

Mood DNA Wellness Report | SelfDecode | SAMPLE | How this works

Your genetic risk summary

Mood Increased risk of chronically low mood

Your recommendations summary

- 1 Psychotherapy
2 Exercise
3 St. John's Wort
4 5-HTP
5 Mediterranean Diet
6 Light Exposure

Welcome Jane Doe | Your Mood DNA Wellness Report | SelfDecode | SAMPLE

Introduction

Feeling down? You're not alone. Everybody feels low at some point in their lives. Problems with relationships, work, and health can have a huge impact on your mood...

Topics Covered

Mood

Genetics Overview

Your Mood DNA Wellness Report

Mood Your Genetics Overview



Increased risk of chronically low mood. Based on your genetics.

We analyzed 70,747 genetic variants.

Do you often experience recurring periods of low mood? YES NO

Depression is more than just a low mood. People with depression tend to have... Low motivation, Problems with concentration...

The strategies most likely to work for you may depend on your genetics. 40% of differences in depression are linked to genetics.

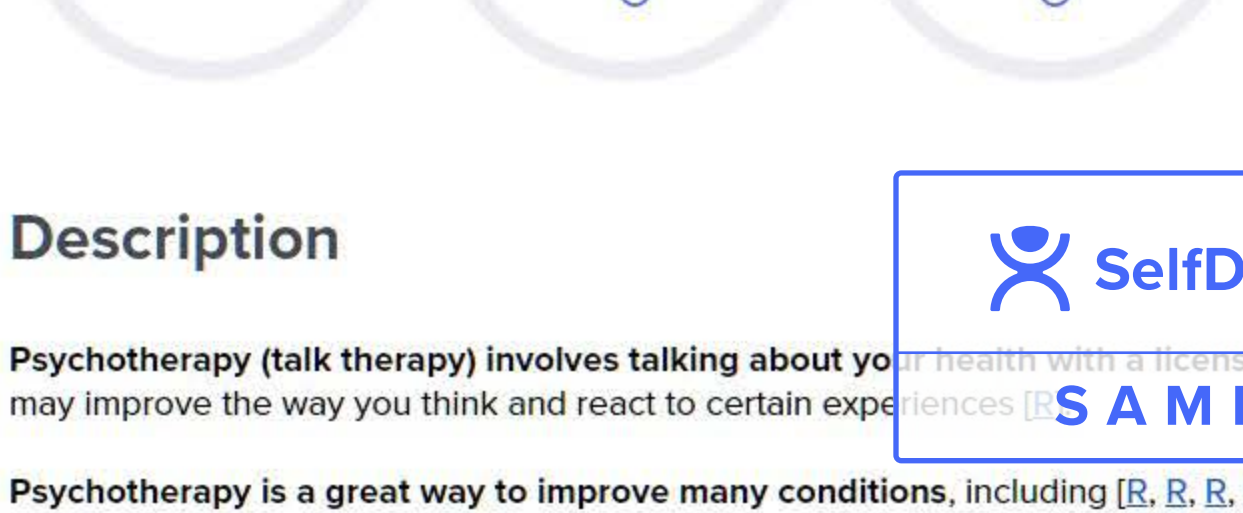
Gene variants linked to this condition may cause... An exaggerated stress response, Low levels or activity of brain chemicals...

It's important to note that genetics is only one piece of the puzzle. Other risk factors for depression include... Stressful or traumatic events, Serious medical conditions...

Prioritized Recommendations

Your Mood DNA Wellness Report

1 Psychotherapy Your Recommendation



Discuss psychotherapy with your doctor.

+ ADD TO MY REGIMEN

Description Psychotherapy (talk therapy) involves talking about your feelings with a licensed therapist...

Helps with these: Mood

Was this recommendation helpful for you? thumbs up/down

How Psychotherapy Helps with Low Mood: Psychotherapy can boost your mood by helping you cope with stress, control negative thoughts...

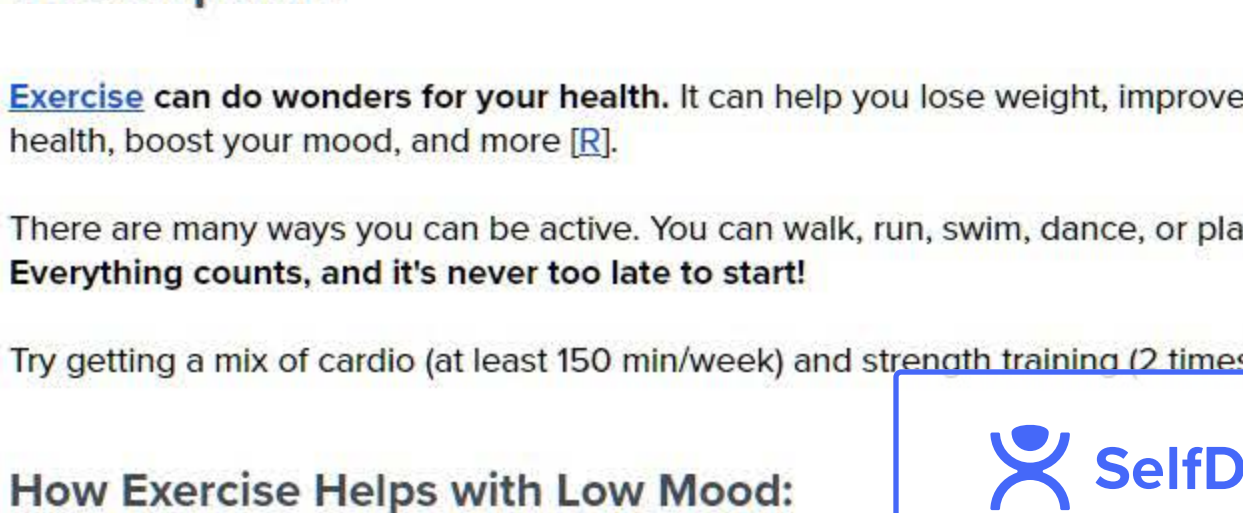
Types of psychotherapy that can help with depression include... Cognitive-behavioral therapy (CBT), Psychodynamic therapy...

CBT is part of the "gold standard" treatment for depression, recommended by health experts worldwide. Psychotherapy can boost your mood by targeting many of your genetic variants at once.

People with your COMT gene variant may experience greater mental health improvements from CBT. Based on your genes, CBT may be a suitable type of psychotherapy for you.

CBT may be more effective for depression in people with your BDNF gene variant. Based on your genes, CBT may be a suitable type of psychotherapy for you.

2 Exercise Your Recommendation



Exercise regularly.

+ ADD TO MY REGIMEN

Description Exercise can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more.

Helps with these: Mood

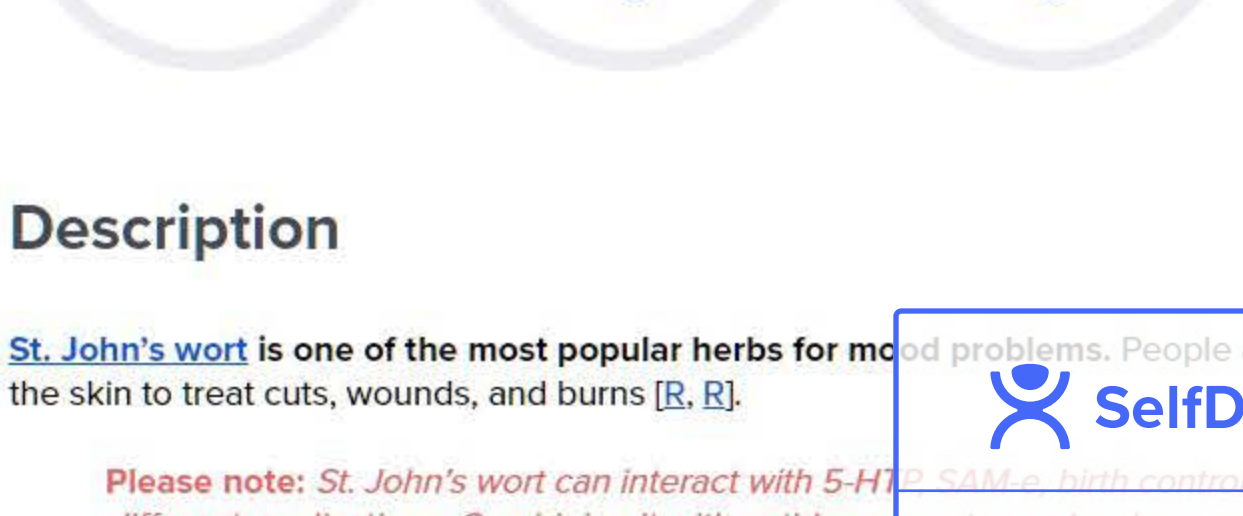
Was this recommendation helpful for you? thumbs up/down

How Exercise Helps with Low Mood: People who exercise regularly have lower rates of depression symptoms. Exercise may boost your mood by improving stress levels, self-esteem...

Cardio, resistance training, and their combination can help you prevent or reduce depression. The American Psychological Association suggests exercise for depression. Exercise can boost your mood by targeting many of your genetic variants at once.

People with your BDNF gene variant may experience greater mood improvements from exercise. In people with your NR3C2 gene variant, the lack of physical activity may greatly contribute to depression. Exercise regularly.

3 St. John's Wort Your Recommendation



Try supplementing with St. John's wort.

+ ADD TO MY REGIMEN

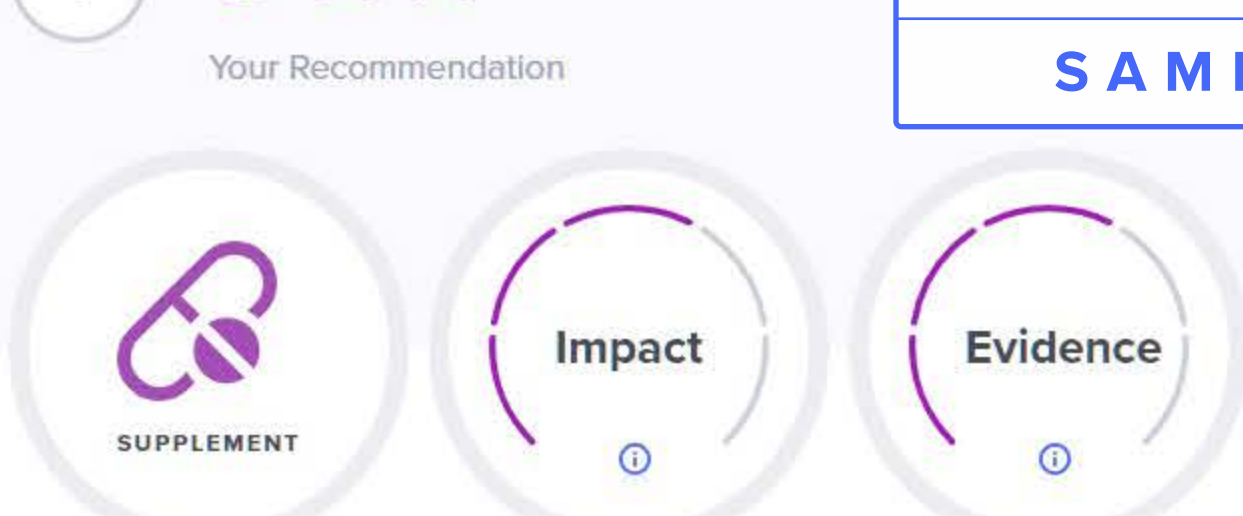
Description St. John's wort is one of the most popular herbs for mood problems. People also apply it on the skin to treat cuts, wounds, and burns. Please note: St. John's wort can interact with 5-HTP...

Helps with these: Mood

Was this recommendation helpful for you? thumbs up/down

How St. John's Wort Helps with Low Mood: St. John's wort may improve depression symptoms with few adverse effects. St. John's wort supports healthy mood by increasing serotonin and dopamine levels, reducing inflammation...

4 5-HTP Your Recommendation



Try supplementing with 5-HTP.

+ ADD TO MY REGIMEN

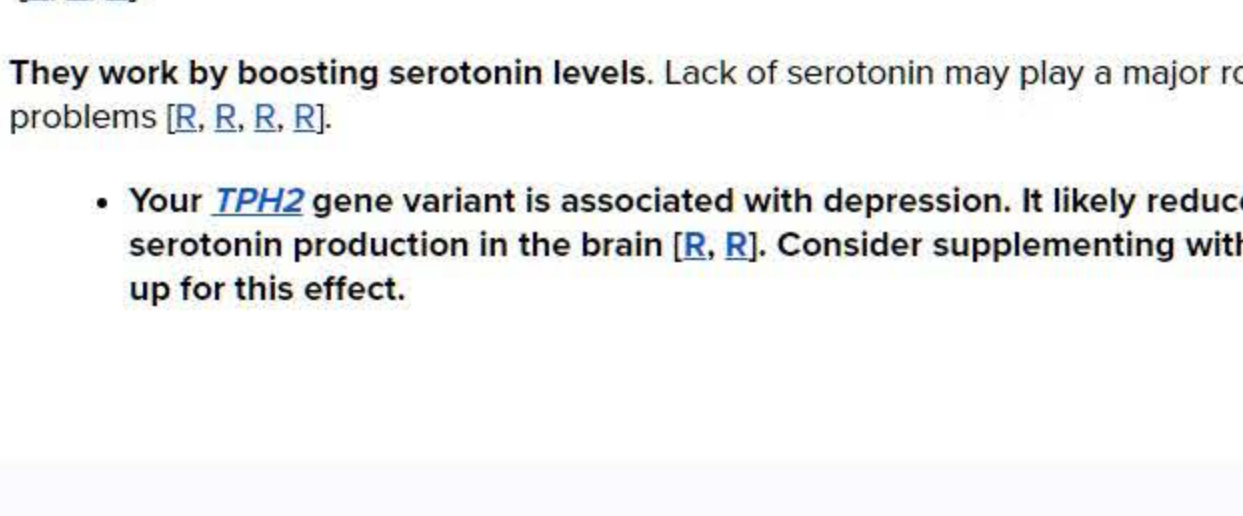
Description 5-HTP is a building block for the "happiness hormone" serotonin. 5-HTP and serotonin help make melatonin, a hormone that promotes sleep. People mainly use 5-HTP as a mood-boosting supplement.

Helps with these: Mood

Was this recommendation helpful for you? thumbs up/down

How 5-HTP Helps with Low Mood: 5-HTP supplements (150-800 mg/day for up to 8 weeks) may reduce depression symptoms. They may help improve mood by boosting serotonin levels. Lack of serotonin may play a major role in mood problems. Your TPH2 gene variant is associated with depression.

5 Mediterranean Diet Your Recommendation



Try practicing the Mediterranean diet.

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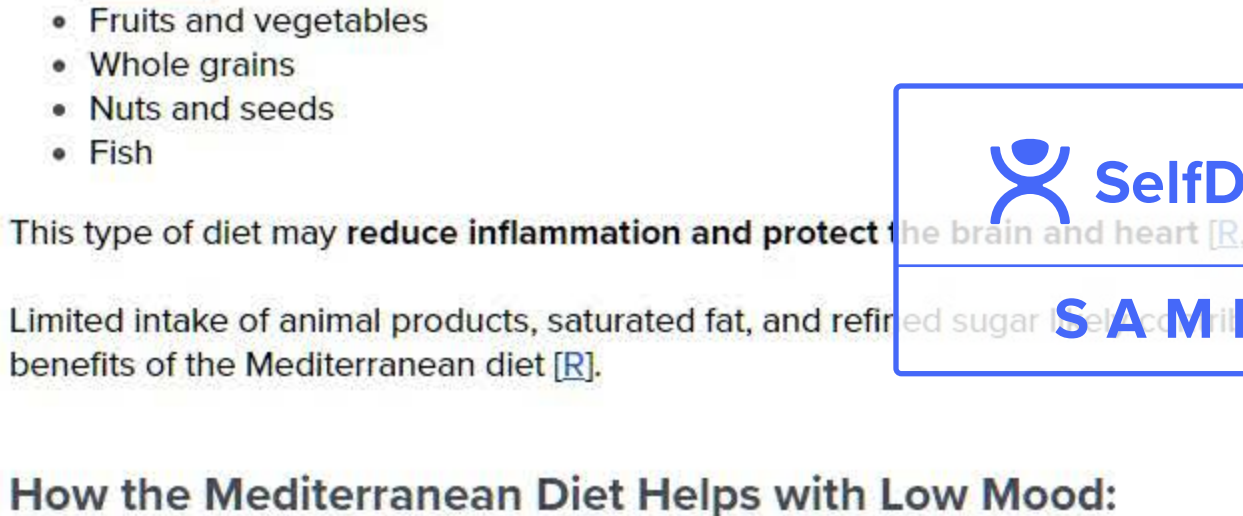
Description The Mediterranean diet focuses on traditional cuisine from the Mediterranean regions. It's rich in olive oil, fruits and vegetables, whole grains, nuts and seeds, fish. This type of diet may reduce inflammation and protect the brain and heart. Limited intake of animal products, saturated fat, and refined sugar.

Helps with these: Mood

Was this recommendation helpful for you? thumbs up/down

How the Mediterranean Diet Helps with Low Mood: Following the Mediterranean diet may reduce your risk of depression. Olive oil and other brain-friendly foods might be behind this benefit. They may help improve your mood by reducing inflammation and protecting the brain. People who eat more olive oil tend to have lower depression rates. Your SMN4 gene variant may contribute to depression by increasing inflammation.

6 Light Exposure Your Recommendation



Practice moderate sun exposure, or try light therapy.

+ ADD TO MY REGIMEN

Description Sunlight can benefit your body and mind. It can boost your mood and energy, improve sleep quality, increase vitamin D levels. Experts recommend getting at least 15-15 minutes of midday sun, 2-3 times per week. However, excessive sun exposure may lead to sunburn. Light therapy is an option when you can't get sufficient sunlight.

Helps with these: Mood

Was this recommendation helpful for you? thumbs up/down

How Light Exposure Helps with Low Mood: Mood problems tend to worsen during the winter, mostly due to reduced sunlight exposure. Light exposure may improve your mood by balancing brain chemicals, such as serotonin. Health experts recommend light therapy for low mood during the winter. The sun's UV rays also help you produce vitamin D. People with mood problems tend to have low levels of this vitamin, which is crucial for mental health.