Your summary results

#	Trait name	Your result
1	Cockroach Allergy A genetic tendency for higher risk of being allergic to cockroaches due to increased sensitivity.	Low: Less likely to be allergic to cockroaches.
2	Dust Mites Allergy A genetic tendency for higher risk of being allergic to dust mites due to increased sensitivity.	Low: Less likely to be allergic to dust mites.
3	Pets Allergy A genetic tendency for higher risk of being allergic to pets due to increased sensitivity.	Low: Less likely to be allergic to pets.
4	Contact Dermatitis A genetic tendency for higher risk of being susceptible to contact dermatitis	Low: Less likely to have contact dermatitis.
5	Egg Allergy A genetic tendency for higher risk of being allergic to eggs due to increased sensitivity	Low: Less likely to be allergic to eggs.
6	Milk Allergy A genetic tendency for higher risk of being allergic to milk protein due to increased sensitivity	Moderate: Moderately likely to be allergic to milk.
7	Peanut Allergy A genetic tendency for higher risk of being susceptible to peanut allergy due to increased sensitivity	Low: Less likely to be allergic to peanuts.
8	Hay Fever A genetic tendency for higher risk of being susceptible to hay fever.	Moderate: Moderately likely to be susceptible to hay fever.
9	Pollen Allergy A genetic tendency for higher risk of being allergic to pollen grains due to increased sensitivity	Low: Less likely to have pollen allergy.
10	Grass Allergy A genetic tendency for higher risk of being allergic to grass due to increased sensitivity	Moderate: Moderately likely to have grass allergy.
11	Histamine Intolerance A genetic tendency for higher risk of being susceptible to histamine intolerance	Moderate: Moderately likely to have histamine intolerance.
12	Misophonia A genetic tendency for higher risk of being susceptible to misophonia	Moderate: Moderately likely to have misophonia.
13	Motion Sickness A genetic tendency for higher risk of being susceptible to motion sickness	Moderate: Moderately likely to have motion sickness.
14	Photic Sneeze A genetic tendency for higher risk of being susceptible to sneeze reflex upon exposure to light	Moderate: Moderately likely to be susceptible to photic sneeze.

cockroach allergy

Low: Less likely to be allergic to cockroaches.

Cockroaches are nocturnal insects and they come out during the night to feed. The protein present in the body parts of cockroaches, their saliva and their waste trigger allergies. They live in drain pipes and in all types of houses and buildings. Nearly 60% of houses contain cockroach allergens, so there

is year-long exposure to these allergens. People of certain genetic types are at a higher risk of being allergic to cockroaches and may experience the following symptoms: red eyes, skin rash, cough, runny nose or asthma.

Genes Analyzed:

IL12A

Recommendations

- You have a low genetic tendency to be allergic to cockroaches.
- Even though you have a low risk for cockroach allergies, safeguard yourself from exposure to cockroaches as they spread disease.
- Use cockroach repellents to prevent the entry of cockroaches into the house.
- Fix leaky pipes and cracks on the wall.
- Restrict the use of sprays as they could also trigger allergies

contact dermatitis

Low: Less likely to have contact dermatitis.

Contact dermatitis is a type of eczema which is triggered by contact with a particular allergen or substance. A high proportion of individuals affected by this condition are industrial workers in health, skin-care, beauty, food industry and metal-related occupations. Normally the symptoms of contact dermatitis will not appear on first contact with an allergen, but on subsequent contact, due to sensitisation, symptoms will develop. People of certain genetic types have a higher risk for contact dermatitis and may experience the following symptoms: redness, itching, blisters and occasionally, dry and scaly skin.

Genes Analyzed:

TNF

Recommendations

- You have a low genetic tendency to have contact dermatitis.

dust mites allergy

Low: Less likely to be allergic to dust mites.

Dust mites are extremely small creatures, belonging to the same family as spiders and ticks, and found in many homes. According to the Asthma and allergy foundation of America, dust mites are one of the most common triggers for year round allergy. Dust mites feed on human skin that is shed every day, on an average 1.5 kg of human skin is shed by every human. The flakes of skin may be present on furniture, bedding and even on toys. People of certain genetic types are at a higher risk of being allergic to dust mites and may experience the following symptoms: sneezing, runny nose, red eyes, skin rash, cough or asthma.

Genes Analyzed:

HLA
IL1RL1
C11ORF30
IL101
IL10
IL4
LINC00299

Recommendations

- You have a low genetic tendency to be allergic to dust mites.

egg allergy

Low: Less likely to be allergic to eggs.

Egg allergy occurs when the body’s immune system recognizes egg protein as foreign and mounts an immune reaction. The symptoms of egg allergy usually begin within a few hours of consuming egg and this allergy is most common among children. However, most children outgrow this allergy. People of certain genetic types are at a higher risk of beng allergic to eggs and may experience the following symptoms: hives or skin inflammation, nasal congestion, asthma, nausea and vomiting.

Genes Analyzed:

ERCC4

Recommendations

- You have a low genetic tendency to be allergic to eggs.

grass allergy

Moderate: Moderately likely to have grass allergy.

Grass allergy is very common as grass pollens scatter in the wind, which is different from other pollens that are transmitted by insects. This increases the risk of these allergens being inhaled. Grass pollen is released during late spring and early summer. People of certain genetic types are at a higher risk of being allergic to grass and may experience the following symptoms: itchy eyes, stuffy nose and a cough.

Genes Analyzed:

HLA region
DNAH5
LRRC32

Recommendations

- You have a moderate genetic tendency to have grass allergy.
- If you experience any of the afore mentioned symptoms upon exposure to the allergen, try avoiding it to see if the symptoms subside.
- If your symptoms persist, speak to your physician.
- Most types of grass release pollen only when they grow tall. So mowing the lawn periodically will help prevent the allergy.
- Keep your windows closed on a windy day to prevent the entry of grass pollen.
- Wear a mask when you are out in the garden.

hay fever

Moderate: Moderately likely to be susceptible to hay fever.

Hay fever may be triggered by many allergens including pet allergens and pollen grains. This type of allergy gets its name from incidents of a stuffy nose, nasal congestion, itchy eyes and watery eyes

while harvesting fields. People of certain genetic types are at a higher risk of having hay fever and may experience the following symptoms: runny nose and other symptoms similar to a common cold but with red and itchy eyes.

Genes Analyzed:

LRRC32
TSLP
WDR36
CLEC16A
IL33
ZBTB10
SMAD3
IL1RL1

Recommendations

- You have a moderate genetic tendency to be susceptible to hay fever.
- If you experience any of the afore mentioned symptoms upon exposure to the allergen, try avoiding it to see if the symptoms subside.
- If your symptoms persist, speak to your physician.
- Wash your hair and have a shower before bedtime.
- Use nasal saline sprays to remove allergen particles from the nose.
- Saline nasal sprays may be prepared by boiling sterile or distilled water at home and adding salt. This solution can be sprayed into the nose using a spray bottle or a nasal syringe

histamine intolerance

Moderate: Moderately likely to have histamine intolerance.

Histamine intolerance occurs when the functions of the histamine N-methyltransferase (HNMT) and histamine-degrading enzyme diamine oxidase (DAO) are impaired. Histamine is produced by the body during a local immune response and is a neurotransmitter. It is present in our stomach, skin and lungs. In typical individuals, excess of histamine is degraded rapidly but when this degradation is affected, it leads to histamine intolerance. People of certain genetic types are at a higher risk of

having histamine intolerance and may experience the following symptoms: headaches, dizziness, abdominal cramps.

Genes Analyzed:

AOC13

Recommendations

- You have a moderate genetic tendency to have histamine intolerance.
- If you experience any of the afore mentioned symptoms upon exposure to the allergen, try avoiding it to see if the symptoms subside.
- If your symptoms persist, speak to your physician.
- Reduce intake of foods that are rich in histamines like matured cheese, smoked fish, alcoholic beverages, chocolates and cashew nuts.
- Include probiotics which will help degrade histamine.

milk allergy

Moderate: Moderately likely to be allergic to milk.

Milk allergy occurs when the body's immune system recognizes milk proteins as foreign and mounts an immune response. The symptoms of milk allergy usually begins within a few minutes to a few hours after consumption of milk. This type of food allergy is identified during infanthood but most children with milk allergy normally outgrow it. People of certain genetic types are at a higher risk of being allergic to milk and may experience the following symptoms: abdominal cramping, wheezing, hives, itchy skin and diarrhea. Babies with this condition may also be colic.

Genes Analyzed:

TLR6
IL10

Recommendations

- You have a moderate genetic tendency to be allergic to milk.
- If you experience any of the afore mentioned symptoms upon exposure to the allergen, try avoiding it to see if the symptoms subside.
- If your symptoms persist, speak to your physician.

- Avoid milk and other dairy products which includes butter, cheese, ice cream and yoghurt. Read food labels carefully.
- Milk is an important source of calcium, vitamin D, protein and Vitamin B12. Drink almond or soy milk fortified with calcium and vitamin D and Include broccoli and spinach in your diet to compensate for the lack of milk in the diet.
- Choose non-dairy chocolates, ice-creams and cheese.

misophonia

Moderate: Moderately likely to have misophonia.

Misophonia is a sensitivity to the sound of chewing and the trigger sounds are chewing food, munching, gum chewing, sipping and foot steps. This condition usually begins during late childhood. People of certain genetic types are at a higher risk of having misophonia and may experience the following symptoms: feelings of rage, an intense feeling of flight, with some people becoming emotionally explosive.

Genes Analyzed:

TENM2

Recommendations

- You have a moderate genetic tendency to have misophonia.
- If you experience any of the afore mentioned symptoms upon exposure to the allergen, try avoiding it to see if the symptoms subside.
- If your symptoms persist, speak to your physician.
- Identify the noise trigger that drives your symptoms. Try and avoid exposure to such sounds.
- Wear ear plugs, especially when you are dining out.
- Distract yourself when you are exposed to unavoidable sounds of chewing by thinking about pleasant moments.

motion sickness

Moderate: Moderately likely to have motion sickness.

If you have ever been sick on a bumpy boat ride, then you know what motion sickness is. This

condition occurs in some people whenever they travel by car, airplane, ship or a train. Other names for motion sickness are kinetosis or travel sickness and children are found to be more susceptible to this condition than adults. 60% of aircrew students were found to have motion sickness at some point during their training and in a large study conducted in India, 28% were found to suffer from motion sickness. Motion sickness occurs when the inner ear, body and the eye send signals to the brain that are conflicting. People of certain genetic types are at a higher risk of having motion sickness and may experience the following symptoms: nausea, fatigue and dizziness.

Genes Analyzed:

RWDD3
ACO1
LINGO2
PRDM16
AUTS2
GPR26
MUTED
CPNE4
GPD2
AGA
ST18
GXYLT2
TUSC1
SDK11
POU6F2
PVRL3
RGS5
AUTS21
CELF2
COPS8

CNTN1
HOXB
MAP2K5
ARAP2
NLGN1
SDK1
NR2F2

Recommendations

- You have a moderate genetic tendency to have motion sickness.
- If you experience any of the afore mentioned symptoms upon travel by car, flight or by boat, notice if the symptoms subside post travel.
- If you experience motion sickness, follow these simple tips.
- Sit in the front of the car or in the middle of the boat.
- Open the windows of the car and breathe fresh air.
- Close your eyes and focus on your breathing.
- Children who are prone to motion sickness may benefit from being engaged in an activity that would distract them.
- Do not watch a movie or use gadgets while the vehicle is in motion.
- Do not have a heavy meal during travel.

peanut allergy

Low: Less likely to be allergic to peanuts.

Nearly 3 million people in the U.S. have peanut and tree nut allergy. A study by researchers from Mount Sinai School of Medicine(New York) has shown that genes account for 81.6% of the risk for peanut allergies. The symptoms of peanut allergy are triggered with even the slightest of exposure.People of certain genetic types are at a higher risk of being allergic to peanuts and may experience the following symptoms: an itchy mouth, a tingling sensation runny nose, congestion or anaphylaxis.

Genes Analyzed:

HLA-DQB1
STXBP6
HLA-DRA

Recommendations

- You have a low genetic tendency to be allergic to peanuts.

pets allergy

Low: Less likely to be allergic to pets.

According to American Academy of Allergy Asthma and Immunology, 62% of households in the US have pets. Animal protein from skin cells, waste, hair and saliva could trigger an allergic reaction, known as pet allergy. Pets tend to shed dead skin and hair which can accumulate in all corners of the house. People of certain genetic types are at a higher risk of being allergic to pets and may experience the following symptoms: sniffling, itchiness, sneezing and watery eyes.

Genes Analyzed:

HLA-DQB1
HLA
C11ORF30
IL1RL1
INTERGENIC

Recommendations

- You have a low genetic tendency to be allergic to pets.

photic sneeze

Moderate: Moderately likely to be susceptible to photic sneeze.

When moving from darkness to light, the part of the brain that processes light is over activated in

some people, resulting in sneezing, called photic sneeze.This condition is found to affect 18-35% of the U.S population. People of certain genetic types are at a higher risk of having photic sneeze and may experience the following symptoms: uncontrolled sneezing in response to stimulus, sneezing bursts that include 1 to 10 sneezes and a refractory period that can last for 24 hours.

Genes Analyzed:

INTERGENIC

Recommendations

- You have a moderate genetic tendency to have photic sneeze.
- If you experience any of the afore mentioned symptoms upon exposure to the trigger, try avoiding it to see if the symptoms subside.
- This sensitivity is not harmful except when handling machinery or driving a vehicle.
- Acclimatize well before engaging in such activities.

pollen allergy

Low: Less likely to have pollen allergy.

Pollen allergy is one of the leading causes of hay fever. The immune system of the host recognizes pollen grain as foreign and mounts a strong reaction which is exhibited as classic symptoms of pollen allergy. People of certain genetic types are at a higher risk of being allergic to pollens and may experience the following symptoms: an asthma attack, conjunctivitis or a stuffy nose

Genes Analyzed:

LRRC32
IL1RL1
HLA

Recommendations

- You have a low genetic tendency to have pollen allergy.