

Genetic Lifehacks

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Genetics Shows the Root Causes of Fatigue

Always tired? Genetic reasons for fatigue

Do you constantly feel tired, even when you know you slept well? Exhausted. Drained. Unable to function.

Fatigue is a debilitating condition that plagues many people, and research now points to the root cause of fatigue: elevated inflammatory cytokines.

This article digs into the new studies showing that inflammation causes the brain to alter our behavior. Genetics research fills in the details on why and how inflammatory cytokines cause fatigue. Understanding your genetic susceptibility to fatigue may help you to target the underlying causes.

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

What I've Been Reading...

1) [Nonprofit Websites Are Riddled With Ad Trackers](#)

"Such organizations often deal in sensitive issues, like mental health, addiction, and reproductive rights—and many are feeding data about website visitors to corporations."

The Markup article goes on to explain how tracking and data selling by non-profits, such as Planned Parenthood or rehab centers, can expose your private medical issues.

This is one big reason that I don't use tracking or Google Analytics on Genetic Lifehacks. It is none of Google's business if you want to read about psychopath genes, body odor, or infertility.

2) [Long Covid symptoms in people who didn't have Covid](#)

A French study investigated symptoms in people who thought they had Long COVID. The study found that many of the people who thought they had long COVID were likely to never have actually been sick with COVID-19. The exception was that people who had lingering anosmia (loss of sense of smell) were likely to have tested positive for SARS-CoV-2 antibodies.

"The findings of this cross-sectional analysis of a large, population-based French cohort suggest that persistent physical symptoms after COVID-19 infection may be associated more with the belief in having been infected with SARS-CoV-2 than with having laboratory-confirmed COVID-19 infection."

Rather than take this as 'long Covid is all in their heads' (as some headlines proclaimed), instead this is a reminder that many viral illnesses trigger lasting symptoms.

Read more about [Genetics, Chronic Fatigue, and Long Haul Viruses](#) Yes, this circles back to some of the same genetic variants linked to general fatigue.

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