

# Genetic Lifehacks

Learn. Experiment. Optimize.



## Oxytocin and Weight Loss

How does sniffing baby heads, gazing at puppies, and the desire to eat cookies all come together? With **oxytocin**.

Learn how this tiny neuropeptide influences reward systems in the brain and alters metabolism.

[View your genes...](#)



## DIY GENETIC WEIGHT LOSS REPORT



# Genetic Weight Loss Report

Do your genes play a role in how much you weigh? Absolutely! But before you get all excited about blaming genetics for being overweight, lifestyle factors such as diet, meal timing, and exercise are also really important.

This DIY genetics report shows you how your genetic raw data for weight-related genes are linked to your susceptibility to gain weight. We are all different, and a one-size-fits-all approach to weight loss does not work for everyone.

[Read more](#)

### What I've been reading:

[Loss of  \$\alpha\$ -actinin-3 during human evolution provides superior cold resilience and muscle heat generation](#)

New study showing that ACTN3 (fast-twitch muscle) deficiency may have become prevalent in some population groups as an adaptation to live in colder climates.

You can check your [ACTN3 muscle type variant](#) here.

[A Rhinovirus infection may stop COVID](#)

This [pre-print study](#) explains how the seasonal viruses that go around each year interact with each other. The human rhinovirus is one cause of the 'common cold'. The researchers show that the rhinovirus upregulates interferon, which consequently prevents other viruses, such as influenza and coronaviruses, from replicating in the respiratory tract.

Along the same lines of killing viruses in the nose, an Israeli manufacturer is now producing a [nitric oxide nasal spray](#) that kills 99.9% of viruses in the nose. Your nose produces nitric oxide naturally as a method of defense against pathogens, so this nasal spray is boosting your natural production.

## **Genetic Lifehacks**

Bozeman, MT

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