Genetic Lifehacks
Learn. Experiment. Optimize.

Hi everyone,

Spring is finally here in the northern hemisphere, and along with warmer weather comes pollen and seasonal allergies for many.

Below are a couple of updated articles on grass allergies, allergy medication response, and sinus infections.

If you are looking for the 'glass half full' side of seasonal allergies, a research study published in the British Medical Journal found that allergies were associated with a decreased risk of COVID-19.

Thanks for being a member!

Debbie

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There is an affiliate program for members. I love it when members spread the word about Genetic Lifehacks, and you can earn 10% for everyone that you refer. Just use the link on the affiliate dashboard.

Allergies?

Grass allergies and genetics

Spring is in full force here! Time to dust off the lawn mower. As that smell of freshly-cut grass fills the air, many people also get watery eyes, runny noses, and itching from everything.

Speaking of smelling the grass… Did you know that some people can't smell the odor of freshly-cut grass? There is actually a genetic variant (not covered by 23andMe data) that prevents some people from experiencing that wonderful summertime smell.

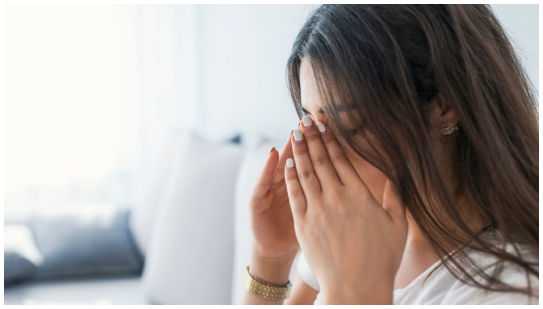
Read the rest of the article

Why Allegra Doesn't Work For Everyone

Ever wonder why a certain medication may work great for a friend and do nothing for you? Interestingly, it could involve specific genes that transport the medication into and out of your cells.

Let's take fexofenadine (Allegra) for example. You have watery eyes and a drippy nose during spring allergy season and take some Allegra to help with the symptoms. Once swallowed, that medication dissolves, goes through absorption, and then transports to the cells where it acts. Plus, it must stay inside of those target cells.

How the medication stays inside the cells – instead of being transported right back out of the cell – plays into genetics. Read the rest…



Genetics of Chronic Sinus Infections

Research studies on histamine intolerance and mast cells

About 10% of the population of Europe and the US have chronic sinus infections, known as sinusitis or rhinosinusitis. While most everyone has known the occasional sinus pain from having a head cold, for some people, this problem continues for months at a time.

This article looks at the genetic reasons driving some people to have chronic sinus infections.

Read the rest of the article

Inflammation, allergies, and histamine issues affect so many people today, irritating us with a variety of seemingly unrelated symptoms. The term 'histamine intolerance' applies to the symptoms that occur due to eating too many histamine-containing foods.

Symptoms of histamine intolerance include allergy-type symptoms (sinus drainage, itching, watery eyes, hives), gastrointestinal symptoms (diarrhea, stomach pain, heartburn, nausea), and brain-related symptoms (anxiety, insomnia, headaches).
Read the rest...

What I've Been Reading...

1) Eating vegetables does not protect against cardiovascular disease, finds large-scale study (*Frontiers In*)

A new research study shows that vegetable consumption doesn't actually impact cardiovascular disease risk. The study included 400,000 adults in the UK, where the average vegetable consumption was 5 tablespoons a day.

2) Fundamental cancer metabolism dogma revisited (*MassGeneral*)

Key takeaways from a new study on cancer cells shows:

- "Accelerated glucose uptake and metabolism, known as the Warburg effect, is a feature of a small group of non-dividing cells within a colon cancer tumor.
- Intestinal cancer cells rely on Warburg glycolysis to eliminate toxic reactive oxidative species, not to provide energy to rapidly dividing cells.
- Since cancer metabolism is a heterogeneous feature within cancer cells, new research and study tools are needed."

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Spring will be back next week, MT

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