

Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

I mentioned last week that my goal this year is radical transparency. As a member-funded site, I need to keep everyone informed about changes to Genetic Lifehacks.

Here's a quick update:

It has bothered me for a long time that social media platforms, which have become the main source of news for many people, are actively censoring what can be read and shared. This started several years ago with alternative medicine information being banned. A lot of the banned information was, in my opinion, a big pile of hooey... But, I believe that thinking adults can make decisions on what to read, what to believe, and what to say - especially if scientific debate is not stifled.

Something that I never thought I would see in America was the White House openly telling Facebook who to ban over medical misinformation, advising social media platforms on how to change their algorithms, and requesting that people be banned across platforms. ([video](#), [transcript](#))

This distresses me deeply - both that my government is actively trying to censor speech, and the lack of public outcry.

Thus, I've decided it is time for Genetic Lifehacks to pull away from social media on Facebook, Instagram, YouTube, and Pinterest.

Yes, my sphere of influence on social media was small anyway. It's the principle of no longer spending time and energy on these platforms, shifting instead to creating more high-quality member content.

If you have friends or family relying on Genetic Lifehacks updates on social media, please let them know to sign up for the email newsletter instead -- or encourage them to become a member :-)

Gratefully yours,

Debbie Moon



[Latest article!](#)

Selenium and Your Genes

As a trace element, selenium is found in certain foods and reflects the amount of selenium found in the soil where the food is grown. Some areas, such as New Zealand, have low-selenium soil and subsequently higher levels of selenium deficiency in the population. Other areas, such as certain regions in China have high selenium levels which can cause selenium toxicity.[\[ref\]](#)

This article digs into how selenium is used in the body, why it is important, and how genetic variants can make someone more susceptible to problems with a selenium-deficient diet.

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

Member's Feature: Nutrients Topic Summary

Check out the [updated Nutrients Topic Summary](#) to easily see which articles in this category relate to your genetic variants.



Zinc genes: The healing power of zinc

Important for immune health, zinc is a mineral making headlines these days. Learn why zinc is important for your immune system and so much more. Find out how your genes impact your need for zinc and discover ways of boosting your zinc status.

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



Lithium orotate and B12 make the world a happier place... for some people.

Let me cut to the chase:

- *for some people*, supplementing with low-dose lithium orotate helps with anxiety, mood, and anger issues,
- *for others*, lithium orotate supplements will have little or no noticeable effect on mood.

This article explains the research on lithium, digs into some of the genetic connections, and explores the link to cellular vitamin B12 levels.

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

What I've been reading:

1) [Stress Paralyzes Immune Cells](#)

While the role of cortisol in immune system suppression has been known for decades, new research unexpectedly shows an immediate stress response. The researchers found that noradrenaline, an acute stress hormone, stops T cells from moving within minutes.

My takeaway: It's no wonder that people get sick when stressed with multiple mechanisms at play here.

2) [Adding the human FTO gene to rice and potatoes](#)

This is a fascinating new study from researchers at Peking University on gene editing in plants. The researchers added the human FTO gene into rice and potato plants. This genetic modification increases crop yield by 50%!

The FTO gene, in humans, was one of the first genes identified to be solidly linked to higher BMI (increasing our human fat yield by a few BMI points :-). More recently, researchers have discovered that FTO acts as an RNA transferase, controlling the expression of proteins after they have been translated into mRNA.

I've recently updated the [FTO and Weight](#) article, and I have another FTO article in the works to explain a bunch of new research on this fascinating gene.

Genetic Lifehacks

Cameron, MT

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