

Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

Depression and mood disorders are serious problems that many are dealing with right now. The CDC announced this week that the suicide rate in teen girls is up 51%, compared to 2019. That is a stark reminder that many people are struggling right now. ([article](#))

When talking with people about genetics and depression, the most common response is surprise that cellular changes are going on which cause mood disorders. A lot of people are still under the impression that mental health issues are 'all in their head'. While depression, anxiety, bipolar, and other mood disorders are complex issues, research studies clearly show physiological change.

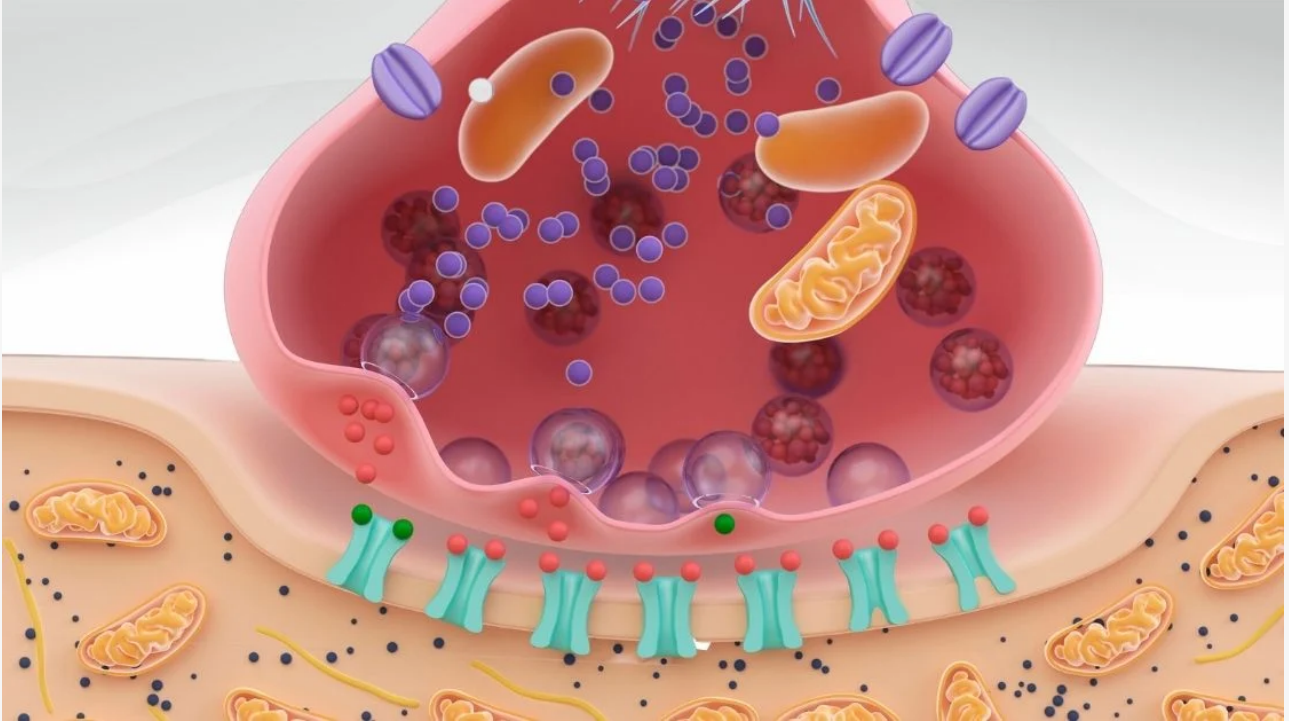
Research on genetics and mood disorders shows us that there are several different underlying causes of depression, anxiety, and other mood disorders. It isn't all genetics, though. Genetic variants that increase susceptibility to mood disorders combine with environmental factors-- such as stressful life events (cortisol alterations), diet, sleep, circadian rhythm alterations, and exposure to certain toxicants. Changing the right lifestyle factor may help to mitigate symptoms. Understanding the underlying science can be important in figuring out what will have the biggest positive impact.

My latest article is on the the research about mitochondrial dysfunction as an underlying cause of major depressive disorder. It is a huge topic, with a ton of research in the past few years. While the article is kind of long, please know that I'm just hitting the high points and dig into the research further if you think it applies to you.

If you are struggling with mental health issues, please reach out to friends, family, and medical professionals. It's easy to get cynical and think nothing will help, but there are solid solutions available.

Grateful for all of you,

~Debbie



Depression, genetics, and mitochondrial function

Depression is a huge, global problem. Estimations show that depression has a lifetime prevalence rate of 20% worldwide. More than 1 million people per year die of suicide.[\[ref\]](#) These are startling statistics for a disease that doesn't seem to have enough real solutions. SSRIs work for some people (about 20% more effective than placebo), and these medications reduce the risk of suicide by about 40% in adults (increases risk in teens).[\[ref\]](#)[\[ref\]](#)

Obviously, we need better solutions that get to the root of the problem of depressive disorders. For some people, the answers may lie in the tiny powerhouse of the cell: **the mitochondria**.

In this article, I will explore the research on how mitochondrial dysfunction relates to major depressive disorder. Included will be information on causes of mitochondrial dysfunction as well as genetic variants that link the risk of depression to the mitochondria.

[Read the full article...](#)



More data = more answers?

Combining Data Files, AncestryDNA on Sale

I mentioned last week that I'm able to help members with combining data files for anyone who has done multiple genetic tests. Several members took me up on that. The combined 23andMe and AncestryDNA files offer a more complete coverage of the SNPs listed in Genetic Lifehacks articles.

If anyone is interested in getting a second genetic test done, both 23andMe and AncestryDNA are running Father's Day sales. **AncestryDNA is only \$59 right now**, and 23andMe is on sale for \$79. The basic (cheapest) version of each test gives you the same raw data file as the more expensive options.

If you have questions or need me to combine files for you, just send me an email or contact me via the [contact page](#). I'll send you my **FortKnoxster** link to securely transfer your data to me. (And I will delete your genetic data files once I've sent you the combined file. Privacy first!)

~Debbie

What I've been reading:

1) [Clinical trial for a peptide lozenge to restore tooth enamel](#)

Researchers at the University of Washington are conducting clinical trials using a genetically engineered peptide plus calcium to build back tooth enamel.

The lozenge will (hopefully) deposit several micrometers of new enamel that will integrate with the tooth dentin.

How cool would it be to suck on a mint flavored lozenge each day and rebuild your teeth!

Genetic Lifehacks

Cameron, MT

You received this email because you are a Genetic Lifehacks member.

[Unsubscribe](#)