

# Genetic Lifehacks

Learn. Experiment. Optimize.

Hi there,

My focus over the next few weeks is to help members to find personalized ways of combatting COVID-19.

A lot of the news about COVID-19 has been on pharmaceutical interventions, such as vaccines or anti-viral drug development.

The CDC's current recommendations for preventing COVID-19 are: get vaccinated, wear a mask, clean your house, and improve ventilation.

OK... But it seems to me that we can do more.

The elephant in the room is that being metabolically unhealthy is a well-researched risk factor for severe COVID-19 and viruses in general. For some reason, no one at the public health level seems to be giving solid advice on how we can work on our metabolic health. (Instead, there seems to be a 'blame it on comorbidities' attitude. With [88% of people](#) in the US being 'metabolically unhealthy', those with comorbidities are the vast majority of us.)

*First up*, I've pulled together all of my articles on [metabolic health](#) into an easy-to-access topic.

As members, you can use the [Metabolic Health Topic Summary Report](#) to quickly see which articles apply to your genes.

Metabolic health refers to:

- having healthy blood sugar levels
- a normal waist circumference
- blood pressure within range for your age
- cholesterol and triglycerides within the healthy range
- normal uric acid

Being metabolically healthy reduces the risk of diabetes, heart disease, obesity, fatty liver disease, insulin resistance, dementia, PCOS, and viral illnesses.

*Next week*, I'm going to bring you several new articles which review the clinical trials on natural supplements that show significant efficacy for preventing SARS-CoV-2 severity.

When it comes to preventing and treating viral illnesses, we need many different tools in our toolkits. My goal here is to provide you with the information you can use to make the best decisions for your own health. Everyone is different, and your path to health optimization is unique.

Gratefully yours,

Debbie Moon



## Blood glucose levels: how your genes impact blood sugar regulation

One of the biggest players in overall health and longevity is good blood glucose control. High blood glucose levels, whether after a meal or all the time, can increase oxidative stress in the body, leading to long-term chronic health problems.

Genetics plays a big role in your blood glucose regulation. Some people may be able to get by with eating some junk food and not exercising as much, but for others, our genetic susceptibility combines with poor choices to cause elevated blood glucose levels.

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



## The genetics of high triglycerides

Triglycerides are the main type of fat in your blood. Triglyceride is a general term for a type of lipid-containing three fatty acids (tri) bound to a glycerol. Most importantly, triglycerides are used by the body as energy and are stored in adipocytes (fat cells that compose adipose tissue).

Most of the time when you go to the doctor for a lipids test they are worried about higher LDL or lower HDL levels. These are classically linked to cardiovascular disease risk. However, triglycerides also play a causal role in heart disease.[\[ref\]](#)

People are starting to take note of triglyceride levels as a marker of metabolic syndrome. The defining factors for metabolic syndrome include abdominal obesity, high blood pressure, high blood sugar, low HDL, and high triglycerides.

The immediate response to 'why do I have high triglycerides' is to blame the diet and assume you are eating donuts and drinking lots of soda. While diet does play a role (of course), your genetic variants are also very important in basal triglyceride levels.

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



## DIY GENETIC WEIGHT LOSS REPORT



# Genetic Weight Loss Report

Do your genes play a role in how much you weigh? Absolutely! But before you get all excited about blaming genetics for being overweight, lifestyle factors such as diet, meal timing, and exercise are also really important.

This DIY genetics report shows you how your genetic raw data for weight-related genes are linked to your weight. We are all different, and a one-size-fits-all approach to weight loss does not work for everyone.

**Let's be honest and up-front here:** Weight loss takes some hard work, and there are no magic pills based on genetics. Instead, understanding the science may help you to figure out your best path towards a healthy weight for you.

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

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### What I've been reading:

#### 1) [Pfizer vs. Moderna: Mayo Clinic Study of Vaccine Effectiveness](#)

A study of vaccine breakthrough cases from Dec. 2020 to mid-July 2021 by the Mayo Clinic had some interesting results. The results in July from Mayo in MN are showing the Moderna vaccine effectiveness around 76% and the **Pfizer vaccine effectiveness around 42%** for preventing cases.

What the study doesn't tell us is whether the vaccine is just not as effective after 5-6 months - or if it is the Delta variant that causes the decrease in effectiveness.

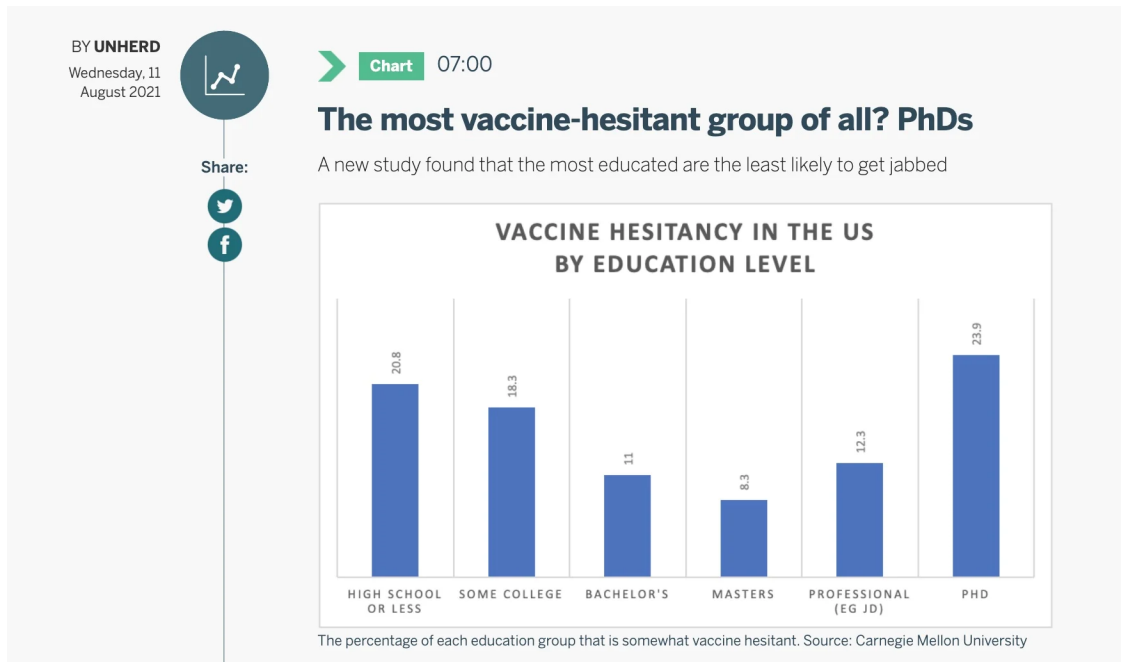
(*Note:* This is the study that Dr. Fauci recently said not to put any weight on it, since it is a preprint. But, it looks like a pretty solid Mayo Clinic study to me. You can read it and make your own decisions about validity. )

## 2) [Cleveland Clinic study on SARS-CoV-2 in people previously infected.](#)

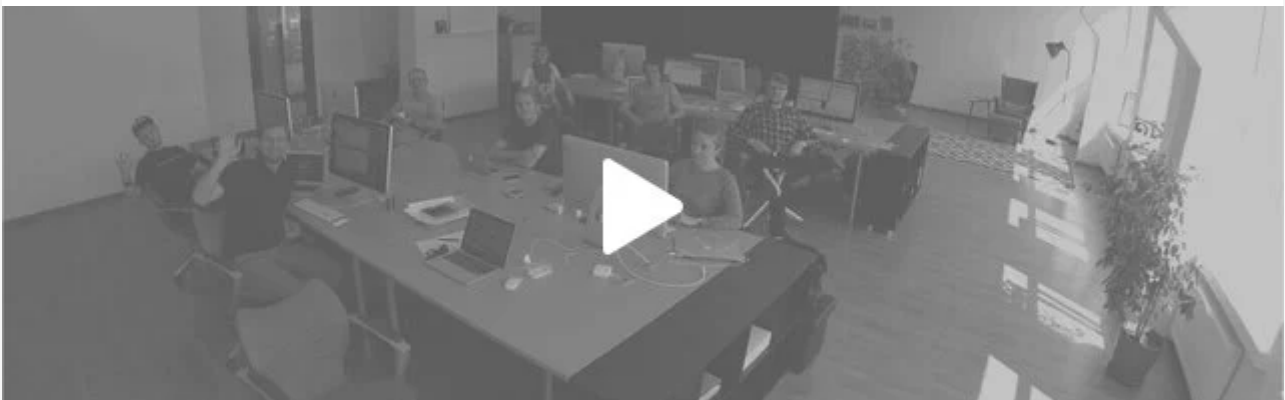
This preprint explains that the healthcare workers who had previously contracted COVID-19 (about 2,600 healthcare workers) had zero cases of reinfection. About 53% of the healthcare workers who had previously had COVID-19 were unvaccinated, with the remaining workers being vaccinated. This is really good news. Other studies on continuing long-lasting immunity after infection: [study](#) [study](#) [study](#)

## 3 [The most vaccine-hesitant group in the US by educational background](#)

This is an UnHerd article explaining a study on vaccine hesitancy. While the media often portrays the unvaccinated as being uneducated (or unsophisticated :-), that may not be the full story...



## 4) [Boston Dynamics robots doing parkour](#)



### Genetic Lifehacks

Cameron, MT

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