Genetic Lifehacks

Learn. Experiment. Optimize.

Member's Update

Hi everyone,

I wanted to highlight several recent articles on gut health this week.

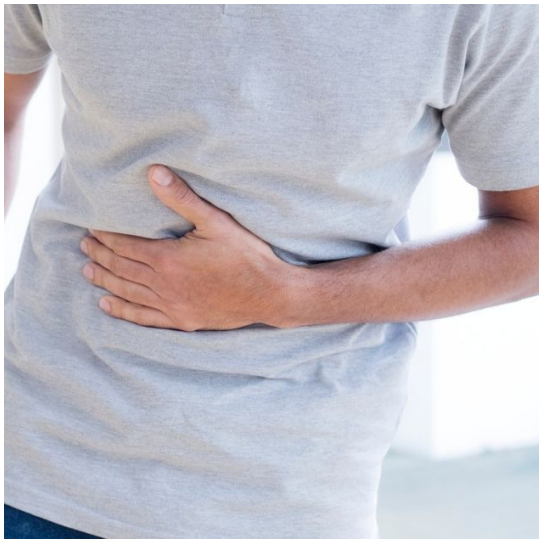
Gut health is one of those things that we take for granted -- until something goes wrong and throws the system out of balance. Everyone knows the occasional misery of an unhappy digestive system, but for some people, this can be a chronic issue that significantly impacts your quality of life.

Gut health is a complex topic, and one component here is your genetic variants. Genes influence which bacteria can reside in the gut microbiome, and your genetic variants also impact which foods can cause digestive problems.

Check out the gut health articles below, and I hope you find answers if you have digestive problems.

~ Debbie Moon

Latest Articles:



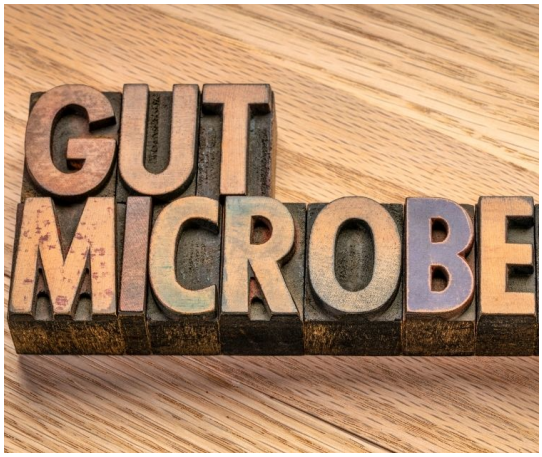
Sucrase-isomaltase gene

Genetic reasons why Low FODMAPs isn't working for you

Don't you hate it when the solution to a health problem works for everyone else but not you? The FODMAPs diet is a great IBS diet — for many people. But your genes make you unique, and your IBS issue may not have the same root cause as others.

This article digs into the research on how genetic variants that decrease a specific digestive enzyme can cause IBS. Included are links to check your genetic data to see if this could apply to you.

View your genes



Roundup of variants affecting gut microbiome composition

Gut Genes

Did you know that you have more bacteria in your gut than you have total cells in your body? You are their host, their environment... And your genes influence which bacteria can use you as a host!

View your genes

Member's only report

Gut Health Topic Summary

I've put together a new topic summary report that covers how your genes match up to all the articles specific to gut health. This will give you a quick overview, for example, of the IBS genes and your secretor status.

View your genes

What I've been reading...

News and Research: Gut microbiome changes in aging

A new study came out this week in *Nature Metabolism* looking at the changes to the gut microbiome as we age. The interesting part of this study was that the uniqueness of the microbiome is important in aging. Rather than keeping with the common, core microbes (*Bacteroides* and *Prevotella*), changes that shift towards less common microbes were associated with healthy longevity. Additionally, the individual species of bacteria may not be as important as the metabolites produced by different bacteria.

Genes identified that increase the risk of obesity but also protect against disease

This article covers a recent (behind a paywall) study in *Nature Metabolism* on genetics and obesity. While it is easy to lump together obesity with a bunch of health problems, almost half of people in the obese BMI range still have healthy blood pressure, blood glucose, and lipid levels. The difference seems to lie with a bunch of genetic variants that are linked both with increased body weight and decreased risk of cardiometabolic disease.