

# Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

I've received multiple emails over the last year asking about the 'mold genes'. I hadn't had a good answer to any of the questions, other than that the HLA types written about by the mold doctor aren't easily determined by genotyping.

In diving into this topic, I've taken the angle of looking at the mycotoxins we are exposed to via foods or through mold in a water-damaged building. Mycotoxins are toxins produced by mold, and they can cause illness in people (or animals) at very low levels of exposure.

An interesting example of a mycotoxin is the ergot compounds produced by a fungus that grows on cereal grains, like rye. It is theorized that ergot poisoning caused the disease known as St. Anthony's fire in the Middle Ages. Exposure to ergot can cause convulsions and hallucinations, along with restricted blood flow to the extremities which causes burning pain. Some scholars think that ergot exposure was also the cause of what went on in the Salem Witch Trials. [\[ref\]](#)

Gratefully yours,

~ Debbie Moon

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



## **Mold Genes: Your response to mycotoxins**

We are all exposed to mold, or fungus, on a daily basis. Fungi are important to life – they live on our skin, make our soil fertile, and help decompose organic matter.

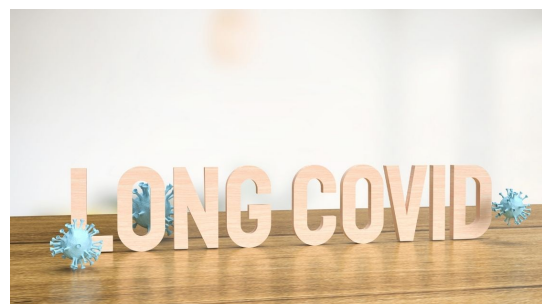
But for some people, exposure to certain kinds of mold can cause chronic, negative health effects.

This article explores the research on mold toxins and how these molecules affect our health. I'll explain the genetic variants involved in the body's detoxification process and then finish with what research and clinical trials show about supplements and lifestyle changes for healing from mold toxicity.

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



**Familial Mediterranean**



**Long Covid: Research**

## Fever: Mimics fibromyalgia, arthritis, inflammation

Familial Mediterranean fever (FMF) is a **genetic condition** of inflammatory episodes that cause painful joints, pain in the abdomen, or pain in the chest – often accompanied by a fever. This condition often shows up first in childhood with unexplained fever and aches and pains.

This article explains how to check your genetic data for Familial Mediterranean Fever mutations. People with familial Mediterranean fever can be misdiagnosed as having fibromyalgia, myofascial pain syndrome, or gouty arthritis. Genetic mutations can explain the recurrent episodes of pain.

## Studies; Possible Causes and Solutions

Long Covid is the persistence of symptoms after having COVID-19. It seems to affect both severe COVID-19 patients as well as people who had mild cases. Fatigue, brain fog, heart rate problems, and breathing issues are the most common symptoms, but the list of associated problems is varied and long.

This article digs into current research on long Covid. I'll explain the theories on the underlying causes and then review some treatments being researched. Finally, I'll include some genetic variants that tie into possible root causes of long Covid.

---

Love to read and discuss new studies on genetics?

I've started a [Reddit community for Genetic Lifehacks](#) with the goal of creating a space where members can post and discuss interesting new research.

---

### Genetic Lifehacks

Spring is here, MT

[Unsubscribe](#)