

Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

Spring is finally in the air here in Montana, and I haven't seen a snowflake falling from the sky in several days. While it isn't quite pollen season yet here, I know that in many places the greening trees and blooming flowers are spreading their fine mist of pollen throughout the air. So this week's article focus is on histamine and allergy-related topics. If you are squinting at spring through itchy eyes, take a look at your genes in the articles below.

Happy spring!

Debbie



Histamine Intolerance Genes

When your body has too much histamine, it can cause symptoms collectively known as histamine intolerance. This can be due to excess production of histamine by your body or not being able to break down histamine from foods very well. OR... both!

Genetics plays a big role in how well your body breaks down histamine! You can **use your genetic data** to figure out if your genes are part of the reason why

you have histamine intolerance. Knowing which genetic variants you carry leads to **targeted solutions** that are more likely to work for you.

[Check your genes....](#)



(Member's Article)

Are you allergic to grass pollen? It may be genetic.

Spring is in full force here! Time to dust off the lawnmower. As that smell of fresh-cut grass fills the air, many people also get watery eyes, runny noses, and itching everything.

Speaking of smelling the grass... Did you know that some people can't smell the odor of fresh-cut grass? There is actually a [genetic variant](#) (not covered by 23andMe data) that prevents some people from knowing that wonderful summertime smell.

[Check your genes...](#)



Why Allegra May Not Work For You

Ever wonder why a certain medication may work great for a friend and do nothing for you? Interestingly, it could involve specific genes that transport the medication into and out of your cells.

Let's take fexofenadine (Allegra) for example. You have watery eyes and a drippy nose during spring allergy season and take some Allegra to help with the symptoms. Once swallowed, that medication dissolves, goes through absorption, and then transports to the cells where it acts. Plus, it must stay inside of those target cells.

How the medication stays inside the cells – instead of being transported right back out of the cell – plays into genetics.

[Check your genes...](#)

New Genetic Lifhack's option: Securely transfer your genetic data file to me when ordering a Top 5 Topics report using FortKnoxster file transfer service. If you're a healthcare provider needing to send me a file, just let me know and I'll send you my secure link.

FortKnoxster is a cybersecurity company specialized in encrypted secure communications. They offer end-to-end military grade encryption on file transfers. More info at [FortKnoxster.com](https://www.fortknoxster.com).

What I've been reading:

1) [On the Link Between Great Thinking and Obsessive Walking](#)

Nice article from LitHub on how walking helped many great thinkers find answers to tough problems. In the article, the author refers to a [study on walking](#) done at Stanford. The study shows that simply walking on a treadmill increased creativity. A second part of the study found that walking outside was even more effective at producing novel ideas.

2) [Qigong Attenuates Age-Related Cognitive Decline in Trial](#)

From Lifespan.io: "Researchers from the University of Hong Kong [have found](#) that qigong, an ancient Chinese mind-body practice, improves cognitive abilities, lowers inflammation, and increases the size of the hippocampus in elderly subjects [1]."

Inspired to do a quick Qigong practice? Check out this intro video:



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Bozeman, MT

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