

Genetic Lifehacks

Learn. Experiment. Optimize.

Hi there,

This week I have a new member-requested article on acupuncture for you. I appreciate all of the suggestions from members on new articles, and in the works I have a draft article on prostate-related genes and an article on primary sclerosing cholangitis (written in conjunction with a member).

In exploring the research on why genetic variants impact the response to acupuncture, I came across several fascinating new studies on what goes on physiologically at acupressure points. It's pretty cool, and I think everyone will find it interesting.

Finally, I wanted to mention for all you Amazon Prime members that AncestryDNA kits are on sale for [\\$59 today](#) for Prime Day. Adding AncestryDNA data to your 23andMe data fills in a lot of blanks on Genetic Lifehacks. (Members - I have an [article](#) on how to combine the data files, or you can send them to me and I'll just do it for you. Additionally, I have an article on how to [delete](#) your account after downloading your data, if you are wanting to do that.)

Gratefully yours,

~ Debbie Moon



Acupuncture and Genomics: Who is more likely to respond?

Did you know that your genetic variants can impact how well you respond to acupuncture? Join me in learning about the fascinating science behind how acupuncture works, the genetic ties, and possible ways to increase acupuncture efficacy.

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

Mast Cells



Back Pain and Your Genes

For some people, back pain is a daily occurrence that drastically affects their quality of life. For others, it may be an intermittent nagging problem popping up occasionally, often without rhyme or reason.

This article digs into the root causes of back pain and the genetic variants that increase susceptibility. There is no single 'back pain gene', but genetics plays a role both in the degeneration of the disc and whether you feel the pain. I'll finish up with some possible solutions that target specific genes.



Mast cells: MCAS, genetics, and solutions

Mast Cell Activation Syndrome, or MCAS, is a recently recognized disease involving mast cells that misbehave in various ways. Symptoms of MCAS can include abdominal pain, nausea, itching, flushing, hives, headaches, heart palpitations, anxiety, brain fog, and anaphylaxis.

This article explains how mast cells work and what happens when they are overactive. We will dive into some genetic factors and explore possible solutions for MCAS. All backed up by the latest research.

What I've been reading...

Sufficient sleep duration contributes to lower cardiovascular disease risk in addition to four traditional lifestyle factors

This study followed about 19,000 people for 10-14 years to see who ended up with cardiovascular disease. Four traditional 'lifestyle factors' (healthy diet, low alcohol consumption, no smoking, and physical activity) reduced cardiovascular disease risk by 57%. But adding sufficient sleep into the mix reduced fatal CVD by 83%.

Sleep well, eat good food, don't smoke, and go get some exercise...

Read about your [cardiovascular disease genes](#) if you need some inspiration.

Preterm birth more likely with exposure to phthalates

Phthalates are endocrine disrupting chemicals found in plastics and artificial fragrances. Most of us are exposed to phthalates and have metabolites in our urine. A meta-analysis now shows that pregnant women exposed to higher levels of phthalates are more likely to have premature babies.

Read more about [phthalates, detoxification, and your genes](#).

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Unbelievably beautiful right now, MT

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