# Genetic Lifehacks

**Learn. Experiment. Optimize.**

Hi everyone,

I just wanted to say a quick 'welcome!' to new members. I hope all my readers in the US had a good Thanksgiving holiday and enjoyed time with family and friends.

As we head towards Christmas and New Years, I thought I would share a not-so-cheerful statistic with you: One of the top times for heart attacks is Christmas Eve and Christmas Day, with researchers finding that higher levels of stress and 'emotional distress' contributing (duh). [ref]

Genetics plays a role in how naturally resilient you are to stress.

So if you are stressed out and irritated because others around you are chillaxing (Is that still a word?), just know that they are simply wired differently.

The more that I learn about genetics, the more tolerant I've become of others -- finally understanding that there really are physiological differences that drive how we act, think, and respond.

I saw a recent article about how 'a study shows early Christmas decorating makes you happier'. I searched for that study, but I couldn't find it... Amusingly, I did find that same headline used by a bunch of news outlets every November for at least the last five years. Oh, well! Whether or not there is actually a study on it, hopefully you are happily surrounding yourself with whatever kind of holiday decorations bring you joy :-) [ref]

Grateful for all of you,

~ Debbie Moon

Revised and expanded:

# HPA Axis Dysfunction: Cortisol and Stress

When your cortisol levels are chronically out of whack, you can feel like you're falling apart – like things aren't right in many different ways. 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 significant role in how likely you are to have problems with dysregulated cortisol levels. But this isn't a solely genetic problem! Life stressors, diet, and environmental factors also come into play here, interacting with genetic susceptibility to mess up your cortisol regulation system. Let's dig into the details on how the system works and how your genes can influence your susceptibility to problems here.

**Read the full article....**

# Recently Updated and Expanded

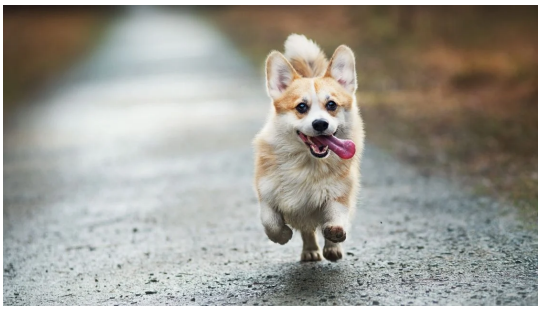
Member's Blueprint Added

### Will you go bald? Genetics and baldness

Male pattern baldness, or androgenic alopecia, is a condition that will affect the majority of men of European descent by the age of 50. So the question of "Will you go bald" should be... *"Will you be the one who keeps your hair?"*

It turns out that male pattern baldness affects women as well, usually to a lesser extent. But many women also notice thinning hair around the temples and at the top of the head when aging.

Genetics plays a bit role in balding, and there are specific ways to counteract your genetic susceptibility.



Member's Blueprint Added

### Anxiety Genes

Have you noticed that anxiety tends to run in families? Some people just seem to be wired to worry. From generalized anxiety to panic disorders – there are **underlying genetic and physiological factors** involved.

This article covers genetic variants related to anxiety disorders. It's a huge topic, with new research is coming out all the time.

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**What I've Been Reading...**

1) **Robots built from frog cells have unlocked the ability to self-replicate**

Self-replicating robots...

While cool, my mind immediately jumps to all the worst case scenarios here.

2) **Israel's spy agency will track Omicron patients' phones**

NYT article: "The Israeli domestic intelligence agency has been granted temporary permission to access the phone data of people with confirmed

cases of the Omicron coronavirus variant in order to trace who those people met recently."

3) **Scientists Create Artificial Mitochondria That Can Make Energy for Damaged Cells**

Researchers have reprogrammed exosomes to act as 'nanobioreactors' that can produce ATP.

4) **Anti-SARS-CoV-2 mRNA vaccines as inducers of humoral response against apolipoprotein A-1?**

This research study found that apoliprotein A1 (APOA1) antibodies are produced by some people in response to the mRNA covid vaccines. It is an interesting study. It looks like the increase in antibodies against APOA1 is likely not a clinically significant problem for most people, but the researchers do recommend that more studies are needed.