

Genetic Lifehacks

Learn. Experiment. Optimize.

Member's Update

Hi everyone,

Fatty liver is admittedly not a sexy topic :-) But it is an important one... I encourage all of you to take a few minutes to read the article and look at your genetic risk factors.

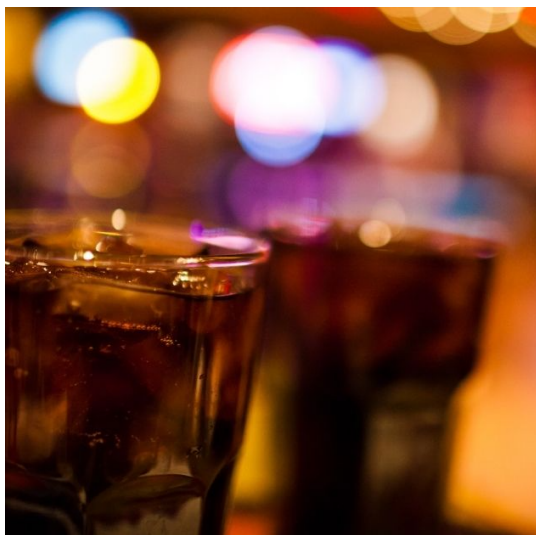
Last week I shared an [article](#) on Blackstone group's purchase of a majority share in Ancestry.com. This week brings a big announcement from 23andMe. They are going public with a large [investment from Virgin Group](#) (Richard Branson) and several other corporations.

As a reminder, I'm not storing member genetic data when you connect to your genome to see your genotype in the articles.

It's up to you, of course, to decide if you are comfortable with the corporate changes in Ancestry.com or 23andMe. Should you need it, I have directions on downloading your data and deleting your account from [AncestryDNA](#) or [23andMe](#).

Hope this finds all of you healthy and happy!

~ Debbie Moon



Member requested article:

Fatty Liver: Genetic variants that increase the risk of NAFLD

Non-alcoholic fatty liver disease (NAFLD) is now the leading cause of liver problems worldwide, bypassing alcoholic liver disease. It is estimated that almost half of the population in the US has NAFLD, caused by a combination of genetic susceptibility, diet, and lifestyle factors.

The good news is that fatty liver disease is reversible. Read on for the science details, genetic susceptibility variants, and lifehacks for a healthy liver.

What I've been reading...

[MTHFR and Dietary Folate:](#)

If you carry the MTHFR C677T variant, you may be wondering if you really need to supplement with methyl folate or if dietary folate can be sufficient. This study on overweight women (in Brazil) showed a significant reduction in inflammatory markers in MTHFR 677TT carriers with increased dietary folate from vegetables.

Mitochondrial dysfunction, amyloid deposits:

A new [study in Cell](#) looked at the causes of muscle aging and muscle-related diseases, such as inclusion body myositis. The research showed that amyloid protein deposits in muscle tissue are associated with muscle aging. Interestingly, the study also showed that boosting NAD+ could ameliorate the amyloid deposits in muscle (animal study). The researchers used nicotinamide riboside for this. ([Read more about NR and NAD+](#))

Arthritis from viral infections:

Epstein-Barr virus, the virus that causes mono in teens and young adults, has long been linked to causing rheumatoid arthritis later in life. A new [animal study](#) from the University of British Columbia investigates why this autoimmune joint inflammation takes place. The animal study (preprint) shows that age-associated B-cells, a specific type of atypical immune cell that accumulates with aging, are critical and necessary for viral-caused arthritis.

Deals for Valentine's Day:

OURA ring - \$50 off link: <https://ouraring.com/discount/efa9854956>

Genetic Lifehacks

www.GeneticLifehacks.com

You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)