3 fatty acids, which support cardiovascular health, brain function, and inflammation management. Regular consumption of fish can promote heart health and overall well-being.

Fish is a great source of [omega-3s](#), protein, and other essential nutrients. Omega-3s from fish (EPA and DHA) are some of the healthiest fats we can eat. They help reduce inflammation and **protect the heart, brain, and eyes** [\[R\]](#), [\[R\]](#), [\[R\]](#).

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

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don’t eat fish regularly [\[R\]](#).

How it helps

Fish is a lean source of protein that can support weight management due to its ability to increase satiety.

12



Psyllium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

TYPICAL STARTING DOSE

5 g

Description

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

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

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

How it helps

Psyllium is a form of fiber that increases satiety, which may support efforts to prevent weight regain after weight loss.

13



Dietary Protein

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Include a variety of protein sources such as meat, fish, eggs, dairy, beans, and nuts in your diet every day, aiming for at least 0.8 grams of protein per kilogram of body weight. For more active individuals or those looking to build muscle, increase intake to 1.2 to 2.0 grams per kilogram of body weight daily, spread out over all meals to maximize absorption.

Description

Protein is essential for building and repairing tissues, supporting muscle growth, and maintaining overall bodily functions. Adequate protein intake is crucial for overall health and well-being.

Foods that are high in protein include:

- Eggs
- Nuts
- Beef
- Chicken
- Fish
- Yogurt
- Tofu
- Pork
- Cottage cheese

How it helps

Adequate dietary protein supports muscle mass during weight loss, increasing metabolic rate and reducing appetite.

14



Regular Sleep Schedule

IMPACT

0 / 5

EVIDENCE

0 / 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

A consistent sleep schedule can regulate hormones that control hunger and appetite, which may help to prevent overeating and subsequent weight regain.

15



Fiber Supplement

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a fiber supplement such as psyllium, methylcellulose, or inulin. Start with a low dose of 5 grams once daily. Gradually increase the amount based on your tolerance, aiming for 20-30 grams per day, divided into separate doses before or with meals. Drink at least 8 ounces of water with each dose to prevent constipation. Continue daily as part of your regular diet.

TYPICAL STARTING DOSE

5 g

Description

Fiber supplements, often derived from sources like psyllium husk or inulin, can help individuals meet their daily fiber needs when dietary intake falls short. Fiber supports digestive regularity, satiety, and overall digestive health.

Fiber is a type of carb that your body can’t digest. It supports gut health, 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 are available for people who don’t get enough fiber from their diets [\[R, R\]](#).

How it helps

Fiber supplements can help increase feelings of fullness, reduce appetite, and lead to a lower overall calorie intake.

16



Legumes

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a serving of legumes, such as beans, lentils, chickpeas, or peas, into your diet at least four times a week. A serving size is approximately half a cup cooked. Ensure to prepare them properly by soaking and rinsing beans, if applicable, to reduce anti-nutrients and improve digestibility.

Description

Legumes, such as beans, lentils, and chickpeas, are excellent sources of plant-based protein, fiber, and various vitamins and minerals. Including legumes in your diet can promote satiety and support digestive health.

Legumes are plants from the *Fabaceae* family. Their edible seeds are called **pulses**. Legumes are important food staples and sources of carbohydrates, fiber, protein, iron, and other key nutrients.

Common legumes include:

- Peanuts
- Beans
- Chickpeas
- Peas
- Lentils

How it helps

Legumes are an excellent source of plant protein and fiber, leading to feelings of fullness and helping to prevent weight regain.

17



Fruits And Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 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

Fruits and vegetables are low in calories and high in fiber, vitamins, and minerals, which are essential for a healthy weight.

18



Greek Yogurt

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate Greek yogurt into your diet by eating at least one serving (about 6 ounces or 170 grams) daily. You can enjoy it as a breakfast item, a healthy snack, mixed with fruits and nuts, or as a substitute for sour cream in recipes.

Description

Greek yogurt is a protein-rich dairy product that provides essential nutrients like calcium and probiotics for gut health. It's a nutritious addition to the diet that can support digestion and overall nutritional well-being.

How it helps

Greek yogurt is a good source of protein that can help reduce hunger and support weight maintenance.

19



Whole Grains

IMPACT

0 / 5

EVIDENCE

0 / 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

Whole grains can improve satiety and provide a longer-lasting energy source that can assist in weight management.

20



Glucomannan

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1 gram of glucomannan powder with 8 ounces of water, 15 minutes to 1 hour before each meal, three times daily. It's essential to drink plenty of water when taking glucomannan to ensure it reaches the stomach and expands, helping to promote a feeling of fullness.

TYPICAL STARTING DOSE

3 g

Description

Glucomannan is a dietary fiber derived from the root of the konjac plant and is often used as a weight loss supplement. It may promote feelings of fullness and support weight management when used in conjunction with a balanced diet.

How it helps

Glucomannan is a soluble fiber that absorbs water and expands in the stomach, which may promote fullness and reduce caloric intake.

21



Eat More Protein and Less Carbs

IMPACT

0 / 5

EVIDENCE

0 / 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

Eating more protein can increase metabolism and reduce appetite, while keeping carbs moderate helps prevent spikes in blood sugar that can lead to weight gain.

22



Intermittent Fasting

IMPACT

0 / 5

EVIDENCE

0 / 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

Intermittent fasting can lead to reduced calorie intake and hormonal changes that facilitate weight control, which may be effective in preventing weight regain.

23



Berries

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a variety of berries such as strawberries, blueberries, raspberries, and blackberries into your daily diet. Aim for at least one cup of fresh or frozen berries every day, either as a snack, part of your breakfast (such as in oatmeal or yogurt), or as a dessert.

Description

Berries, such as strawberries, blueberries, and raspberries, are packed with antioxidants, vitamins, and fiber. Regular consumption of berries may support heart health, improve cognitive function, and contribute to overall well-being.

How it helps

Berries are low in calories and high in fiber, contributing to fullness and reduced calorie intake.

24



Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least 2-3 cups of various vegetables into your daily diet, ensuring a mix of colors like greens, reds, and yellows to maximize nutrient intake. Aim to include vegetables in most meals, either as a side, part of the main dish, or snacks.

Description

Vegetables are edible parts of plants that offer various health benefits due to their rich nutrient content, including vitamins, minerals, fiber, and antioxidants. They are essential components of a balanced diet and contribute to overall health, supporting various bodily functions.

How it helps

Vegetables are rich in fiber and low in calories, contributing to fullness without excessive calorie intake.

25



Drink at Least 8 Glasses of Water a Day

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

Description

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

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

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

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

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

How it helps

Drinking water, especially before meals, can increase satiety and decrease food intake, supporting weight maintenance.

26



Protein Supplement

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Mix one scoop (approximately 20-25 grams) of protein powder with 8-12 ounces of water, milk, or a beverage of your choice. Consume this mixture 1-2 times daily, preferably after workouts and between meals to aid in muscle repair and growth.

TYPICAL STARTING DOSE
20 g

Description

A protein supplement is a product designed to increase protein intake in the diet, typically in the form of powders or shakes. It can help individuals meet their protein needs, especially for athletes or those with specific dietary requirements.

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 [\[R\]](#).

A **protein supplement** can come in numerous forms from tablets, to powders, and shakes, in order to meet needs not achieved through diet. The recommended daily allowances are 56 g/d for men and 46 g/d for women.

You should choose high-quality foods that give you the “best” version of each macronutrient. For example, too much saturated fat and protein from animal sources may increase the risk of heart disease [\[R\]](#), [\[R\]](#).

How it helps

Protein supplements can increase satiety, help maintain muscle mass during weight loss, and possibly reduce the likelihood of weight regain.

27



Tai Chi

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

TYPICAL STARTING DOSE

1 hour

Description

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

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

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

How it helps

Tai Chi can reduce stress and improve mental well-being, which may help prevent emotional eating that can lead to weight regain.

28



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

If specific food sensitivities contribute to weight issues, an elimination diet might help identify triggers and support weight management.

29



Limit Calorie Intake

IMPACT

0 / 5

EVIDENCE

0 / 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

Keeping calorie intake in check is crucial for avoiding weight regain and maintaining a healthy weight.

30



Eat Fiber-Rich Foods

IMPACT

0 / 5

EVIDENCE

0 / 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 assists in weight management by increasing satiety and reducing overall calorie absorption.

31



Green Tea Extract

IMPACT

0 / 5

EVIDENCE

0 / 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

Green Tea Extract is rich in catechins and caffeine which can enhance metabolism and fat oxidation, potentially supporting weight maintenance.

32



Aquatic Exercise

IMPACT

0 / 5

EVIDENCE

0 / 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

Aquatic exercise provides resistance in a low-impact environment, aiding in strength and endurance building without putting stress on the joints, which can be beneficial for long-term weight management.

Next Steps

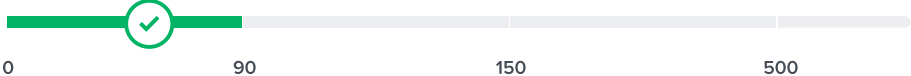
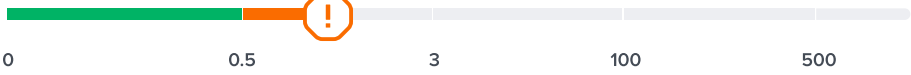
Remember, your genes only tell one important part of your health story!

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.

	Triglycerides	54 mg/dL		9 Nov 2025
	Insulin, Fasting	9.08 uU/mL		9 Nov 2025
	hs-CRP	1.6 mg/L		9 Nov 2025