

# Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

Privacy and genetics are making headlines in the news again. Recently, a DNA testing firm called DNA Diagnostics Center (DDC) disclosed that they had a [data breach earlier this year](#). DDC offers genetic testing under various brand names such as HomeDNA, fertility testing, and COVID-19 testing. The data that was hacked was from 'a national genetic testing organization' that DDC acquired in 2012 and not from recent customers.

This data breach brings to light that your personal data, including from previous medical or genetic tests, is often sold as a company asset. You are then relying on the new company to keep your data safe, even a decade or two down the road.

With that in mind, the news story about the [FBI warning](#) the LA County Sheriff about Fulgent Genetics having ties to the Chinese government raised concerns for me. Fulgent Genetics offers tests for rare genetic diseases, cancer, and COVID-19. Like many genetic testing companies, they have done a lot of business this year in the COVID testing arena.[\[ref\]](#) Personally, I had never really thought about what happened to my personal information when getting a COVID test.

Why highlight these two news stories? I just wanted to remind members to be aware that health and genetic data privacy is important. Every time you upload your genetic data or health lab data to an online company, take a moment to think about what happens to that data next year... or in a decade or two if they are bought out. My policy when people order a cheat sheet or consultation report is to delete the genetic raw data file within a month. I encourage you to read through the privacy policies of any company you use for genetic information, health information, or testing.

Grateful for all of you,

~ Debbie Moon

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New article! Includes Member's Blueprint

## Dry Eyes: Using Genetics to Find Solutions

I spend a lot of time on the computer, in a dry climate, at a somewhat high altitude... Montana is a beautiful place to live, but it is killing my eyes! Worst of all, my vision seems to be periodically blurry (especially at night).

My goal? To find out the underlying reason for my dry eyes, and then solve the issue for good. Along the way, I'm going to dive into how tears work, why eye moisture is so important, how to get rid of blurred vision, and the genetic drivers of dry eyes.

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

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### Recently Updated and Expanded



Some people need to read this before the holidays ;-)

Greatly expanded Member's Blueprint

## Lithium Orotate, Vitamin B12, and Mood

## TNF-alpha: Inflammation and Your Genes

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.

Do you feel like you are always dealing with inflammation? Joint pain, food sensitivity, skin issues, gum disease, etc... It could be that your body is genetically geared towards a higher inflammatory response due to high TNF-alpha levels.

Tumor necrosis factor (TNF) is an inflammatory cytokine that acts as a signaling molecule in our immune system. In an acute inflammatory situation, TNF-alpha plays an essential role in protecting us, but genetically higher TNF-alpha levels are also linked to chronic inflammatory diseases.

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

1) [The lost microbes of COVID-19: Bifidobacteria depletion and decreased microbiome diversity are a predictability marker of severe COVID 19, a cross sectional study](#)

This is a pre-print of a study on how the gut microbiome impacts immune response to COVID-19.

In a nutshell, a healthy gut microbiome modulates immune response. The authors pinpoint *Bifidobacteria* as being important in keeping SARS-CoV-2 infection from becoming symptomatic.

2) [Best Black Friday/Cyber Monday Biohacking, Wellness, and Health Optimization Deals for 2021](#)

This list from quantifiedbob.com has lots of coupon codes valid through December, if you are looking for something for the biohacker on your holiday gift list.

3) [The sunshine vitamin that 'D'elivers on cardio health](#)

EurekaAlert summarizes a new study on how low vitamin D levels are associated with an increase in cardiovascular disease risk. Another good reminder to make sure you get sufficient vitamin D this winter.

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**Genetic Lifehacks**

Cameron, MT

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