

Genetic Lifehacks

Learn. Experiment. Optimize.

Member's Update:

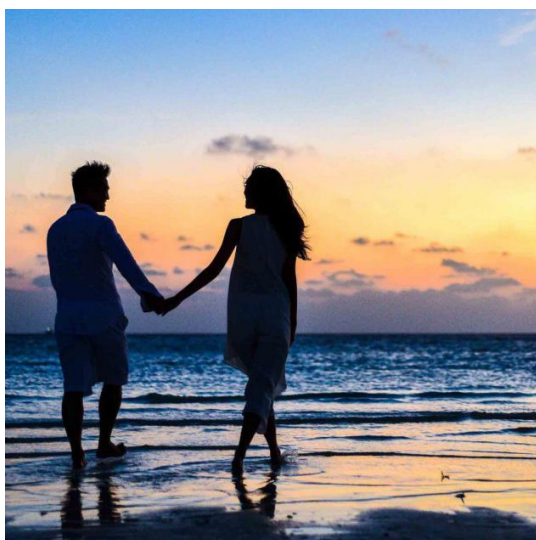
Hi everyone,

Thought I would send out a quick roundup of articles on stress and mood-related genes. No particular reason (*said with a touch of sarcasm*)... Just thinking that my UK readers are in lockdown again, my US members are stressing about our country, and my Canadian friends -- well, they are likely politely wishing for sunlight this time of year. Joking aside, I hope you find these articles helpful if you are dealing with anxiety, anger, or depression issues these days.

On a personal note, I'm going to be taking some time off later next week as we close on our house, pack a moving truck, and move cross-country. Please forgive me in advance if I'm slow with answering member questions and emails.

Stay sane,

~ Debbie



Updated article

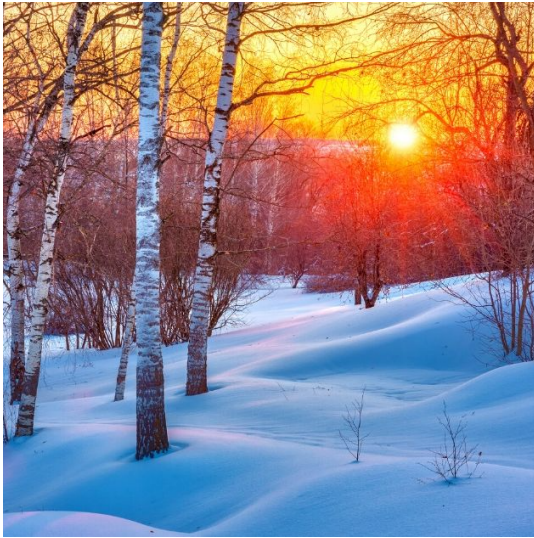
Lithium orotate and B12 make the world a happier place... for some people.

Let me cut to the chase:

- *for some people*, supplementing with low-dose lithium orotate helps with anxiety, mood, and anger issues,
- *for others*, lithium orotate supplements has little noticeable effect on mood.

This article explains the research on lithium, digs into some of the genetic connections, and explores the link to cellular vitamin B12 levels.

[Read the article...](#)



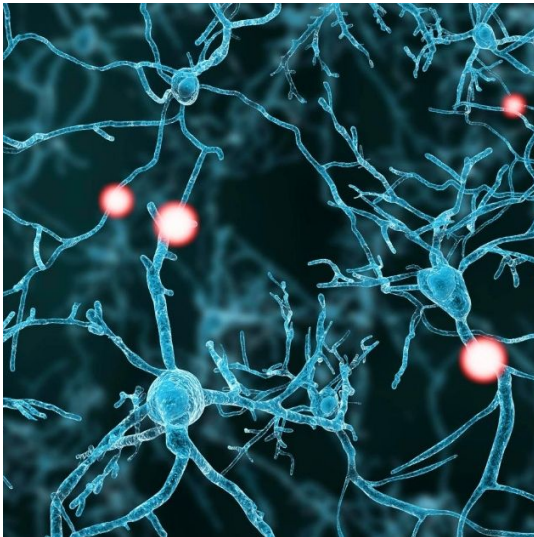
Physical basis for the winter blues

Genetics of Seasonal Affective Disorder

The Winter Blues... described as a low feeling, generally apathetic, blah, usually accompanied by changes in sleep. Seasonal affective disorder, or SAD, is a fairly common phenomenon in northern latitudes, affecting almost 10% of some populations. It is driven by genetic variants in the genes that influence responsiveness to light and circadian rhythm.

This article dives into the science of why seasonal affective disorder occurs, which genetic variants increase susceptibility to it and personalized solutions that may work for specific genetic variants.

[Read the article...](#)



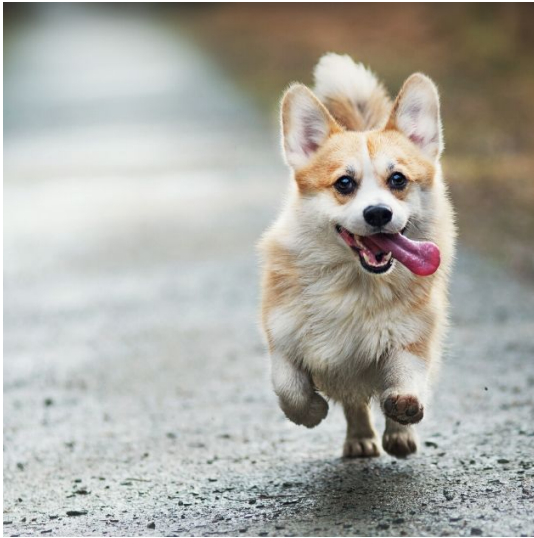
Calming the overactive brain (member's only article)

GABA, an inhibitory neurotransmitter

GABA (gamma-Aminobutyric acid) is a neurotransmitter that acts to block or inhibit a neuron from firing. It is an essential way that the brain regulates impulses, and low GABA levels are linked with several conditions including anxiety and PTSD.

This article explains the role of GABA in the brain - including how the neurons make GABA and the regulation of the amount of GABA inhibition. We will dive into the genetic variants that can alter your GABA levels and then finish with natural ways to increase GABA.

[Read more...](#)



New member's visual overview

Genetics and Anxiety

Did you know that about 1 in 5 people will deal with an anxiety disorder at some point in life? From generalized anxiety to separation anxiety to panic disorder – there are underlying physiological and genetic factors involved.

This article covers genetic variants related to anxiety disorders. This is a big topic, and new research is coming out all the time. The information presented here is for educational/informational purposes. Which means... learn all that you can about the physiological and genetic reasons for anxiety disorders, but do talk with your doctor before making any medical decisions.

[Read more...](#)

What I've been reading...

New York Mag: The Lab-Leak Hypothesis (by Nicholson Baker)

Nicholson Baker is an author who has written a number of books, including one that came out last year detailing information on biological warfare research and lab accidents in the US.

With this background, the author lays out a lot of information about the questions surrounding the origins of the SARS-CoV-2 virus (e.g. accidental release of a lab strain or is it straight from a bat).

It's an interesting article, and it raises some good questions about the origins of the current pandemic as well as the perils of current research.

I didn't come away with any solid answers, but I found the background information on the gain-of-function virus research to be fascinating. I had read research papers on the topic, but it was intriguing to learn about the people involved and the funding sources. The article is a long one, so save it for a time when you can read through the whole piece.

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