

# Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

Researchers estimate that reproductive issues for men and women have increased at 1% per year in Western countries for the past couple of decades. For men, this is due to declining sperm counts, decreasing testosterone levels, and increasing ED rates. [\[ref\]](#)

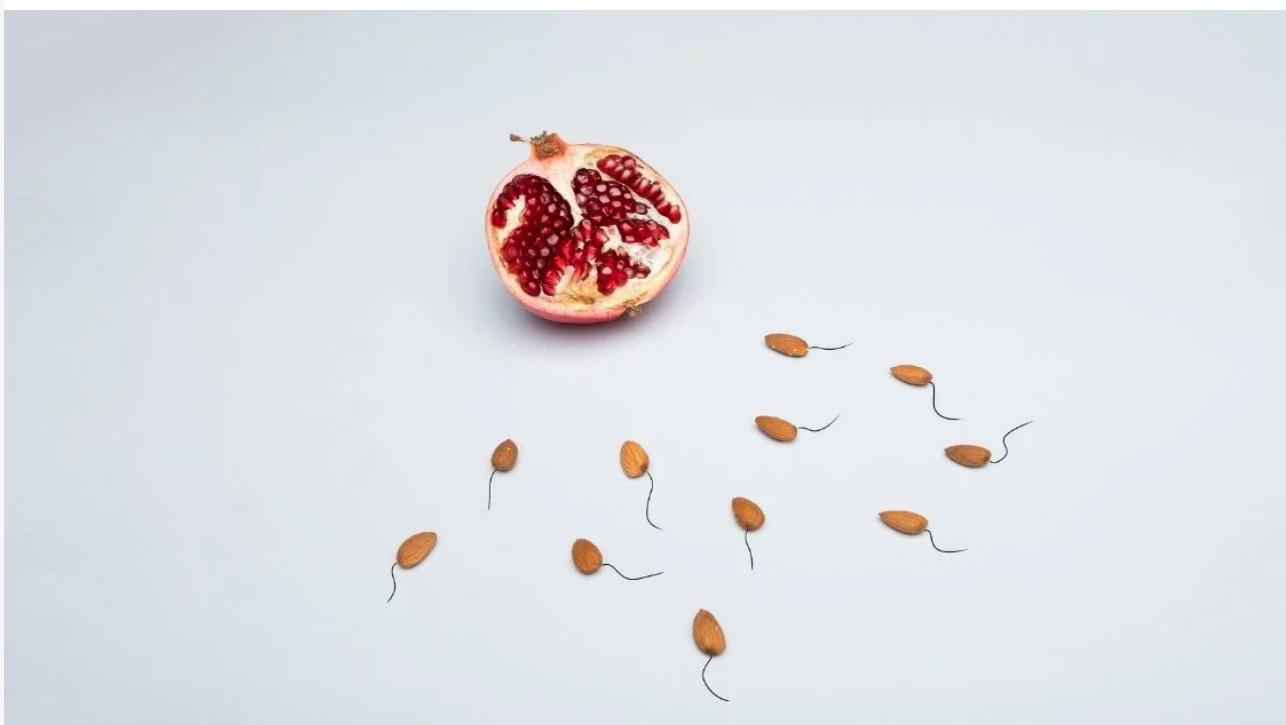
Fertility rates are declining in the US and many other countries. The pandemic and lockdowns have further put a damper on fertility rates. It turns out that couples aren't choosing a pandemic (job insecurity, limited health care access) as a good time to have kids. [\[ref\]](#)

Below is my latest article on the genetic variants linked to an increased relative risk of infertility in men. The article dives into common reasons for 'idiopathic' infertility, with targeted interventions.

Please consider passing the article along to anyone you know who is trying to conceive. The article is open for everyone to read - but with an extra expanded section at the end just for members.

Grateful for all of you,

~ Debbie Moon



# Genetic Causes of Male Infertility

Struggling to get pregnant as a couple? You're not alone. The World Health Organization now estimates that almost 10% of couples worldwide are dealing with fertility issues. And the problem of infertility seems to be equally split between males and females.[\[ref\]](#)

Many different genetic variants can increase the risk of infertility in men. These variants impact different aspects of sperm production – from hormones to oxidative stress to DNA damage repair. My goal here is to help you understand where you are more likely to have genetic susceptibility to infertility. This can help you target the right lifestyle interventions and supplements.

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

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## Recently Updated and Expanded



Expanded article

### **LDL Cholesterol Genes**

This article digs into the ways your genes can be involved in either high or low cholesterol levels. It includes background from research studies, genetic variants to check in your genetic raw data, and ways that your diet and lifestyle interact with your genes and cholesterol.



New genes added! Member's Extras!

### **Histamine Intolerance and Your Genes**

When your body has too much histamine, it can cause symptoms collectively known as histamine intolerance. This can be due to excess production of histamine by your body or not being able to break down histamine from foods very well. (Or both!)

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## What I've Been Reading...

### 1) [Sitting, squatting, and the evolutionary biology of human inactivity.](#)

Interesting study on hunter-gathers and how much time is spent in inactivity. Surprisingly, their inactive time is similar to industrialized societies. But without sitting in chairs, they exert quite a bit more energy while inactive.

### 2) [Phthalates and attributable mortality: A population-based longitudinal cohort study and cost analysis](#)

This is a huge study on how exposure to phthalates (endocrine-disrupting chemicals found in PVC, plastics, and fragrances) causes an increase in cardiovascular disease and overall death rates.

"Phthalate exposures were associated with all-cause and cardiovascular mortality. ...Extrapolating to 55 – 64-year-olds, we identified >90,000 attributable deaths/year."

BTW - genetics plays a role in [how easily your body gets rid of phthalates.](#)

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## Genetic Lifehacks

Cameron, MT

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