Genetic Lifehacks

Learn. Experiment. Optimize.

Trimethylaminuria: Genetic variants that cause a malodorous body odor

Often referred to as ‘fish odor disease’, **trimethylaminuria** causes a strong odor in sweat, urine, and breath. While it may be easy to make jokes about, trimethylaminuria can have a serious impact on a person’s social and mental wellbeing, especially during childhood.

This article explores the FMO3 gene, which encodes the enzyme that breaks down trimethylamine. I’ll explain how to check your 23andMe or AncestryDNA data and then end with a few lifehacks that may help with managing the enzyme deficiency.

Read the full article...

Thank you to everyone who has shared Genetic Lifehacks with friends and family!

The site is growing in members mainly through word of mouth, and I really appreciate everyone who tells friends about Genetic Lifehacks.

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- Share a post on social media,
- Simply, tell someone in person about Genetic Lifehacks.

3 Interesting New Studies:

1) Sleep timing may depend on daytime light exposure

Here's an interesting study on circadian rhythm that investigates daytime light exposure and timing of sleep. The researchers use computer modeling of biological clocks to explain the effect of low light exposure during the day. Essentially, people who work in dim lighting during the day (e.g. office lights that aren't bright enough) are more active in the evening and likely to stay up later at night.

2) Methylene blue and COVID-19

In working on an upcoming article on nootropic drugs, I came across an interesting clinical trial using methylene blue in hospitalized COVID-19 patients. The randomized controlled trial showed that methylene blue increased blood oxygen levels and decreased days in the hospital and mortality. I am somewhat surprised that this wasn't one of the first things tried in COVID... Methylene blue is in every hospital, dirt-cheap, and a medication with over a century of use related to low oxygen levels.

3) Genealogist and researchers have found Da Vinci's DNA

From the article: "Their extensive study, published by the journal "*Human Evolution*" (Pontecorboli Editore, Florence), documents with new certainty the continuous male line, from father to son, of the Da Vinci family (later Vinci), from progenitor Michele (born 1331) to grandson Leonardo (6th generation, born 1452) through to today -- 21 generations in all, including five family branches -- and identifies 14 living descendants."

"The Y chromosome, passed on to male descendants, is known to remain almost unchanged through 25 generations. Comparing the Y chromosome of today's male relatives with that of their ancestors in ancient and modern burial sites would both verify the uninterrupted family line and certify Leonardo's own Y chromosome marker."