

Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

Depression and mood disorders have been tough topics for me to cover; for several years I didn't dare to write about the genetics of mood issues. I had assumed that everyone with mental health issues was already getting excellent care from a psychiatrist, and I hesitated to write anything on the topic for fear the information would be misinterpreted.

I was totally wrong in thinking that everyone with depression was getting excellent care already... Many people dealing with mental health issues are unable to get good professional help.

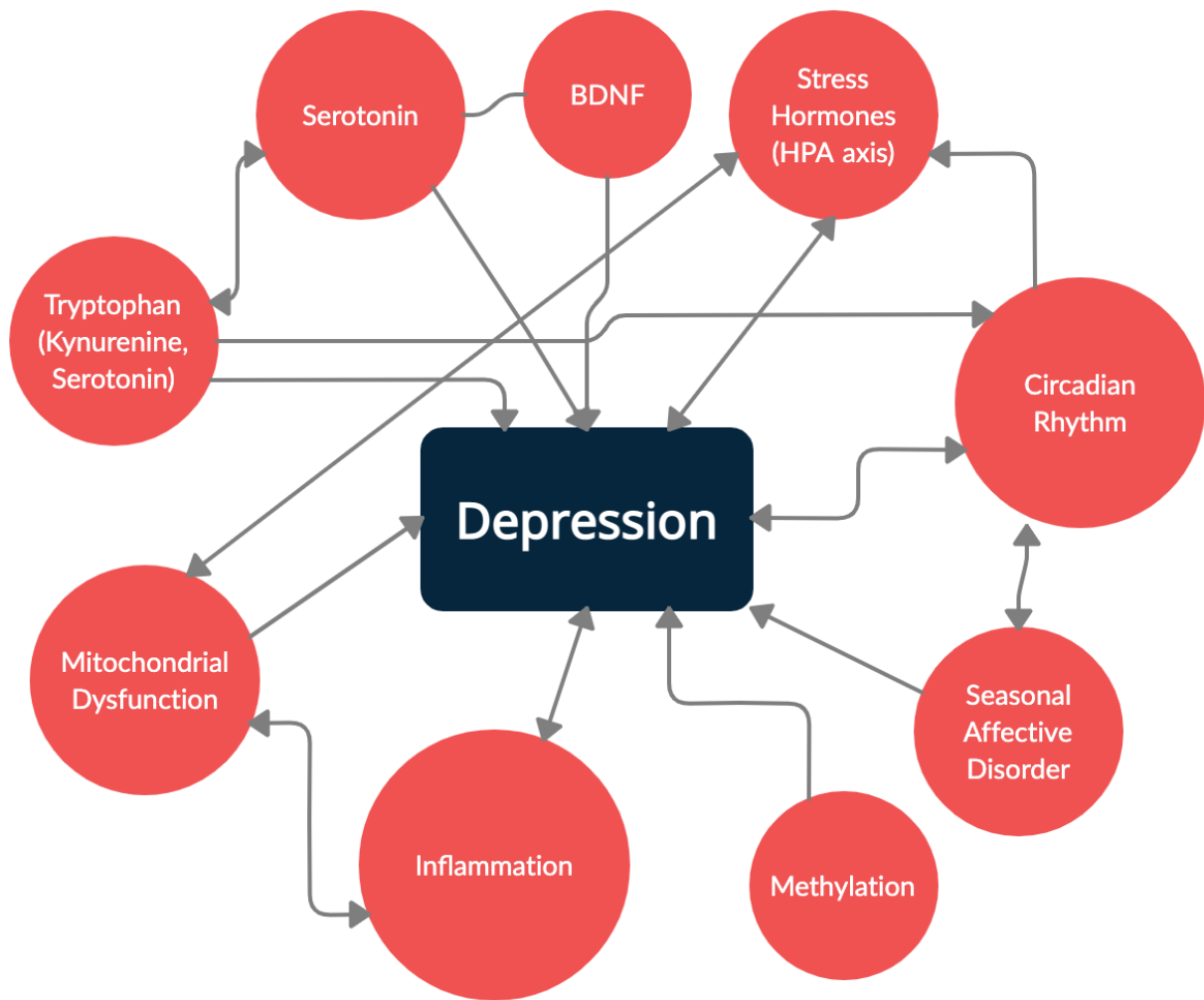
Over the past couple of years, I've carefully covered the topic of how genetics influences depressive disorders in various ways.

The emerging picture, to me, is that research shows a few different underlying and interconnected genetic susceptibility pathways for mood disorders. Targeting the correct underlying cause(s) may hold the keys to recovery.

How can you know where to start? I've put together an overview of the different ways that genetics can interact with depression and mood disorders.

Grateful for all of you,

~ Debbie Moon



Recently published:

Depression Causes: Genetic Overview

Depression can have multiple physiological causes. Often it is hard to see the forest for the trees when trying to find the right solution here.

This article ties together 9 separate articles on depression. It's a huge topic, so stick with me here. There isn't a single cause of depression and the connection between genetics and physiological factors can get complicated. So, my goal is to simplify your task of sorting through genetic data to target the right cause(s) of depression for you.

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

Membership update:

Monthly membership prices are going up to \$6.99/mo. next week.

If you are already a monthly member, your subscription price won't change.

I hate it when a subscription service raises their prices (yes, Hulu, talking about you), and I won't do that to you.

What I've Been Reading...

1) [Post Covid Clinical Trial](#)

AgelessRx is now enrolling for a clinical trial on Post Covid symptoms. The trial is using low dose naltrexone (LDN) and NAD+.

2) [The search for people who never get COVID](#)

This Nature article explains that researchers are just now beginning a study to look at the genetics of people who don't get COVID. Can't wait to see the results of this one!

If you are interest in which viruses you may be genetically immune to, check out this article from last March: [Genetic susceptibility to viruses](#)

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Cameron, MT

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