

Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

Even with the joy of seeing family and friends, the holidays can often be stressful. Traveling adds to that stress, whether fighting snow and traffic on the roads or the holiday chaos at the airport.

Two things are likely with stress or traveling for me: getting sick or getting a migraine. What these two things have in common is that being prepared makes all the difference.

This week's featured article (below) is on migraines. If you get migraines, understanding your genetic susceptibility may lead to better prevention options. For example, one migraine-related variant is in the gene for breaking down histamine. Knowing this, you can make choices at holiday parties or when traveling to avoid high histamine foods and (hopefully) a migraine the next morning.

The time to read about migraines is before you get the migraine. If you're like me, attempting to read about migraine solutions when you have a migraine never goes well! Be prepared with whatever remedy works for you: peppermint oil, migraine meds, heat, pre-emptive aspirin, riboflavin, etc...

Holiday stress can also suppress your immune system, leaving you vulnerable to a cold, the flu, or... the omicron.

Again, being prepared can make all the difference. If you have a tried-and-true way of fighting colds (vitamin C, zinc, herbal tea?), then make sure you have those things at hand.

Below are links to the member's ebook summarizing research on some of the natural early treatment options for SARS-CoV-2. Additionally, I just published a quick article on the research studies on gargling as a preventative for upper respiratory infections. I am in no way wanting to give medical advice (talk with your doctor, if you have medical questions!). Instead, I'm sharing the results of clinical trials and research studies so that you can choose the best options for yourself for both prevention and early treatment of respiratory viruses.

Wishing you all the best,

~ Debbie Moon

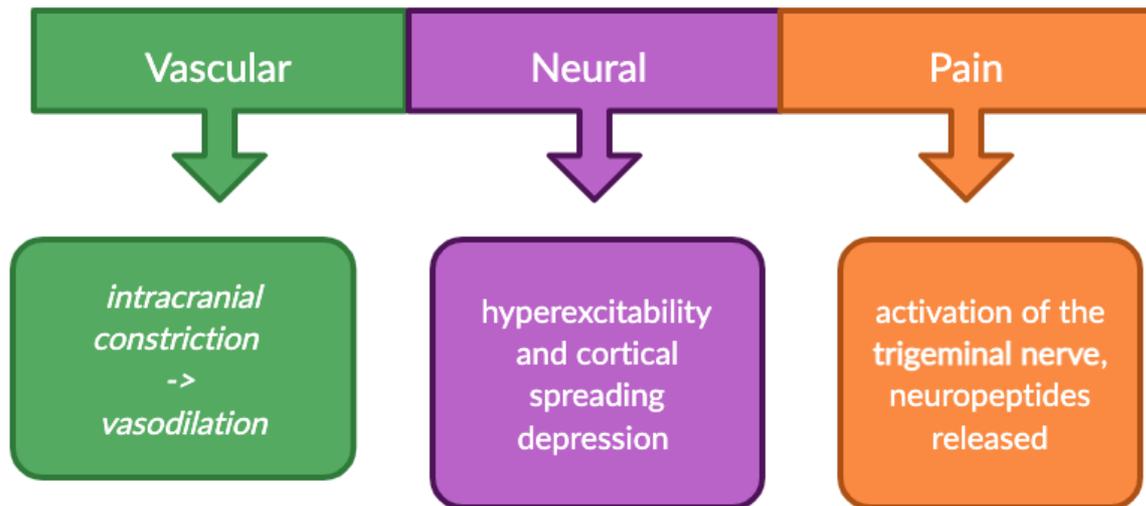
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Member support keeps the website free of advertising, trackers, and financial bias. Your financial support lets me reach over 1,000

people a day with straightforward information they can use to improve and optimize their health.

Thank you!

What's going on in a migraine?



Updated with Member's Blueprint

Hacking your migraines: genetics and solutions

Migraines plague more than a billion people worldwide and affect women three times more often than men.[\[ref\]](#) That is a lot of people who know the pain, mental fogginess, sensitivity to light, and overwhelming desire to crawl into a dark hole and hide from the world.

This article explores current research on why migraines happen and how genetics influences your risk of migraines. Understanding where your genetic susceptibility lies can help you target solutions to try. The article ends with Lifehacks - research-backed solutions combined with genetic connections. My hope is that you can use this information to find relief from the misery of migraines.

Let's all stay well this holiday season!



Research Studies on SARS-CoV-2 Treatment Options (pdf)

This PDF is a Member's Summary eBook of the Genetic Lifehacks articles on SARS-CoV-2 research studies on natural treatment and prevention. It is fully referenced with clinical trial and study information. Links to the full articles and the research studies are provided, and you are encouraged to read the research yourself. My goal is simply to provide you with easy access to the information so that you can make informed decisions on what's best for you.



Gargling: Clinical trials on reducing respiratory infections

For many, gargling or swishing with mouthwash is a habit associated with fresh breath and clean teeth. But in some Asian countries, gargling is a traditionally way to cut down on colds and the flu – and it actually seems to work.

Research studies and clinical trials show that gargling decreases colds, flu, and SARS-CoV-2 – reducing the risk of catching the disease, severity of the disease, and (importantly) spreading the virus to others. In this quick article, I'll explain some of the research, and then let you decide whether gargling is worth a shot.

What I've Been Reading...

1) [Role of the T cell vitamin D receptor in severe COVID-19](#)

This research study explains why vitamin D is important in the immune response for SARS-CoV-2. From the study in *Nature*: "New research provides evidence of an impaired vitamin D gene signature in CD4+ T cells in patients with severe COVID-19. Mechanistically, it is shown that vitamin D alters the epigenetic landscape of CD4+ T cells, as well as inducing key transcription factors such as STAT3, BACH2 and JUN that reduce levels of IFN- γ and increase IL-10. These changes generate pro-resolving TH1 cells that may be beneficial in resolving or preventing severe COVID-19."

2) [Macrophages transfer mitochondria to sensory neurons to resolve inflammatory pain](#)

For anyone wanting to dig deep into how pain from inflammation resolves, this new study explains how mitochondria are transferred from macrophages into neurons to resolve pain. This could be important research for people with chronic pain conditions or even peripheral neuropathy. The full study in *Cell Neuron* is behind a paywall, but the preprint of the study is available in full on [BioRxiv](#).

3) [Neuronal DNA Damage Trigger Sleep](#)

Another important new study shows that one reason we need to sleep is to repair neuronal DNA damage.

Highlights of the study:

- Neuronal DNA damage triggers sleep
- Sleep increases DNA repair and reduces cellular homeostatic pressure
- Activity of the DNA damage detector Parp1 increases with sleep deprivation
- Parp1 activity promotes sleep, chromosome dynamics, and DNA repair

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Somewhere cold, MT

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