

# Genetic Lifehacks

Learn. Experiment. Optimize.

Hi there,

Has anyone else noticed that there are a lot of websites that say the same thing these days?

I first noticed this for health-related topics about four years ago, and thought at the time that it was due to Google changing their search algorithm to hide alternative medicine sites. Lately, though, I've been frustrated by the sameness of the search results for all kinds of topics.

On a related note, I've been reading about improving my writing as well as improving article search rankings. Along the way, I've discovered a slew of new writing tools marketed as "AI content generation."

It turns out that you can now enter a few keywords and have entire articles generated automatically. Technology-wise, it really is pretty nifty. However, these AI-generated websites are why everything I search for seems to say the same thing. They are all just rephrasing and amplifying the same information.

My latest article on small fiber neuropathy is not AI generated. While it may not be as smoothly worded as the AI-generated articles, it will hopefully provide insight into what is an underappreciated health issue.

Thanks for being a member,

~ Debbie Moon

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## **Small Fiber Neuropathy: Genetics, Causes, and Possible Solutions**

In small fiber neuropathy, the tiniest nerve fibers break down and cause burning pain, numbness, odd sensations, or autonomic nervous system issues. Small fiber neuropathy is a type of peripheral neuropathy, but the symptoms can differ from what you would typically think of as neuropathy.

Many people with small fiber neuropathy (SFN) are misdiagnosed or have their symptoms dismissed. It is changing, though, as testing becomes more common and neurologists understand it better.

In this article, I'll explain what is going on at the nerve level in small fiber neuropathy. Genetics can play a role in who is more likely to get small fiber neuropathy when triggered by certain factors. I'll conclude by explaining the research on solutions that may work for people with different genetic variants. As always, my goal is to educate and inform you so you can talk with your doctor about solutions that are right for your situation.

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

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## Alpha-1 Antitrypsin Deficiency

A genetic mutation in the SERPINA1 gene causes alpha-1 antitrypsin deficiency. This deficiency increases a person's susceptibility to respiratory issues, COPD (chronic obstructive pulmonary disease) and, in some cases, liver dysfunction.

Member's only article

## Cystic Fibrosis: Check to see if you are a carrier

Did you know that up to 3% of the population carries one copy of a mutation for cystic fibrosis? Being a carrier of a cystic fibrosis mutation increases the risk of several diseases including pneumonia from respiratory viruses, pancreatitis, and male infertility.

Thanks for being a member!

If you enjoy Genetic Lifehacks, I would really appreciate you spreading the word to friends and family by posting articles that you enjoy to social media or by sharing the newsletter.

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Hasn't snowed in three days, MT

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