

# Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

For years, I've been reading research studies on a wide range of chronic health topics - from diabetes to heart disease to arthritis to mood disorders to gum disease. Looking at these issues from a genetics point of view has been fascinating and eye-opening.

It finally dawned on me (sometimes I'm not too quick!) that woven through the majority of my articles related to a chronic disease was a common theme: inflammation-related genetic variants are almost always involved. Yes, there are unique genetic risk variants that differ for every chronic disease, but common among all these articles are inflammatory pathway genes.

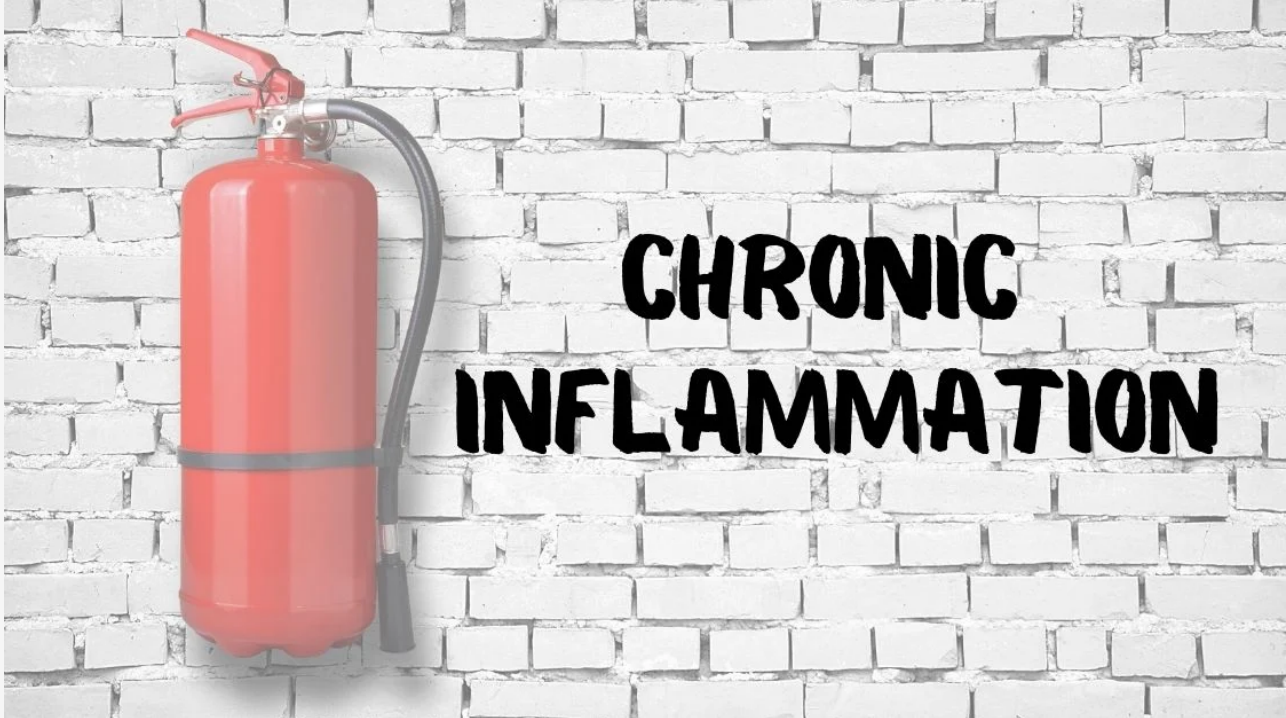
This dawning realization that persistent, low-grade inflammation is a common variable in almost all chronic diseases prompted me to take a deeper dive into inflammation. A couple of months ago, I tackled the topic of the [resolution of inflammation](#) (an active process reliant on specific lipid mediators). This week I've published the corollary: an article attempting to tie together [genetic variants impacting inflammation](#) to the increased risk of most chronic diseases.

To me, this is an exciting topic because there are many ways that we can target the specific variants and pathways underlying chronic inflammation. Plus, the nuanced understanding of causes and genetic susceptibility means chronic inflammation can be approached without compromising the overall immune response.

Gratefully yours,

~ Debbie Moon

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## Inflammation: Causes and Natural Solutions

Chronic inflammation causes most chronic diseases.

*Let that sink in for a second..*

If you have diabetes, arthritis, heart disease, gum disease, kidney disease, lupus, COPD, fatty liver disease, gout, asthma, major depressive disorder, PCOS, neurodegenerative diseases, or pretty much any chronic condition... **an underlying cause is low-level, continuing inflammation.**

While it may seem counterintuitive, this is actually pretty exciting news. Rather than taking pills to combat symptoms, by targeting the specific pathway causing the inflammation, you may be able to reverse and prevent chronic diseases.

The goal of this article is to examine and fully explain current research on chronic inflammation. I'm often frustrated by vague explanations of inflammation – “too many chemicals” or “a bad lifestyle”.

Instead, I will try to narrow down the components of diet and specific toxicants that link your genetic susceptibility to chronic inflammatory conditions. And then explain what to do about it.

Yep, this is a long article. Bookmark it; come back and re-read it; email it to yourself. Whatever it takes. Preventing or reversing the chronic diseases that kill us all... well, this is important.

[Read the article, view your genes...](#)

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## What I've Been Reading...

1) [Cells Blaze Their Own Trails to Navigate Through the Body](#) (*Quanta Mag*)

This article explains the new research on how cells follow a chemical gradient to move through the body. Pretty cool stuff.

2) [The Intestinal Barrier Dysfunction as Driving Factor of Inflammaging](#) (*Nutrients*)

This review article in the journal *Nutrients* explains the research showing that inflammation in the gut increases with age and is a driving factor of the negative effects of aging.

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Peaceful life, MT

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