Genetic Lifehacks

Learn. Experiment. Optimize.

Member's Update:

Hi everyone,

Thank you to all the new members who have joined over the holidays! It is great to see how much interest there is in optimizing health and preventing disease.

Featured below is an updated and expanded article on TNF-alpha and genetic variants related to inflammation. Chronic inflammation touches on so many topics - from preventing Alzheimer's to dealing with inflammatory diseases such as psoriasis, gum disease, or RA.

Understanding your genetic susceptibility to inflammation, such as through the TNF-related gene variants, may help you target the right pathway through diet, lifestyle, or supplements.

I wish all of you a happy and healthy New Year!

~ Debbie Moon

Latest Article:

Member Visual Overview Included

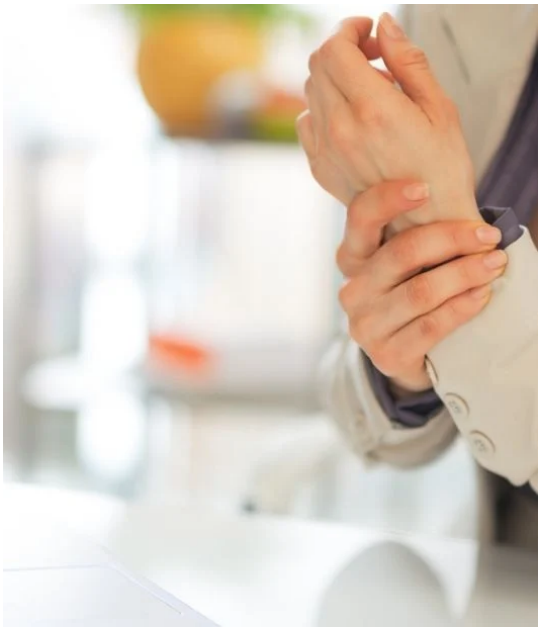
TNF-alpha: Genetic variants linked to higher inflammation

Do you feel like you are always dealing with inflammation? Joint pain, food sensitivity, skin issues, gum disease, etc… It could be that your body genetically gears towards a higher inflammatory response due to high TNF-alpha levels.

Tumor necrosis factor (TNF) is an inflammatory cytokine that acts as a signaling molecule in our immune system. In an acute inflammatory situation, TNF-alpha plays an essential role in protecting

us, but genetically higher TNF-alpha levels are also linked to many chronic inflammatory diseases.

Check your genes



In case you missed it....

Chronic Inflammation & Autoimmune Risk – IL17

Inflammation can be blamed for everything from heart disease to mood disorders to obesity. Yet, how does this somewhat nebulous idea of too much inflammation tie into our genes? It seems that some people have a more sensitive immune system and are more prone to inflammatory reactions.

Read more...

What I've been reading...

Quanta Magazine: The Mystery of Mistletoe's Missing Genes

This is a fascinating article on the research into mistletoe's lack of mitochondrial genes. Scientists thought that all plants and animals had mitochondria, which are the organelles that produce ATP for energy in the cell. It turns out that mistletoe, which is a parasitic plant, may be the exception and might not be using mitochondria to produce energy. It makes you wonder how many other exceptions there are to the rules of biology...

Lifespan.io: Biohackers Perform First Plasma Dilution Experiment on Humans

Lifespan.io has an interesting interview with two Russian biohackers (and tech entrepreneurs) who have done a plasma dilution experiment on themselves. They replaced more than 50% of the plasma in their body. The basis for this is a number of experiments in mice over the last few decades that points to circulating factors in the plasma of older people as causal factors in many of the diseases of aging. Here is one of the studies on plasma dilution in mice.

Coupon Code to Share with Friends!

Want to share Genetic Lifehacks with friends and family?

Tell your friends they can get $5 off a Genetic Lifehacks Annual Membership when using the coupon code **DEC5OFF**

(Coupon code is valid through Dec. 31st)

SHARE ON FACEBOOK SHARE ON TWITTER FORWARD EMAIL

Genetic Lifehacks
None, Fort Mill
SC United States