

Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

February is heart month, and this issue of the newsletter focuses on genetic links to a healthy cardiovascular system. I've published a short new article on genetics and ferritin levels - both high and low ferritin. I've also linked to my article on iron-overload. Balance is key! Iron is essential, but also something you don't want in excess.

Also highlighted below is an article on genetic risk factors for blood clots. If you haven't already read it, take a minute today and check your genetic variants related to clotting and deep vein thrombosis. Knowing your risk factors here can give you a 'heads up' to be on the look out for signs of a clot. Additionally, I also have a short new article highlighting the genetic mutations linked to a bleeding disorder called von Willebrand disease.

Finally - I had a suggestion from a member to change the font color of the newsletter to be black instead of dark grey. She was having a hard time reading it. I love that type of feedback! If you have a suggestion that will make it easier to use this newsletter or the website, just hit reply and send me your thoughts. While I don't always get time to answer everyone, I do read every single reply to this newsletter.

Stay healthy and well!

Debbie

Thank you for being a member!!

Your membership directly supports [Genetic Lifehacks](#), keeping the website free of advertising, financial bias, and data harvesting.

Your support allowed over 10,000 people this past week to learn about their health and their genes. Thank you!

Iron and Ferritin



New article!

Genes that impact ferritin levels

Your body relies on iron as a way to carry oxygen — it is vital and yet only needed in limited amounts. Serum ferritin levels are one way of measuring the amount of iron in your body, and altered lab results can indicate an underlying problem.

This article explains ferritin test levels, genetic variants that impact ferritin, and how to increase ferritin with supplements or foods.



If you haven't already read this....

Building Up Iron: Hemochromatosis mutations

Hemochromatosis is a fairly common genetic disease that causes iron to build up in the body. Knowledge is power here! Knowing that you carry the genetic variants for hemochromatosis can **literally add years to your life** since you can prevent the buildup of iron by giving blood.

Clotting factors



7 genetic variants that increase your risk of blood clots

This article covers six different genes and the seven genetic variants that increase the risk of blood clots. It is a timely topic —



New article!

von Willebrand Factor Deficiency

von Willebrand disease is a bleeding disorder in which blood doesn't clot properly. It is due to

blood clots seem to be a serious complication from the SARS-CoV-2 spike protein.

genetic mutations that cause the von Willebrand factor not to perform as it should.

What I've Been Reading...

1) How the CDC Abandoned Science

This article gives an overview of statistical flaws in several of the CDC's recent headline-grabbing publications. I'm including the article link here not to be political, or really even as an endorsement of the article.

Rather, I'm including it because I think it is really important that anyone can thoughtfully critique a scientific study or a public health policy -- and it is essential that I am allowed to freely share such an article with my newsletter readers.

The reasoned debate of scientific ideas is a foundation of science, and the right to criticize a governmental policy is foundational to a free society.

I bet all of you can think of many things that you have disagreed with in the past regarding public health policy, nutrition science, and, well, lots of other things the government does.

Why am I yammering on about this?

The US Department of Homeland Security has published a new summary of terrorism threats in the US.

In it, the top terrorism threat is "an online environment filled with false or misleading narratives and conspiracy theories, and other forms of mis- dis- and mal-information (MDM)". It further explains that the terrorism threat is "the proliferation of false or misleading narratives, which sow discord or undermine public trust in U.S. government institutions", with further details saying that the heightened terror threat includes "misleading narratives regarding ... COVID-19". I had never actually heard of the term "malinformation" and clicked on the DHS link to find out what it is. For anyone else unfamiliar: "Malinformation is based on fact, but used out of context to mislead, harm, or manipulate." This new word seems to cover a range of actions, from lying with statistics to simply pointing out factual information that is contrary to what a governmental institution is recommending.

I am deeply concerned that the US government is labeling people as terrorists for discussing factual information that goes against the current 'narrative' on this pandemic or any governmental policy.

2) The potential of outdoor environments to supply beneficial butyrate-producing bacteria to humans

Butyrate is a short-chain fatty acid that is important for health. It is produced in the large intestines by certain gut bacteria. This new study implies that a lack of outdoor environmental exposure is detrimental due to missing out on butyrate-producing bacteria. In other words, our ancestors spent a lot more

time in contact with the soil and eating vegetables that had a little of the soil microbiome still clinging – thus, they had more butyrate-producing bacteria in their gut microbiome.

3) [Texas Lawsuit Claims Facebook's Facial Recognition Violated User Privacy and Broke the Law](#)

This Gizmodo article explains a lawsuit by the state of Texas against Facebook (Meta) for using facial recognition data on millions of users without consent. Essentially, Facebook used biometric identification software on photos uploaded by users, and they shared that data with third parties.

The use of photos posted online for facial recognition isn't new nor limited to Facebook. Here's a [NYT article on Clearview AI](#) that explains how images scraped from the web are assimilated into a huge facial recognition database that is then sold to law enforcement agencies. Now think about what a company could do with biometric data, mobile tracking, online history, and your genetic and health data...

Genetic Lifehacks

Snowy and beautiful, MT

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