

Genetic Lifehacks

Learn. Experiment. Optimize.

Hello everyone,

This week's article is one that I offer up (with a bit of trepidation) as a response to questions from several members who have had heart rhythm or blood pressure issues after vaccination and/or Covid. I hesitate to write about topics that some may consider controversial because I'm fearful of misunderstandings or being banned. But... I also want to be responsive to member questions and issues.

As I write about in the article, I find the newly published studies on mast cells, histamine, and the spike protein intriguing. Let me caution, though, that this is just the beginning stages of research -- more studies are definitely needed to fully understand what is going on.

Thanks for being a member,

~ Debbie Moon



Spike Protein, Mast Cells, Histamine, and Heart Rhythms

This article is a departure from my usual writings on how genetic variants interact with foods or health issues. Instead, I'm going to pull together recent research studies in an effort to puzzle out a cause of some of the constellation of issues surrounding long Covid and/or post-vaccine.

Let me set the stage: The stories that I've heard from friends, Genetic Lifehacks members, and via many online anecdotes often go like this:

After covid and/or after the mRNA vaccines, the individual starts having heart palpitations and a racing heart. Blood pressure shoots up periodically. Their heart rhythm issues are described as palpitations, PVCs, skipped beats, or a-fib.

The racing heart rate, or tachycardia, seems to happen randomly for some people – while driving, sitting around at home, or when exercising. For others, the tachycardia just happens when they stand up.

Accompanying these heart rhythm issues are a range of symptoms, including dizziness, tinnitus (ringing in the ears), chest pains, fatigue, muscle twitches, and just not feeling right. Some people end up in the ER or urgent care; others head to the cardiologist to get their heart thoroughly checked out with CT scans, stress tests, and holter monitors.

These anecdotal stories often wind up with... *The cardiologist says nothing is really wrong, and now I have a prescription for a blood pressure medicine.* It's good that there isn't heart damage, but it is frustrating for both the doctors and patients to have an unknown cause.

We take the rhythm of our hearts for granted. We expect it to carry on in a regular fashion, not too fast and not too slow. Although some people have naturally higher or lower heart rates and blood pressure, most of us who are still kicking today have a heart rhythm that stays in a normal range.

[Read the article, view your genes...](#)

What I've Been Reading:

1) [CDC Tracked Millions of Phones to See If Americans Followed COVID Lockdown Orders](#) (*Vice*)

From the article: "The Centers for Disease Control and Prevention (CDC) bought access to location data harvested from tens of millions of phones in the United States to perform analysis of compliance with curfews, track patterns of people visiting K-12 schools, and specifically monitor the effectiveness of policy in the Navajo Nation, according to CDC documents obtained by Motherboard. The documents also show that although the CDC used COVID-19 as a reason to buy access to the data more quickly, it intended to use it for more-general CDC purposes."

2) [Post-acute COVID-19 is characterized by gut viral antigen persistence in inflammatory bowel diseases](#) (*Gastroenterology Journal*)

This study on inflammatory bowel disease patients who had mild COVID showed that viral persistence was common. About two thirds of the patients still had the virus in their gut after 7 months.

3) [Bacteria and Me coloring book](#)

Here is a free coloring book for anyone interested in bacteria, cells, or just likes to color images for relaxation. This is also a great teaching tool for educators.

4) [Ancestry-inclusive dog genomics challenges popular breed stereotypes](#)
(Science)

In a nurture vs nature type of study, researchers looked at stereotypes of dog breeds based on owner questionnaires. They concluded that there isn't as strong a tie as previously thought between dog personality traits and breed.

Thanks for being a member!

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