

Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

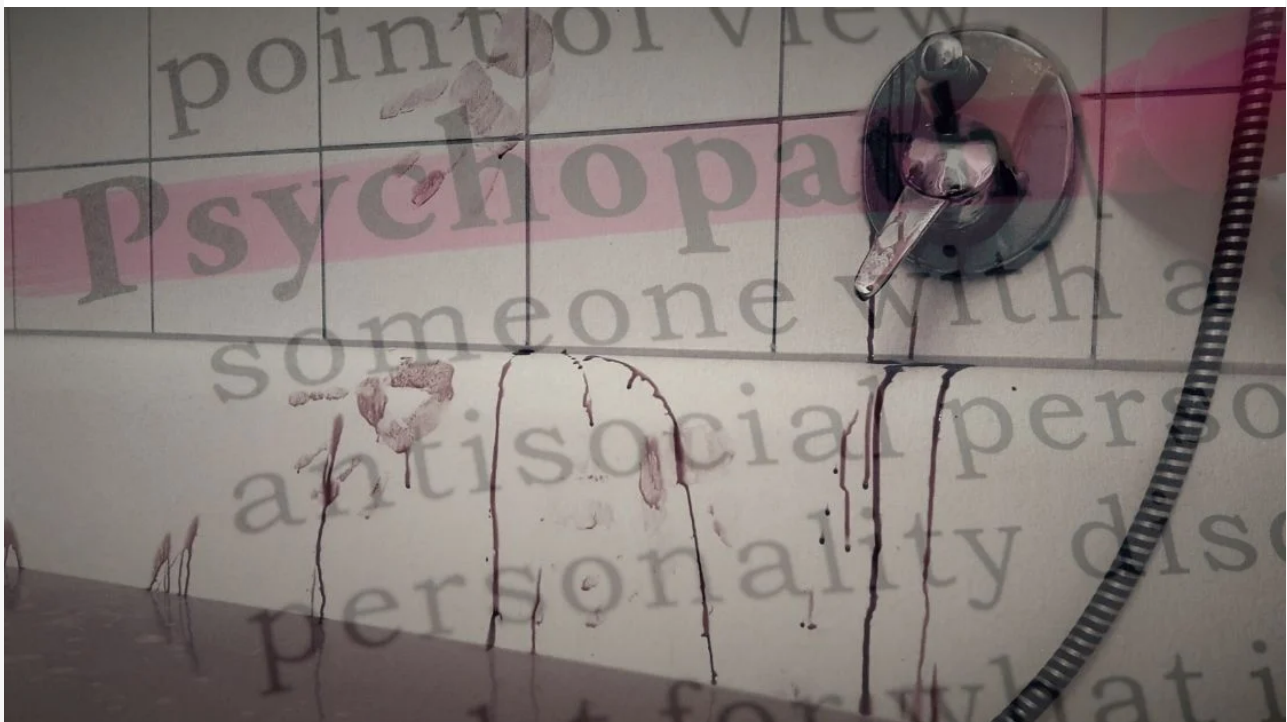
This week's article is a departure from my normal, chronic health issues topics. I enjoy true crime podcasts (Crime Junkies, anyone?), and decided after listening to a recent episode to dig into the genetic variants linked to psychopathy.

Let me warn you, I had a few moments of self-doubt when seeing that I had several of the variants linked to psychopathy. Don't get freaked out, if you have psychopath genes also :-). The variants are fairly common and only one part of what is going on in a psychopath's brain.

Looking ahead: Next week I will be out of town -- and off the grid for part of the time. While I'll try to keep up with member email questions, I likely won't get a member's newsletter sent out. I'll make up for it the following week with a superb newsletter that includes pics from Alaska.

Grateful for all of you,

Debbie Moon



Psychopath Genes: Born not made?

Can you be born a psychopath? The Encyclopedia Britannica explains that "... psychopaths are born, and sociopaths are made."[\[ref\]](#)

Does this mean that if you are born with certain genes, you are destined to be a psychopath?

Exploring the genetics research on psychopath genes paints a different picture.

Is there a psychopath gene?

Pithy sayings, such as 'psychopaths are born, sociopaths are made' do hold a kernel of truth, but they miss the mark in a lot of ways.

First, there is not a single gene variant that causes psychopathy. Instead, quite a few fairly common genetic variants are linked to psychopathy and antisocial traits. Let's dive into the topic and find out what makes a psychopath tick...

[Read the article and check your genes...](#)

What I've Been Reading...

1) [Pregnancy indications from your fitness tracker](#)

A new Oura ring research study shows that pregnancy can be detected about 6 days after conception with temperature changes. This is about a week earlier than a pregnancy test will give you a positive result.

By the way, if anyone is planning to buy an Oura ring soon, I have a coupon code that I can share with up to three people for \$30 off. Just reply to this email and let me know if you want it.

2) [Energy compensation and adiposity in humans](#)

This new study looks at total energy expenditure to see how much exercise changes the calories you burn in a day. Essentially, part of those extra calories that you burn from exercise are compensated for by your body using fewer calories for energy the rest of the day. The study looks at how basal energy expenditure is reduced due to exercise.

3) [Time spent in outdoor light associated with lower odds of lifetime depression:](#)

In a study of over 400,000 people, researchers found that the hours spent outside in the daylight correlate to a reduced risk of depression. This research backs up a lot of other studies on the links between depression, circadian rhythm, light exposure, and time in nature. So go outside this week whenever you can, enjoying fresh air, sunshine, and better mental health.

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Cameron, MT

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