

# Genetic Lifehacks

Learn. Experiment. Optimize.



Latest Article:

## Nootropics and genetics

Nootropics are supplements used to boost cognition and memory. In other words – smart drugs.

This article covers the published research studies on several popular nootropics. I'll explain the research on how the substance works and the genes connected to the mechanism of action.

Let me be upfront, though... there are no research studies that directly connect genetic variants to whether a smart drug will work for you. Instead, I'm connecting some dots and giving you the background information.

Please be sure to talk with your doctor or pharmacist if have any questions on a supplement – especially if you are currently on prescription medication.

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

### RecentlyUpdated Articles:

1. [MTHFR: Beyond C677T](#)
2. [Methylation Cycle Topic Summary Report](#)
3. [COVID-19 Genes](#)

### What I've been reading:

1) JAMA Pediatrics article on CO2 levels in kids wearing masks

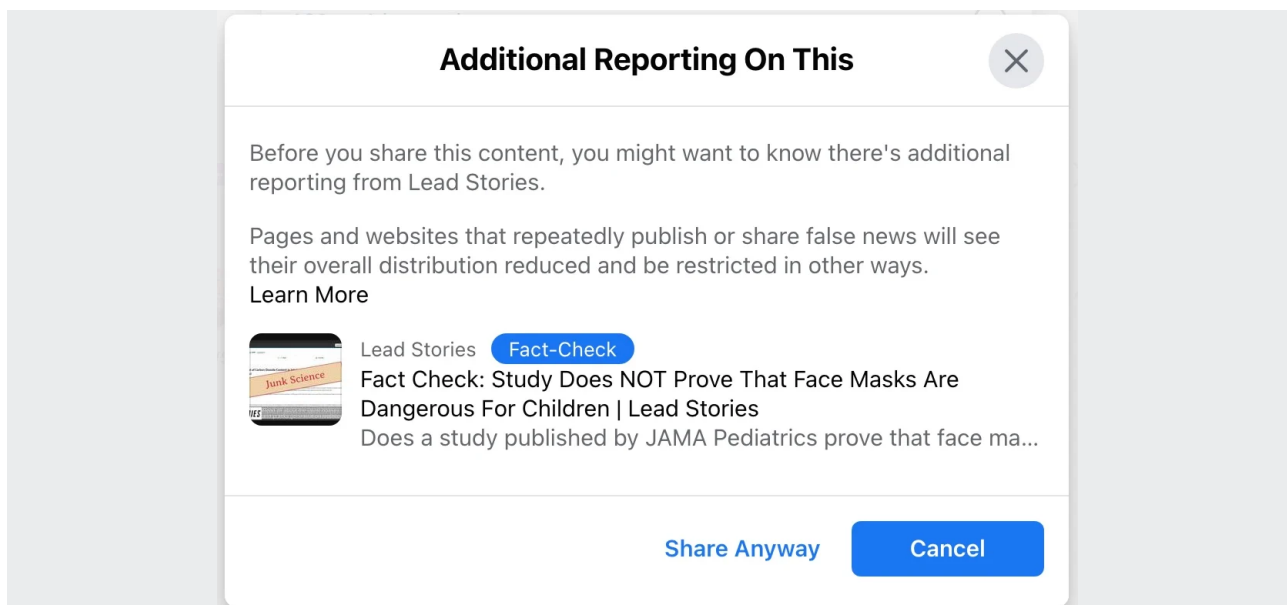
An [article](#) in the Journal of the American Medical Association Pediatrics explains a study on elevated CO2 levels behind children's masks.

Honestly... *not earth shatteringly surprising*. Of course CO2 levels are higher behind a mask. They are likely higher behind a thick scarf in winter also.

I wanted to post the article on Facebook with a comment about the link between [CO2, genes, and anxiety...](#) (A gene that encodes a CO2 sensor in the brain is linked to panic attacks and anxiety. It's an interesting physiological response.)

That is when things got interesting.

When trying to post a link to the JAMA article, Facebook pops up an immediate warning after pasting the link, saying that my account will be shadow banned if I post the link.



Funny thing is that my Facebook audience view took an abrupt downturn a year or two ago when I posted a link to my article about [vitamin C and genetics](#). I'm guessing that my "overall distribution" has already been "reduced and restricted in other ways". Sigh.

I'm sick of the censorship and manipulation.

## 2) [Penn scientists correct genetic blindness with single injection into the eye](#)

Article from *Big Think* on curing a genetic form of blindness.

From the article: "Researchers at the University of Pennsylvania have reversed a genetic form of blindness in a patient using just one course of antisense oligonucleotide therapy, Clinical OMICS reports.

The therapy, which takes aim at mutant RNA, was injected into the patient's eyes a year ago, in a trial treating Leber congenital amaurosis (LCA). LCA predominantly affects the retina, leaving people with severely impaired vision from birth, according to the NIH."

## 3) [Juul: Taking Academic Corruption to a New Level](#)

Article from *The American Prospect* on the vape manufacturer Juul buying out a whole research journal edition.

From the article "The corruption of academic research is not a new subject. Corporations fund third-party studies and benefit from "independent" validation of their perspectives all the time. But this is a new wrinkle. Juul didn't just front money for a couple of academic papers; it bought an *entire edition* of the *American Journal of Health Behavior* (AJHB), which it can then point to as "proof" that its product has a public-health benefit, the key question currently before the FDA."

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### **Genetic Lifehacks**

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