

Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

My latest article on coronary artery disease is finally published. It took me longer than planned because it turned out to be a huge topic! There is so much written about heart disease on health websites, and much of it is vague and, frankly, not up-to-date. I finally sorted through the research studies and put together what I hope is a coherent overview of the root causes of coronary artery disease as well as the genetic variants that increase the risk.

Coming next week: a new article on sudden hearing loss as well as a quick overview of my success (and failure) with making my own gummy supplements.

Stay well,

~ Debbie Moon



Latest article

Your Genes and Coronary Artery Disease

Does heart disease run in your family? I bet that most of us can think of at least one older relative who died from heart disease. It is the number one cause of death worldwide.

Coronary artery disease is what most people think of as heart disease. It's a huge topic, and one that is vaguely understood by most people (and often poorly explained by doctors.)

I'm going to dive in and try to explain the most recent research on coronary artery disease. I'll cover how your genetic variants influence your risk for coronary artery disease and then give multiple solutions. If you have heart disease, I encourage you to read the research studies, talk with your cardiologist, and make informed decisions on what is the best path for you.

Research shows us that coronary artery disease is about 50-60% heritable. This means that genetics is important, but so are lifestyle factors. For some of us, a 'heart healthy' lifestyle is *really* important for preventing heart attacks and death.

[Read the full article](#)

What I've Been Reading...

1) [Preschool-aged kids react strongly to light at night.](#)

This new study on light exposure at night shows that younger kids are extremely susceptible to melatonin suppression. One hour of bright light at night before their normal bedtime suppressed melatonin levels by 70-98%! Dim the bright overhead lights and shut off electronics for your kiddos well before bedtime.

2) [Comprehensive investigations revealed consistent pathophysiological alterations after vaccination with COVID-19 vaccines](#)

A study in *Nature* shows the systemic effects of the covid vaccine, in addition to creating neutralizing antibodies. Notable were changes in coagulation, hemoglobin A1C, and increased inflammatory signaling - which was similar to what is seen in COVID-19 patients.

3) [Transplant of a genetically-modified pig heart into a human](#)

This Science Daily article explains a breakthrough in transplant technology. A patient who was ineligible to receive a traditional heart transplant volunteered to receive a pig's heart. The pig's heart had been genetically modified to delete three genes that are often responsible for the immune system rejecting the transplanted organ. Additionally, six human immune response genes were

added to the pig's heart. It will take time, of course, to know whether the transplant will be successful long term.

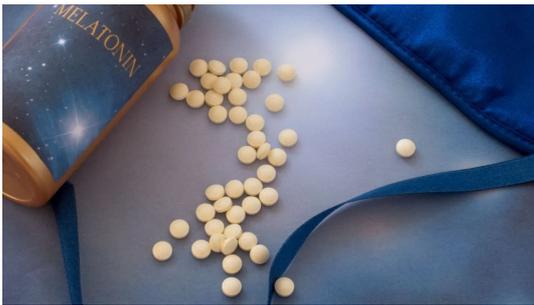
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Thank you!

Articles that you may have missed...

The articles no one is reading, but should be...



Way more than sleep...

Supplemental Melatonin: Immune system superstar

At the top of my supplement list is melatonin, and it has nothing to do with how well I sleep! Instead, the benefits of this 'sleep hormone' are many and varied, including boosting immune function, preventing Alzheimer's disease, and staving off osteoporosis.

This article explains how your body makes melatonin, the decrease in production with aging, the latest research studies on supplemental melatonin, and genetic variants



Ancestral Diet: Omega-3 and Omega-6 Fatty Acids Impact the FADS1 gene

At one point, researchers thought that butter would give you a heart attack. Therefore, we should only cook with ~~Criseo, vegetable oil, canola oil,~~ olive oil. Wait — everyone is switching back to butter now... while eating flax seeds for their omega-3s.

Am I the only one who is confused about which kind of fat or oil is the best?

It turns out, like most things, that the answer to the 'best type of fat' question *depends on your genes.*

that impact how melatonin works for you. Stick with me, it's a long one...

Most people carry genetic variants enabling them to use plant-based polyunsaturated fatty acids. What is thought to be the **ancestral genotype** shows up now in a minority of people. This genotype **makes the reliance on plant-based fats a poor choice** when it comes to brain-healthy DHA and EPA.

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Somewhere cold, MT

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