

Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

As we head into the holidays, some of you may find that you're not as young as you used to be... Perhaps climbing ladders to hang Christmas lights causes more creaking than it used to? Or maybe you would rather sit by a fire than hit the ski slopes?

We all get there. That point in life when the body starts to feel like it is falling apart.

The featured article below explains one reason for the gradual decline as we age: falling NAD+ levels. It's an article that I wrote a few years ago, but I recently updated it with new research studies.

If anyone is needing a last minute gift idea for a family member, I now have gift certificates available for [Annual Memberships](#) and [Top 5 Topics reports with memberships](#).

Grateful for all of you,

~ Debbie Moon



Boosting NAD+ to Reverse Aging?

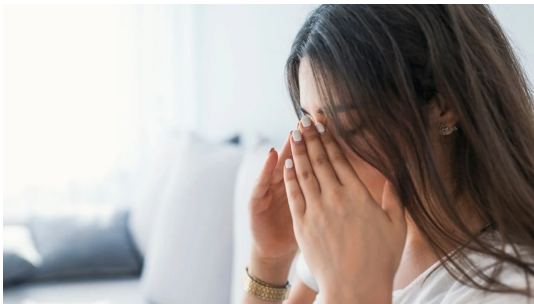
Overview of NR and NMN

Nicotinamide riboside (NR) and nicotinamide mononucleotide (NMN) have taken the longevity and anti-aging world by storm. With animal studies showing exciting results including reversal of age-related diseases, these supplements are an exciting glimpse into the future of reversing aging.

This article digs into the science of how NR and NMN work, the research that has been done on NR and NMN, and then explain the connections with sirtuins, PARPs, and aging. Also included is information on the genetic variants that impact the body's production of NAD+ and the relation to sirtuin gene variants.

[Read the article and check your genes](#)

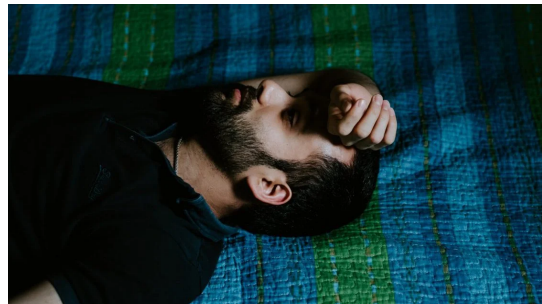
Recently Updated and Expanded



Genetics of Chronic Sinus Infections

About 10% of the population of Europe and the US have chronic sinus infections, known as sinusitis or rhinosinusitis. While most everyone has known the occasional sinus pain from having a head cold, for some people, this problem continues for months at a time.

This article looks at the genetic reasons driving some people to have chronic sinus infections.



Familial Mediterranean Fever: Mimics fibromyalgia, arthritis, inflammation

Familial Mediterranean fever (FMF) is a **genetic condition** of inflammatory episodes that cause painful joints, pain in the abdomen, or pain in the chest — often accompanied by a fever. This condition often shows up first in childhood with unexplained fever and aches and pains.

This article explains how to check your genetic data for Familial Mediterranean Fever mutations. People with familial Mediterranean fever can be misdiagnosed as having fibromyalgia, myofascial pain syndrome, or gouty arthritis. Genetic mutations can explain the recurrent episodes of pain.

What I've Been Reading...

1) [Refined peptide takes aim at root cause of Parkinson's disease](#)

From New Atlas: "Misfolding alpha-synuclein (α S) proteins are considered key players in the development of Parkinson's disease, giving rise to toxic clumps called Lewy bodies that kill off important brain cells. As such, a lot of research focuses on preventing this type of protein dysfunction, and scientists at the University of Bath have now made a breakthrough with the development of a finely engineered peptide, which produced "very exciting" results in early experiments."

2) [Microplastics increase immune response and decrease cell viability – at environmentally relevant levels](#)

Microplastics are tiny fragments of plastic that are found pretty much everywhere (bottled water, the ocean, inside fish, in your salt shaker...). Researchers have known for a while that microplastics are an environmental problem, but this new study shows that the problem extends to harming our health. The research showed that, at realistic exposure levels, microscopic plastic particles increase inflammatory cytokine production by cells. Irregularly shaped microplastics cause cell death.

3) [3D portraits created from strangers' DNA collected from the trash](#)

An article from a few years ago in Forbes:

"Wherever you go, you leave behind a little bit of yourself. Hair, skin flakes, your saliva on a coffee cup or cigarette. How much information do these traces hold? What if it was possible to recreate your likeness based on the DNA you leave behind?"

Artist Heather Dewey-Hagborg has been exploring these ideas through her piece Stranger Visions. In 2012, she collected chewing gum, cigarette butts and other discarded items from public places in New York City, and used these to create a series of 3D portraits based on the DNA from these found objects."

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Cameron, MT

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