

# Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

The new year always brings resolutions and planning, and I've been having fun brainstorming ideas for making Genetic Lifehacks better.

My goals this year for Genetic Lifehacks include adding more value to what you get for your membership:

- courses (check out the [Getting Started course](#) if you are new to genetics)
- new articles (deep dive on coronary artery disease coming soon - there's a lot more to this topic than I realized!)
- more eBooks (like [Snips about SNPs](#))

I'm also revisiting previous articles to update with new research and expand the Lifehacks sections with member's only information and details.

I need your help, though, for one goal: **reaching more people.**

If every member could tell a friend about Genetic Lifehacks or post something on social media, I would really appreciate it.

Happy New Year! I hope 2022 brings all the best to you.

~ Debbie Moon



# Reactions to Antibiotics: Genetic Susceptibility

Imagine being sick, feeling like a truck ran you over... You head to the doctor and receive a prescription for an antibiotic. After dragging yourself through the pharmacy drive-through, you go straight home and take your first dose, expecting relief to soon follow. But low and behold, a little while later you're covered with an itchy rash and on the phone with your doctor about a possible antibiotic allergy.

Allergic reactions to antibiotics are fairly common, and many children are diagnosed each year with allergies to different antibiotics.

Genetics plays a role in who is more likely to have an allergic reaction to antibiotics, but genetics isn't the only reason. This article digs into the research on antibiotic adverse reactions and the genetic variants that increase the risk.

This article is for general informational purposes. Talk to your doctor and pharmacist if you have questions about specific medications.

[Read the full article](#)

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## What I've Been Reading...

### 1) [The nasal microenvironment](#)

There's more to the nose than just breathing and smelling. The nasal cavity is our most important line of immune defense against airborne pathogens. This [article in Nature](#) explains (in great depth) the innate and acquired immune response in the nose - and why it is important in SARS-CoV-2 response. Beyond Covid, though, the article is an excellent reminder of why breathing through the nose is important in keeping us healthy.

If you want to learn more about breathing through your nose (instead of mouth breathing), this [podcast interview with James Nestor](#) is interesting - and a lot less complicated than reading the Nature article :-)

### 2) [Epigenetics and Type 2 Diabetes](#)

This article explains a new study on identical twins where only one of the twins had diabetes. The results show epigenetic changes in the way that cells take up glucose.

### 3) [The fungal mind: on the evidence for mushroom intelligence](#)

From the article: "Given the magical reputation of the fungi, claiming that they might be conscious is dangerous territory for a credentialed scientist. But in recent years, a body of remarkable experiments have shown that fungi operate as individuals, engage in decision-making, are capable of learning, and possess short-term memory. These findings highlight the spectacular sensitivity of such 'simple' organisms, and situate the human version of the mind within a spectrum of consciousness that might well span the entire natural world."

I love to hear from members! If you come across a great article on genetics or biology, please feel free to share it with me :-)

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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!**

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## **Genetic Lifehacks**

Somewhere cold, MT

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