

Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

As we head into the Thanksgiving holidays here in the US, I wanted to share a few recently updated articles with you - as well as a new research study on genetics and mRNA vaccine side effects.

For some reason, the idea that diabetes or heart disease are inherited comes as no surprise. To me, though, the gene variants that shape our different traits - our tastes, our quirks - are endlessly fascinating. Who would have thought that part of our food preferences would be partly genetic, based on what we can't taste.

As you gather with family or friends this holiday, take a look at what is on the table. Are you a family that scarfs down the roasted Brussel sprouts? Is your chocolate mild, sweet milk chocolate or bitter dark? Talk about how your genes make you unique: from tastes to smells to immune system reactions.

Grateful for all of you,

~ Debbie Moon



New research!

Genetic Variant Linked to Side Effects

from mRNA vaccines

Some people react to the COVID-19 mRNA vaccines with side effects such as fever, fatigue, chills, and feeling unwell. While the CDC maintains that these side effects are normal, people's reaction to the vaccine varies greatly – from no reaction to more severe reactions.

Age, of course, plays a role in how much of an immune response you will mount to any vaccine.

Genetics is the other known factor in immune system response to vaccination. Researchers know that some people will not produce antibodies to the measles vaccine or the mumps vaccine – based on their genetics. Other studies outline which genetic variants are linked to a better immune response to the flu virus.

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

Recently Updated and Expanded



Something to talk about at Thanksgiving?

Can you smell asparagus pee?

Asparagus pee smell... something that I assumed everyone smelled. I mean, seriously, it is a smell that is inescapable, overwhelming, and unique. Right?

It turns out that many people reading this will have no idea what I'm talking about. But Benjamin Franklin knew (1781



Perhaps a better dinner conversation topic :-)

Taste Receptors: Bitter, sweet, and much more

Ever wonder why some people don't like Brussel sprouts or strong, dark coffee? Others love a good, dark roast, a cup of coffee – and think that Brussel sprouts and cabbage taste just great.

We are all different in our ability to taste bitter in things like stevia – or certain flavors in

quote) "a few stems of asparagus eaten, shall give our urine a disagreeable odour."[\[ref\]](#)

alcohol. Some people are wired not to notice sweet flavors as much as others. But this isn't all about how we perceive foods; these taste receptors also act as chemical receptors throughout the body.

What I've Been Reading...

1) [Air pollution interacts with genetic risk to influence cortical networks implicated in depression](#)

New article in PNAS explaining how air pollution is linked to depression and neurological symptoms - but only in people who are genetically susceptible.

2) [Triclosan, which the FDA banned in antibiotic soaps, is still everywhere](#)

This Neo.life article explains that we are still constantly exposed to triclosan, even though the FDA banned it from soap and personal care products. Instead, it is in our wall paint, fabrics, kitchen utensils, and the caulk around the tub. Triclosan is a component of many of the materials making up our homes -- and it is now in your household dust, wastewater, and soils.

Recent animal research shows that triclosan exposure increases inflammation... which has been a recent theme in the way that some of us have more easily triggered inflammatory cytokines causing [fatigue](#), [depression](#), and more.



Ever changing light with snow on the mountains - it's fall in Montana...

Hope you all have a wonderful Thanksgiving.

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Cameron, MT

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