



GI Panel

Health Action Plan

October 1, 2019

Demo Client

Kit #1234ABCD5678

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Understand Your Genetics

This report is broken down into three main sections: Trait Impact, Recommendations and Trait Detail. Depending on the number of traits being reviewed, your report will contain multiple trait and recommendation detail sections. Terms and sections of the report are defined below.

DNA

DNA is a long, ladder-shaped molecule. The rungs of the ladder are made of two amino acids pairing together, these are called bases. They always pair the same way, A (Adenine) with T (Thymine), and C (Cytosine) with G (Guanine). The body is constantly replicating DNA strands.

GENE

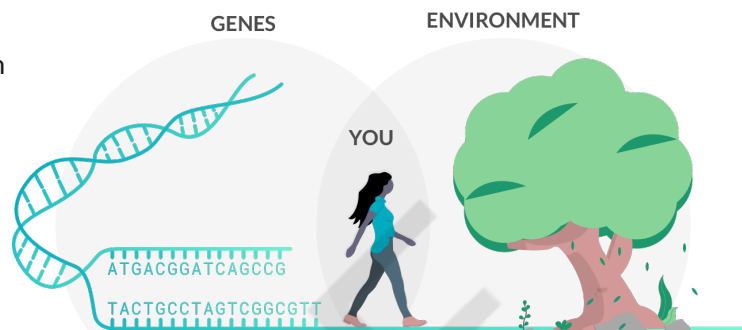
Genes are the basic units of heredity (passed down from generation to generation). They are made of DNA and provide the instructions for how our body works, what we look like, etc. Humans have between 20,000 - 25,000 genes. We inherit half of them from our mother and half from our father.

SNP

A SNP is a Single Nucleotide Polymorphism. SNPs occur when the amino acids making up the base pair do not come together in the same way as the original DNA strand. For example, the original strand may have had an A but the replicated strand has a G. SNPs are common and many of them have no impact to the individual, however, some can change how our body works.

VARIANT

Variants are how SNPs are referred to in this report. When the amino acid in the copied strand is different from the original, it is called a variant - it varies from the original. Variants are not necessarily 'good' or 'bad' they are simply different from the original. The depiction of variants is shown as: +/+ (both copies have different amino acids), +/- (one copy has a different amino acid), -/- (both copies have the same amino acid as the original) or U (one copy is indeterminate).



Reading This Report

Trait	Impact Score
Trait Name	

Gene	SNP/RSID	Variant
SMPL	ex1234567	+ -

Trait Recommendations

1 Trait Impact

This report focuses on traits. These are typically groups of SNPs that have a similar impact on the body's function. We use a proprietary algorithm to determine the impact a group of SNPs may have on a specific function in the body based on your individual test results.

2 Traits

The traits in our reports are typically grouped by body function, a symptom type, a disease, a nutrient need, or a response to environment. Within the trait pages, you will see the SNPs that are looked at for that trait, your variant type and recommendations to optimize health and minimize risk based on your individual results.

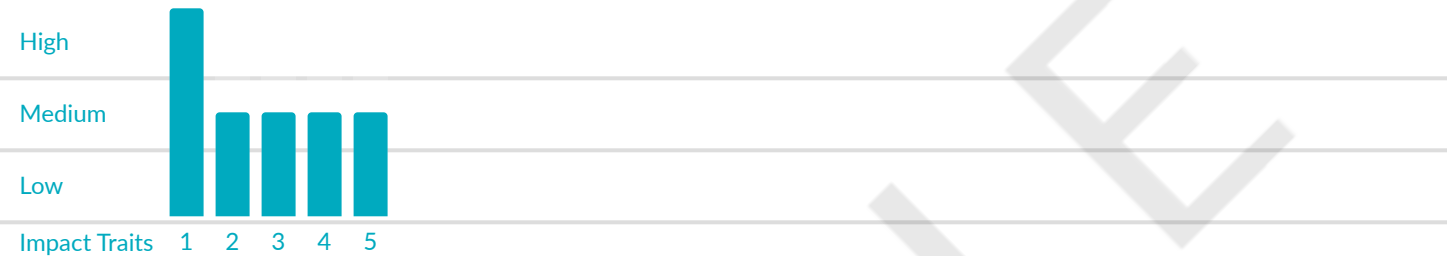
3 Recommendations

Your genes, and therefore your SNPs, will not change during your life. However, this report focuses on SNPs whose impact can be influenced by external factors like diet, exercise, supplements, and lifestyle changes.

Disclaimer - The recommendations in this report have been carefully prepared and reviewed for you by your health and wellness provider, based on his or her reasoned medical judgment about your personal health needs. Be sure that you have shared with your health and wellness provider all relevant information about your health, including any medications or dietary supplements you may be taking, and any medical conditions you may be experiencing, before you adopt any of these recommendations. This test is performed via DNA sequencing. As with all genetic testing with the highest possible standards, the data generated during the laboratory process will have a <99% sensitivity and specificity.

How These Traits Affect You

This page provides a high-level snapshot of the clinical significance of each trait within this panel. The results are in two categories: traits that are ranked high, medium or low impact as well as traits for which there is an explicit result (i.e. categorical such as "yes" or "no"). At the end of this page are a summary of any non-reportable (NR) traits. The results for these traits are unable to be determined from the sample submitted. Recommendations are made for traits with high or medium impact only.



Impact Traits	Impact	Learn More
1 Inflammation	HIGH	Page 11
2 Celiac Disease	MEDIUM	Page 13
3 Crohn's Disease	MEDIUM	Page 15
4 Irritable Bowel Syndrome (IBS)	MEDIUM	Page 17
5 Ulcerative Colitis	MEDIUM	Page 19

Supplements

Below is a list of the top recommended supplements curated specifically for you. These recommendations may represent a subset of the total recommendations found within the Supplement sections of your report. Recommendations are listed in order of importance based on your individual genetic results. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Recommendation Name	The Details	Linked Traits
1 Curcumin	Supplement with 250 - 2,000 mg of curcumin extract per day.	Inflammation, Irritable Bowel Syndrome (IBS), Ulcerative Colitis
2 Probiotics	Supplement with a 10 - 50 billion CFU probiotic per day.	Celiac Disease, Crohn's Disease, Irritable Bowel Syndrome (IBS)
3 Vitamin D3	Supplement with 3,000 IUs of vitamin D3 per day.	Celiac Disease, Inflammation, Ulcerative Colitis
4 Aloe Vera	Supplement with 300 - 1,000 mg of an aloe vera extract or drink 2 tablespoons of aloe vera juice per day.	Irritable Bowel Syndrome (IBS), Ulcerative Colitis
5 Boswellia serrata	Supplement with 300 - 500 mg of Boswellia serrata per day.	Crohn's Disease, Ulcerative Colitis
6 Folate	Supplement with 400 - 800 mcg of methyl-folate per day.	Celiac Disease, Inflammation
7 Zinc	Supplement with 10 - 40 mg of zinc per day.	Celiac Disease, Irritable Bowel Syndrome (IBS)
8 Artichoke Leaf Extract	Supplement with 300 - 600 mg of artichoke leaf extract per day.	Irritable Bowel Syndrome (IBS)
9 Berberine	Supplement with 1,500 mg of berberine per day.	Irritable Bowel Syndrome (IBS)
10 Betaine Hydrochloride (HCl)	Supplement with 1 - 2 g of betaine hydrochloride (HCl) with meals for at least 6 months.	Inflammation

Note - If you are taking any medications, consult with your practitioner before starting any new supplements as they may have adverse effects with your medications.

Diet

Below is a list of the top dietary recommendations curated specifically for you. These recommendations may represent a subset of the total recommendations found within the Diet sections of your report. Recommendations are listed in order of importance based on your individual genetic results. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Recommendation Name	The Details	Linked Traits
1 Low FODMAP Diet	Adhere to a low FODMAP diet for at least 6 to 8 weeks.	Celiac Disease, Crohn's Disease, Irritable Bowel Syndrome (IBS)
2 Dietary Fiber	Increase dietary fiber intake to recommended 25 g for females and 30 g for males.	Inflammation, Irritable Bowel Syndrome (IBS)
3 Gluten Free Diet	Avoid gluten-containing foods such as baked goods, cereals, or other foods processed in a facility that also processes gluten.	Celiac Disease, Irritable Bowel Syndrome (IBS)
4 Omega-3 Rich Foods	Consume a diet rich in omega-3 fatty acids.	Inflammation, Ulcerative Colitis
5 Potassium Rich Foods	Consume a diet rich in potassium.	Crohn's Disease, Ulcerative Colitis
6 Anti-Inflammatory Diet	Consume a diet rich in anti-inflammatory foods.	Inflammation
7 Avoid Dairy Products and Lactose	Avoid most or all dairy products, replacing with nut milks and coconut-based products if needed.	Celiac Disease
8 Carrageenan Avoidance	Reduce or eliminate sources of carrageenan in the diet.	Ulcerative Colitis
9 Exclusive Enteral Nutrition/Elemental Diet	Adopt a short-term exclusive enteral nutrition/elemental diet comprised of liquid nutrients.	Crohn's Disease
10 Fermented Foods	Consume 1/2 to 1 cup of probiotic-rich fermented foods per day.	Irritable Bowel Syndrome (IBS)

Lifestyle

Below is a list of the top lifestyle recommendations curated specifically for you. These recommendations may represent a subset of the total recommendations found within the Lifestyle sections of your report. Recommendations are listed in order of importance based on your individual genetic results. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Recommendation Name	The Details	Linked Traits
1 Fecal Microbial Transplant	Consider a fecal microbial transplant (FMT).	Crohn's Disease, Ulcerative Colitis
2 Meditation	Engage in 10 to 20 minutes of mindfulness meditation 2 or more times per week.	Crohn's Disease, Irritable Bowel Syndrome (IBS)
3 Intermittent Fasting	Try intermittent fasting (fasting for 14+ hours daily) or alternate day fasting (fasting for 24 hours every other day).	Inflammation
4 Sleep Consistency	Stick to a consistent sleep routine that consists of going to sleep and waking up at approximately the same time each day.	Inflammation

Exercise

Below is a list of the top exercise recommendations curated specifically for you. These recommendations may represent a subset of the total recommendations found within the Exercise sections of your report. Recommendations are listed in order of importance based on your individual genetic results. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Recommendation Name	The Details	Linked Traits
1 Aerobic Activity	Aim for 20 to 30 minutes of aerobic physical activity most days of the week.	Irritable Bowel Syndrome (IBS)
2 Yoga	Incorporate at least 1 to 2 yoga sessions into your weekly exercise routine.	Irritable Bowel Syndrome (IBS)

Further Testing

Below is a list of the top further testing recommendations curated specifically for you. These recommendations may represent a subset of the total recommendations found within the Further Testing sections of your report. Recommendations are listed in order of importance based on your individual genetic results. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Recommendation Name	The Details	Linked Traits
1 PCR Stool Test	Perform a PCR stool test	Celiac Disease, Crohn's Disease, Irritable Bowel Syndrome (IBS), Ulcerative Colitis
2 C-Reactive Protein (CRP) or hsCRP	Test levels of C-Reactive Protein (CRP) or hsCRP	Crohn's Disease, Inflammation, Ulcerative Colitis
3 Fibrinogen	Test fibrinogen levels in the body	Crohn's Disease, Inflammation, Ulcerative Colitis
4 Test for Calprotectin	Test for Calprotectin	Crohn's Disease, Ulcerative Colitis
5 Test for Zonulin	Test zonulin levels	Crohn's Disease, Ulcerative Colitis
6 Celiac Disease and Gluten Sensitivity	Test for anti-tissue transglutaminase antibodies (tTG IgA) and antigliadin antibodies (AGA IgA)	Celiac Disease
7 Erythrocyte Sedimentation Rate (ESR)	Test erythrocyte sedimentation rate (ESR) in blood	Inflammation
8 Folate Testing	Test folate levels	Inflammation
9 Homocysteine Levels	Check blood homocysteine levels	Inflammation
10 IL-6 Testing	Test for levels of IL-6	Inflammation



Appendix 1

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SAMPLE

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Inflammation

People with similar genetic markers may be more likely to experience increased levels of inflammation, which is the body's natural response to an injury, wound, or infection.

Gene	SNP	Variant	Impact
TNF- α	rs1800629	+/+	High
IL6	rs1800795	+/+	High
TNF- α	rs1799724	+/-	Medium
PTPN22	rs2476601	+/-	Medium
IL-10	rs1800872	+/-	Low
TNF- α	rs1799964	-/-	Low
IL23R	rs2201841	+/-	Low
IL-10	rs3024505	-/-	Low

Recommendations

These recommendations are based on the genetic findings in the chart above.

SUPPLEMENT

- Multivitamin
- Betaine Hydrochloride (HCl)
- Vitamin D3
- Folate
- Curcumin

DIET

- Anti-Inflammatory Diet
- Omega-3 Rich Foods
- Dietary Fiber
- Mediterranean Diet
- Nut Consumption
- Fruits and Vegetables

LIFESTYLE

- Sleep Consistency
- Intermittent Fasting

FURTHER TESTING

- Homocysteine Levels
- IL-6 Testing
- C-Reactive Protein (CRP) or hsCRP
- Erythrocyte Sedimentation Rate (ESR)
- Fibrinogen
- Folate Testing

-
- TNF-alpha
-

SAMPLE

Celiac Disease

People with similar genetic markers may be at a higher risk for celiac disease.

Gene	SNP	Variant	Impact
KIAA1109	rs13119723	+/+	High
BACH2	rs10806425	+/+	High
BACH2	rs7753008	+/+	High
CD247	rs864537	+/-	Medium
HLADQ2.5	rs2187668	-/-	Low
ICOS	rs4675374	-/-	Low
ELMO1	rs6974491	-/-	Low
KIAA1109	rs4374642	-/-	Low
ICOSLG	rs4819388	-/-	Low
HLADQ8	rs7454108	-/-	Low
ELMO1	rs11984075	-/-	Low
ADAD1	rs7684187	+/-	Low
ELMO1	rs79758729	-/-	Low
KIAA1109	rs13151961	-/-	Low
BACH2	rs2474619	-/-	Low

Recommendations

These recommendations are based on the genetic findings in the chart above.

SUPPLEMENT

- Zinc
- Vitamin D3
- Folate
- Vitamin B12
- Magnesium
- Probiotics
- Digestive Enzymes

DIET

- Avoid Dairy Products and Lactose
- Gluten Free Diet
- Low FODMAP Diet

FURTHER TESTING

- Celiac Disease and Gluten Sensitivity
 - PCR Stool Test
-

SAMPLE

Crohn's Disease

People with similar genetic markers may be at a higher risk for developing Crohn's disease.

Gene	SNP	Variant	Impact
ZNF365	rs10995271	+/+	High
STAT3	rs744166	+/+	High
CDKAL1	rs6908425	+/+	High
IL23R	rs17375018	+/+	High
CDKAL1	rs7753394	+/+	High
IBD5	rs12521868	+/+	High
IL12B	rs10045431	+/+	High
CDKAL1	rs9469220	+/+	High
CDKAL1	rs1551398	+/+	High
BSN	rs9858542	+/+	High
TGFB1	rs1800471	+/+	High
MST1	rs3197999	+/+	High
C11orf30	rs17582416	+/+	High
ICOSLG	rs762421	+/+	High
PTGER4	rs1992660	+/+	High
PTGER4	rs2188962	+/+	High
ITLN1	rs2274910	+/+	High
ITLN1	rs11584383	+/-	Medium
ATG16L1	rs3828309	+/-	Medium
ATG16L1	rs2241880	+/-	Medium
ORMDL3	rs2872507	+/-	Medium
CDKAL1	rs6601764	+/-	Medium
CDKAL1	rs7746082	+/-	Medium
IL23R	rs11805303	+/-	Medium
PTGER4	rs4613763	-/-	Low
CDKAL1	rs7807268	-/-	Low
IL23R	rs11465804	-/-	Low
PTPN22	rs2476601	+/-	Low
LRRK2	rs11175593	-/-	Low
NOD2	rs2066844	-/-	Low
NOD2	rs2066845	-/-	Low
TNF- α	rs1799964	-/-	Low

TLR9	rs5743836	+/-	— Low
AGT	rs5051	-/-	— Low
IRGM	rs13361189	-/-	— Low
BSN	rs1000113	-/-	— Low
BSN	rs10883365	-/-	— Low
IRGM	rs4958847	-/-	— Low
IL23R	rs1004819	+/-	— Low
CDKAL1	rs8111071	-/-	— Low
PTPN2	rs2542151	-/-	— Low
NOD2	rs2076756	-/-	— Low
NOD2	rs2066843	-/-	— Low
PTPN3	rs12037606	-/-	— Low
CCR6	rs2301436	+/-	— Low
BSN	rs10761659	-/-	— Low
IRGM	rs11747270	-/-	— Low
JAK2	rs10758669	+/-	— Low
CDKAL1	rs9286879	-/-	— Low
NKX2-3	rs11190140	-/-	— Low

Recommendations

These recommendations are based on the genetic findings in the chart above.

SUPPLEMENT

- Omega-3
- Probiotics
- Mastic Gum Extract
- Boswellia serrata

DIET

- Potassium Rich Foods
- Specific Carbohydrate Diet
- Exclusive Enteral Nutrition/
Elemental Diet
- Low FODMAP Diet

LIFESTYLE

- Meditation
- Fecal Microbial Transplant

FURTHER TESTING

- C-Reactive Protein (CRP) or
hsCRP
- Fibrinogen
- Test for Zonulin
- Test for Calprotectin
- PCR Stool Test

Irritable Bowel Syndrome (IBS)

People with similar genetic markers may be at a higher risk for irritable bowel syndrome (IBS).

Gene	SNP	Variant	Impact
NPSR1	rs6972158	+/+	High
TLR9	rs352139	+/+	High
NPSR1	rs1379928	+/+	High
TNFSF15	rs4263839	+/+	High
FGFR4	rs351855	+/-	Medium
TNFSF15	rs7848647	-/-	Low
CRHR1	rs242924	-/-	Low
ADRA1D	rs1556832	+/-	Low
TNF- α	rs1800629	-/-	Low
CDH1	rs16260	+/-	Low
NXPH1	rs2349775	-/-	Low
TLR9	rs5743836	+/-	Low
FGFR4	rs1966265	-/-	Low
IL6	rs1800795	-/-	Low
CRHR1	rs7209436	-/-	Low
NPSR1	rs2609234	-/-	Low
TNFSF15	rs6478108	-/-	Low
TNFSF15	rs6478109	-/-	Low

Recommendations

These recommendations are based on the genetic findings in the chart above.

SUPPLEMENT

- Zinc
- Berberine
- Probiotics
- Curcumin
- L-Glutamine
- Sodium Butyrate
- Aloe Vera
- Artichoke Leaf Extract
- Peppermint Oil

DIET

- Gluten Free Diet
- Dietary Fiber
- Fermented Foods
- Very Low-Carbohydrate Diet
- Low FODMAP Diet

LIFESTYLE

- Meditation

EXERCISE

- Aerobic Activity
- Yoga

FURTHER TESTING

- Test for Small Intestinal Bacterial Overgrowth (SIBO)
- PCR Stool Test

Ulcerative Colitis

People with similar genetic markers may be at a higher risk for ulcerative colitis.

Gene	SNP	Variant	Impact
STAT3	rs744166	+/+	High
IL23R	rs1343151	+/+	High
IL23R	rs76418789	+/+	High
IRF5	rs4728142	+/-	Medium
LAMB1	rs2158836	+/-	Medium
IL-10	rs1800896	+/-	Medium
TLR4	rs4986791	+/-	Medium
JAK2	rs1830610	+/-	Medium
INAVA	rs7554511	+/-	Medium
IL23R	rs11805303	+/-	Medium
HLA	rs11554257	-/-	Low
IL-10	rs1800872	+/-	Low
IL-10	rs1800871	+/-	Low
HNF4A	rs6017342	+/-	Low
HLA-DRB1	rs2395185	+/-	Low
TLR4	rs4986790	+/-	Low
IL23R	rs2201841	+/-	Low
IL23R	rs10489629	-/-	Low
IL-10	rs3024505	-/-	Low
FCGR2A	rs1801274	+/-	Low
CIITA	rs4781011	+/-	Low
GPR12-USP12	rs17085007	-/-	Low
HLA	rs3749946	-/-	Low

Recommendations

These recommendations are based on the genetic findings in the chart above.

SUPPLEMENT

- Vitamin D3
- Curcumin
- Aloe Vera
- Germinated Barley/Barley Malt

-
- Medicinal Mushrooms
 - Saccharomyces boulardii
-
- Prebiotic Fiber
 - Boswellia serrata
-
- Resveratrol
-

DIET

-
- Potassium Rich Foods
 - Omega-3 Rich Foods
-
- Carrageenan Avoidance
-

LIFESTYLE

-
- Fecal Microbial Transplant
-

FURTHER TESTING

-
- C-Reactive Protein (CRP) or hsCRP
 - Fibrinogen
-
- Test for Zonulin
 - Test for Calprotectin
-
- PCR Stool Test
-



Recommendation Detailed Appendix



Appendix 2

GI Panel

SAMPLE

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Supplements

Recommendation Name	The Details	Linked Traits
Curcumin	Supplement with 250 - 2,000 mg of curcumin extract per day.	Inflammation, Irritable Bowel Syndrome (IBS), Ulcerative Colitis
Probiotics	Supplement with a 10 - 50 billion CFU probiotic per day.	Celiac Disease, Crohn's Disease, Irritable Bowel Syndrome (IBS)
Vitamin D3	Supplement with 3,000 IUs of vitamin D3 per day.	Celiac Disease, Inflammation, Ulcerative Colitis
Aloe Vera	Supplement with 300 - 1,000 mg of an aloe vera extract or drink 2 tablespoons of aloe vera juice per day.	Irritable Bowel Syndrome (IBS), Ulcerative Colitis
Boswellia serrata	Supplement with 300 - 500 mg of Boswellia serrata per day.	Crohn's Disease, Ulcerative Colitis
Folate	Supplement with 400 - 800 mcg of methyl-folate per day.	Celiac Disease, Inflammation
Zinc	Supplement with 10 - 40 mg of zinc per day.	Celiac Disease, Irritable Bowel Syndrome (IBS)
Artichoke Leaf Extract	Supplement with 300 - 600 mg of artichoke leaf extract per day.	Irritable Bowel Syndrome (IBS)
Berberine	Supplement with 1,500 mg of berberine per day.	Irritable Bowel Syndrome (IBS)
Betaine Hydrochloride (HCl)	Supplement with 1 - 2 g of betaine hydrochloride (HCl) with meals for at least 6 months.	Inflammation
Digestive Enzymes	Supplement with digestive enzymes with meals.	Celiac Disease
Germinated Barley/ Barley Malt	Supplement with 20 g of germinated barley per day.	Ulcerative Colitis
L-Glutamine	Supplement with 10 g of L-glutamine per day.	Irritable Bowel Syndrome (IBS)
Magnesium	Supplement with 300 - 500 mg of magnesium per day.	Celiac Disease
Mastic Gum Extract	Supplement with 2,250 mg of mastic gum extract per day.	Crohn's Disease
Medicinal Mushrooms	Supplement with 20 ml of an 85% Aragricus blaxei murill mushroom extract up to 3 times per day.	Ulcerative Colitis
Multivitamin	Supplement with a multivitamin that includes activated B vitamins.	Inflammation
Omega-3	Supplement with 2 - 5 g of omega-3 fatty acid supplement that contains essential fatty acids DHA and EPA.	Crohn's Disease
Peppermint Oil	Supplement with 250 - 500 mg of enteric coated peppermint extract per day.	Irritable Bowel Syndrome (IBS)
Prebiotic Fiber	Supplement with 5 - 12 g of oligofructose-enriched inulin per day.	Ulcerative Colitis

Resveratrol	Supplement with 150 - 2,000 mg of resveratrol per day.	Ulcerative Colitis
Saccharomyces boulardii	Supplement with 10 billion CFUs of Saccaromyces boulardii per day.	Ulcerative Colitis
Sodium Butyrate	Supplement with 300 mg of sodium butyrate per day.	Irritable Bowel Syndrome (IBS)
Vitamin B12	Supplement with 500 mcg of vitamin B12 per day.	Celiac Disease

Diet

Recommendation Name	The Details	Linked Traits
Low FODMAP Diet	Adhere to a low FODMAP diet for at least 6 to 8 weeks.	Celiac Disease, Crohn's Disease, Irritable Bowel Syndrome (IBS)
Dietary Fiber	Increase dietary fiber intake to recommended 25 g for females and 30 g for males.	Inflammation, Irritable Bowel Syndrome (IBS)
Gluten Free Diet	Avoid gluten-containing foods such as baked goods, cereals, or other foods processed in a facility that also processes gluten.	Celiac Disease, Irritable Bowel Syndrome (IBS)
Omega-3 Rich Foods	Consume a diet rich in omega-3 fatty acids.	Inflammation, Ulcerative Colitis
Potassium Rich Foods	Consume a diet rich in potassium.	Crohn's Disease, Ulcerative Colitis
Anti-Inflammatory Diet	Consume a diet rich in anti-inflammatory foods.	Inflammation
Avoid Dairy Products and Lactose	Avoid most or all dairy products, replacing with nut milks and coconut-based products if needed.	Celiac Disease
Carrageenan Avoidance	Reduce or eliminate sources of carrageenan in the diet.	Ulcerative Colitis
Exclusive Enteral Nutrition/Elemental Diet	Adopt a short-term exclusive enteral nutrition/elemental diet comprised of liquid nutrients.	Crohn's Disease
Fermented Foods	Consume 1/2 to 1 cup of probiotic-rich fermented foods per day.	Irritable Bowel Syndrome (IBS)
Fruits and Vegetables	Include fruits and vegetables at every meal to increase levels of antioxidants in the body, especially strawberries, blueberries, broccoli, sprouts, and green leafy vegetables.	Inflammation
Mediterranean Diet	Adopt a Mediterranean-style diet that includes a variety of antioxidant-rich foods, heart healthy fats, and complex carbohydrates.	Inflammation
Nut Consumption	Consume a variety of nuts including almonds, walnuts, macadamia nuts, and brazil nuts.	Inflammation
Specific Carbohydrate Diet	Adopt a diet that does not include sugars, grains, starches, dairy (except for yogurt), most beans, starchy vegetables, and processed meats.	Crohn's Disease
Very Low-Carbohydrate Diet	Limit carbohydrate intake to no more than 20 g per day.	Irritable Bowel Syndrome (IBS)

Lifestyle

Recommendation Name	The Details	Linked Traits
Fecal Microbial Transplant	Consider a fecal microbial transplant (FMT).	Crohn's Disease, Ulcerative Colitis
Meditation	Engage in 10 to 20 minutes of mindfulness meditation 2 or more times per week.	Crohn's Disease, Irritable Bowel Syndrome (IBS)
Intermittent Fasting	Try intermittent fasting (fasting for 14+ hours daily) or alternate day fasting (fasting for 24 hours every other day).	Inflammation
Sleep Consistency	Stick to a consistent sleep routine that consists of going to sleep and waking up at approximately the same time each day.	Inflammation

Exercise

Recommendation Name	The Details	Linked Traits
Aerobic Activity	Aim for 20 to 30 minutes of aerobic physical activity most days of the week.	Irritable Bowel Syndrome (IBS)
Yoga	Incorporate at least 1 to 2 yoga sessions into your weekly exercise routine.	Irritable Bowel Syndrome (IBS)

Further Testing

Recommendation Name	The Details	Linked Traits
PCR Stool Test	Perform a PCR stool test	Celiac Disease, Crohn's Disease, Irritable Bowel Syndrome (IBS), Ulcerative Colitis
C-Reactive Protein (CRP) or hsCRP	Test levels of C-Reactive Protein (CRP) or hsCRP	Crohn's Disease, Inflammation, Ulcerative Colitis
Fibrinogen	Test fibrinogen levels in the body	Crohn's Disease, Inflammation, Ulcerative Colitis
Test for Calprotectin	Test for Calprotectin	Crohn's Disease, Ulcerative Colitis
Test for Zonulin	Test zonulin levels	Crohn's Disease, Ulcerative Colitis
Celiac Disease and Gluten Sensitivity	Test for anti-tissue transglutaminase antibodies (tTG IgA) and antigliadin antibodies (AGA IgA)	Celiac Disease
Erythrocyte Sedimentation Rate (ESR)	Test erythrocyte sedimentation rate (ESR) in blood	Inflammation

Folate Testing	Test folate levels	Inflammation
Homocysteine Levels	Check blood homocysteine levels	Inflammation
IL-6 Testing	Test for levels of IL-6	Inflammation
TNF-alpha	Test for TNF-alpha	Inflammation
Test for Small Intestinal Bacterial Overgrowth (SIBO)	Test for Small Intestinal Bacterial Overgrowth (SIBO)	Irritable Bowel Syndrome (IBS)