

Genetic Lifehacks

Learn. Experiment. Optimize.

Member's Update: 2021 Goals

Hi everyone,

The first few weeks of 2021 have been busy ones for me (sold a house, packed everything into a truck, and moved to MT), and I haven't had a chance to put into writing my goals for Genetic Lifehacks. With over 2,000 miles of driving last weekend, I had lots of time for contemplating ideas of **how to improve Genetic Lifehacks in 2021**.

First and foremost, it is important to me that I **meet the needs and interests of members**. If you have an idea for an article, a question on genetics, or just a general suggestion - please reach out at any time. You can reach me via email at debbie@geneticlifehacks.com, or just reply to any of the newsletters.

Next up is my focus on privacy and security. Privacy is more important than ever in this digital age, and **keeping genetic and health information private** is essential. I'm going to feature in upcoming newsletters many of the ways - big and small - that I'm keeping your data private.

Finally, I'm embracing a new buzzword - **radical transparency**. First up on my list to be transparent about is that I need to learn more about research methods. I strive to use quality sources and explain only what the studies say (leaving out speculation, hyperbole). But I often receive questions about other companies' genetics reports or articles, which many times are based on what I think is 'kinda iffy' research. Thus, one goal this year is to expand my own knowledge on the quality of genetics research and then to explain within articles the strengths and weaknesses of the data.

With gratitude to all of you,

~ Debbie Moon

Latest Articles:

Research studies, dosing, genetics

Supplemental Melatonin

At the top of my supplement list is melatonin, and it has nothing to do with how well I sleep! Instead, the benefits of



this 'sleep hormone' are many and varied, including boosting immune function, preventing Alzheimer's disease, and staving off osteoporosis.

This article explains how your body makes melatonin, the decrease in production with aging, the latest research studies on supplemental melatonin, and genetic variants that impact how melatonin works for you. Stick with me, it's a long one...

[Read the article](#)



New Member's Only Article:

Vaccines, Genetics, and Autoimmune Diseases: A roundup of the research

Vaccines have been around in one form or another for about 200 years. They have saved millions of lives and prevented long-term suffering from diseases like tuberculosis and polio. While there is no denying that the human population as a whole benefit from vaccines, there are questions surrounding vaccinations and autoimmune diseases. On the one hand, certain vaccines may **slightly increase the absolute risk** of autoimmune diseases in susceptible individuals. The flip side is that some vaccines may **protect against** specific autoimmune diseases.

This is not a cut-and-dried topic, so stick with me through the ins and outs of the research. Note that no research yet shows an impact on autoimmune diseases from the brand new COVID-19 vaccine.

In this article, I'm just bringing together information from research studies — if you have medical questions, please consult your doctor.

[Read the article](#)

Privacy and Transparency:

Sharing why I don't like share buttons

You may have noticed that there are no "share and like" buttons on Genetic Lifehacks article. I deleted the article share buttons two years ago in an effort to protect your privacy.

Those share and like buttons that you see everywhere are connected back to the social media platforms, who set cookies to track who views and uses them. If you have a Facebook account, for example, on websites offering share and like features, Facebook will know that you are viewing that article.

Why is it a big deal (to me) that the tech giants should not track what you read on my website? I simply think that your interest in a genetic condition (say, Alzheimer's disease) shouldn't be added to the list of everything Twitter, Facebook, or Pinterest already knows about you.

That said - I'm all for you sharing Genetic Lifehacks with your friends via any method you want to use! I'm just **not willing** to let your movements be tracked on my website.

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