

# Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

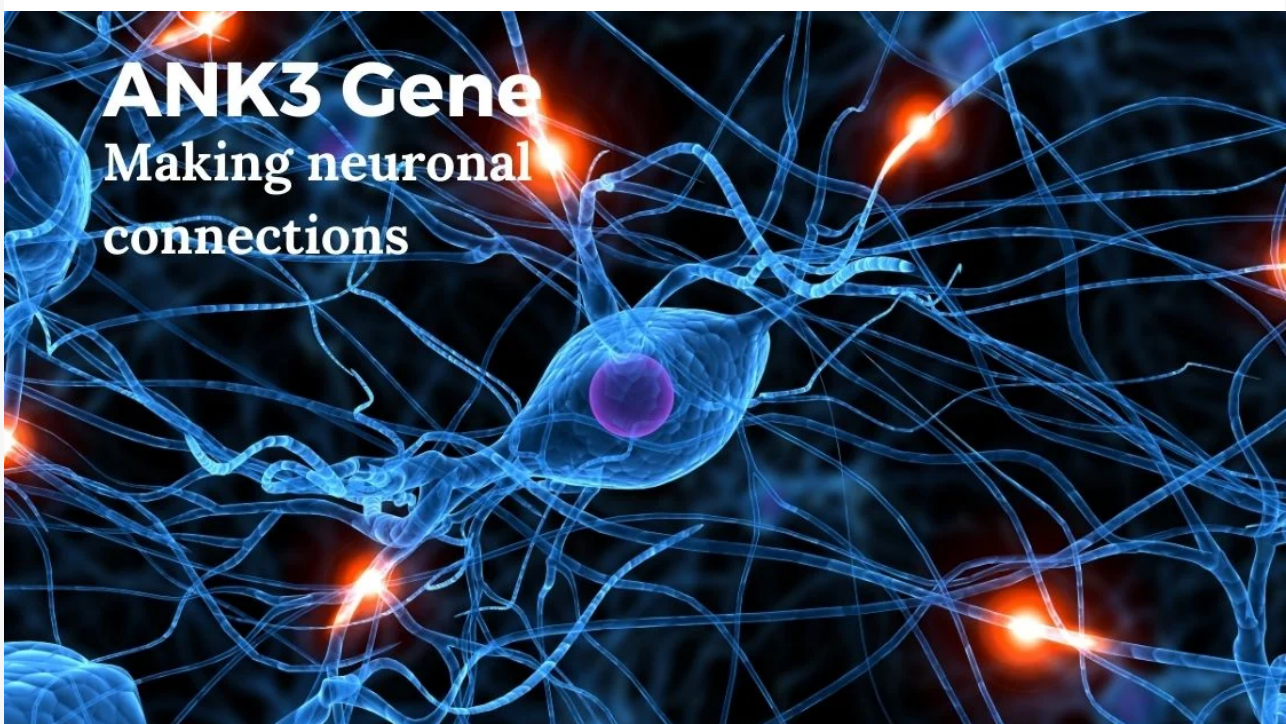
In honor of World Mental Health day, I wanted to send out a few articles about how the brain works.

Several readers have emailed recently to say thanks for writing about the genetic reasons for mental health issues. Many are surprised by the physiological reasons for depression, anxiety, and other mood disorders. *Seriously - it isn't just 'all in your head'.* New research comes out all the time on the cell-level alterations that cause mood changes, and the picture it paints is one of multiple physiological causes of mood disorders. If you are dealing with mood issues these days (and who isn't?), figuring out your genetic susceptibility may point you towards the right solution for you.

As we head towards winter, if you find yourself feeling 'off', I encourage you to check out the article on genetics and [Seasonal Affective Disorder](#). Simply put, some people are wired to be more affected by changes in light, and there are ways to fix this.

Stay warm out there (lots of blowing snow today in SW Montana :-)

~ Debbie Moon



## ANK3 Gene Making neuronal connections

Latest article:

## ANK3: Bipolar Disorder and Brain

# Development

The brain is simply amazing – controlling thoughts, movement, essential bodily functions, emotions, mood, and life. At a basic level, all of this brain activity is dependent on electrons flowing through neurons, which is where the ANK3 gene comes in.

I will attempt to explain how ANK3 impacts neuronal formation and transmission – and how this ties into an increased risk of psychiatric disorders. Included also are ANK3 genetic variants to check in your raw data.

As always, the information here is for educational purposes. If you think you have bipolar disorder or schizophrenia, please seek help from a medical professional.

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



You may also like...

## **Is inflammation causing your depression and anxiety? Inflammation genes and mood**

For many people, depression and anxiety impact their life on a daily basis. Pharmaceutical options often provide much-needed relief for some, but others struggle with what is often labeled 'treatment-resistant depression'.



Finding your underlying physical cause of depression or anxiety may lead you to the solutions that are right for you.

Chronically elevated inflammation causes depression and anxiety, for some people, and genetic variants impact your risk of chronic inflammation.

This article explains why inflammation causes depression and how your genetic variants in inflammatory genes may play a role in depression or anxiety. We will end with possible solutions to target specific genetic pathways of inflammation.

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



Member's only article:

## **HPA Axis Dysfunction: Genes and Environment**

Cortisol is a hormone produced by the adrenal glands in times of stress, and it also plays many roles in your normal bodily functions. It is a multi-purpose hormone that needs to be in the right amount (not too high, not too low) and at the right time. Your genes play a big role in how likely you are to have problems with cortisol.

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

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### What I've Been Reading...

1) [Henrietta Lacks Estate Sues Thermo Fisher Over HeLa Cell Line](#)

From the article: "Attorneys representing the family of Henrietta Lacks, a Black woman whose cells were cloned, mass produced, and widely used for research after being removed from a tumor on her cervix without her knowledge in 1951, have filed a lawsuit against one of the companies that commercialized the cell line. In the suit, filed today (October 4), they argue that pharmaceutical giant Thermo Fisher Scientific continued to derive commercial benefit from so-called HeLa cells, which have been used in tens of thousands of scientific and medical studies, long after their unethical origins became known."

*It still blows my mind that tumor cells from the 1950s are growing, thriving, and being used in tons of research. There's a great book called "The Immortal Life of Henrietta Lack" that explains her whole story - and that of her children. Well worth reading, just for the glimpse into the history and culture at that time.*

2) [Cold War radiation testing in US widespread, author claims](#)

This is an AP news article from a couple of years ago explaining that in the 50s and 60s, the US government likely tested radioactive aerosols by spraying them in certain cities, such as St. Louis and Nashville.

*I often think that conspiracy theorists are crazy, but sometimes there may be a kernel of truth in their crackerjacks.*

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### Genetic Lifehacks

Cameron, MT

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