

# Genetic Lifehacks

Learn. Experiment. Optimize.

Hi there,

This week's new article is about two natural supplements, nattokinase and lumbrokinase, which can break apart fibrin in blood clots. The article was prompted by recent questions from a couple of members. I'm always happy to take article suggestions from members :-)

Keep in mind that my articles on supplements are just presenting peer-reviewed research studies and clinical trials. I'm not trying to recommend or get you to buy anything. Instead, I want members to understand the research, good and bad, on a supplement before making a decision on whether it is right for you.

Gratefully yours,

Debbie

**Thank you** for supporting Genetic Lifehacks through your membership! If you ever have a problem with your membership and need help, please don't hesitate to email me at [debbie@geneticlifehacks.com](mailto:debbie@geneticlifehacks.com).

**Did you know?** When you're logged in as a member, you are seamlessly viewing the member's only sections of articles.



Member requested article:

## **Nattokinase and Lumbrokinase: Natural fibrinolytics**

When it comes right down to it, blood clots are a top cause of death worldwide (heart attacks and strokes). We do all kinds of things to live a long, healthy life, but what if there were more that we could do to 'stop the clot'?

This article digs into the research and clinical trials on two natural ways to reduce clotting: nattokinase and lumbrokinase.

Talk with your doctor for medical advice on whether natural fibrinolytics are the right choice for you. Everyone is different, and the information here is just a recap of peer-reviewed research studies.

[Read the full article](#)

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## **Antioxidant Supplements**

Member's articles that examine the research on natural anti-inflammatories and antioxidants.



### **Hesperidin: An anti-inflammatory and immune boosting citrus flavonoid**

In a nutshell, the anti-inflammatory flavonoid found in citrus called hesperidin may help with cardiovascular health and prevent neuroinflammation.



### **Fisetin: Antioxidant and Senolytic**

This article delves into the recent research on a natural compound called fisetin that may prove to be a key anti-aging component.

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## **What I've Been Reading...**

### 1) [Clock Work: Deconstructing the Epigenetic Clock Signals in aging, Disease, and Reprogramming \(BioRxiv\)](#)

Preprint by Yale aging researchers (Morgan Levine, et al) explaining the complexity of the epigenetic clocks as a way of measuring aging. You may have seen 'biological clocks' or 'epigenetic aging' tests advertising that they can give you your biological age (as compared to your chronological age). Some people use this as a way to see if their healthy lifestyle is paying off. This preprint dives into the details on what epigenetic clocks are measuring – and gets us one step closer to the tantalizing idea of being able to reverse cellular aging without promoting cancer growth.

### 2) [Largest bacterium ever discovered \(Science\)](#)

This newly discovered bacterium is visible to the naked eye and grows up to 2cm in length. Additionally, the bacteria are different from other bacteria in that the DNA is encased in a membrane, kind of like a nuclear membrane. Prior to this it was thought that all bacteria (and archaea) had free-floating DNA. Additionally, this huge bacterium, named *Thiomargarita magnifica*, has a genome that is about 3 times larger than normal – with about 11,000 genes.

### 3) [Genetically modified non-alcoholic beer that tastes like real beer \(Genetic Literacy Project\)](#)

Using genetically modified yeast, researchers were able to reproduce the hoppy smell and taste of real beer. The biotech company EvodiaBio has come

up with the process, which makes non-alcoholic beer taste like real beer.

#### 4) [Effectiveness of the BNT162b2 vaccine among children 5-11 and 12-17 years in New York after the Emergence of the Omicron Variant](#)

The estimated Covid-19 vaccine efficacy in children against infection dropped is just 12% one month after being fully vaccinated. The study used data from NY and was done by the NY State Department of Health in December and January.

While the 12% efficacy of the vaccine made headlines in the New York Times, if you read the study, the data shows that children who were fully vaccinated for over 35 days were actually more likely to get Covid. Vaccine efficacy dropped to -42% by 42 days after being fully vaccinated (defined as two doses plus 14 days).

#### 5) [Boosting NAD+ blunts toll-like receptor-4 induced type-I interferon in control and systemic lupus erythematosus monocytes](#)

This new study in the Journal of Clinical Investigations shows that nicotinamide riboside (NR) modifies the autoimmune reaction going on in people with lupus.

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### **Genetic Lifehacks**

Snowy and beautiful, MT

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