

Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

While listening to a recent podcast interview with Dr. Robert Plomin, I was struck by how far we've come with genetics and yet how little it has actually changed health and wellness for most people. Dr. Plomin is a geneticist and renowned psychologist who did the early twin studies on heredity, behavior, and development. He highlighted how difficult it was initially to study and talk about the role of genes in intelligence and behavior.

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There are parallels between the way Dr. Plomin described the initial resistance to researching genetic influences on cognition and personality, to now (50 years later), with the influence of genetics and physiology still glossed over for almost all health topics.

I'm grateful for the opportunity to present the nuanced and in-depth information on how your genes shape who you are. And I hope you share with others what you learn -- pass along the passion for going a little deeper into the research on health and wellness.

If anyone is interested in listening to the podcast interview with Rober Plomin, it was the Triggernometry episode "How Your DNA Made You Who You Are".

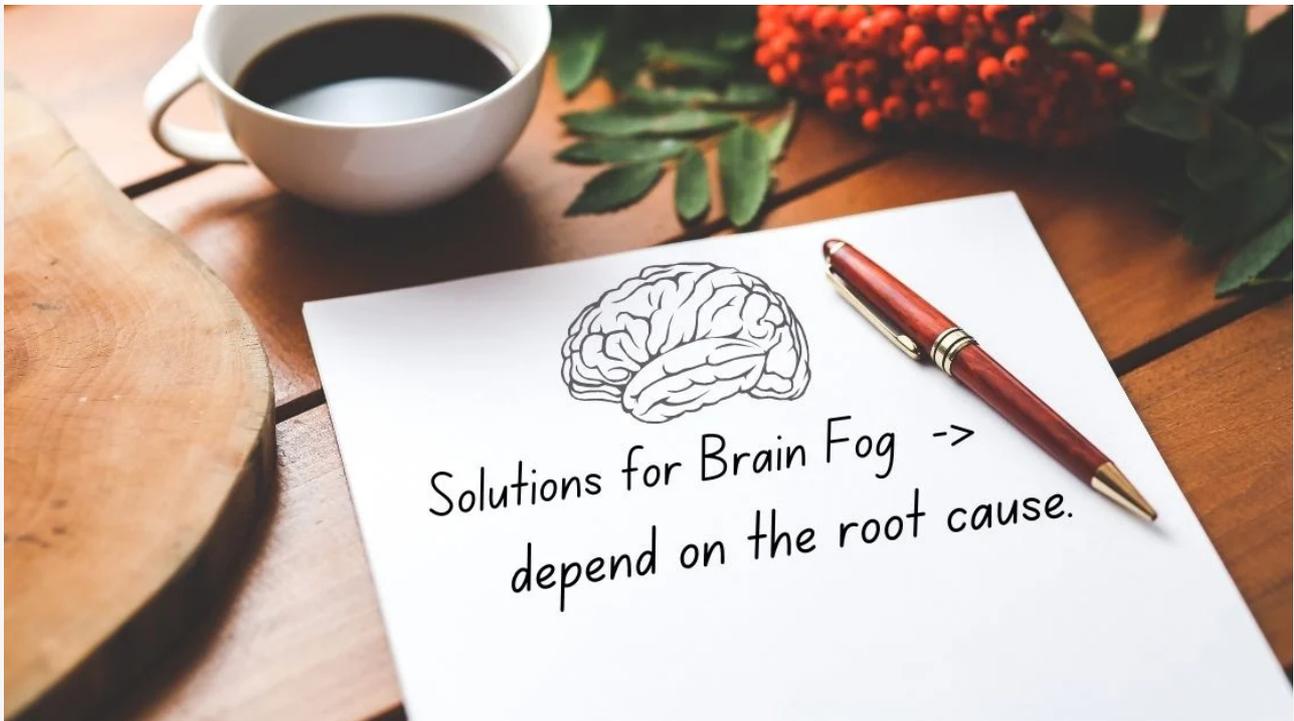
Gratefully yours,

~ Debbie Moon

Member Update:

Thanks so much to everyone who submitted a response to the survey on what to write about next.

Next week, look for a new article on how genetics plays a role in the response to acupuncture (and how mast cells are a key to why acupuncture works). I am also collaborating on an article about primary sclerosing cholangitis with a member.



Brain Fog: Causes, genetics, and solutions

Brain fog is a term that is hard to define (especially if you currently are dealing with it!). People describe it as having trouble remembering words or names, having difficulty with multitasking, being forgetful, being inattentive or uninterested in things, or just having hazy thinking.

Researchers describe brain fog as: "cognitive dysfunctions such as memory loss, speech deficit (lack of words, problems with fluency), and a decline in performance and learning abilities." [ref]

Let's explore brain fog in detail, looking at the physiological causes, genetic susceptibility, and personalized solutions.

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

Cognitive Function



Nootropics and Genomic Interactions: Smart Drugs and Your Genes

Nootropics are supplements used to boost cognition and memory. In other words – smart drugs.

This article covers published research studies on several popular nootropics. I'll explain the research on how the substance works and the genes connected to the mechanism of action.

Let me be upfront, though...

Research directly connecting genetic variants to whether a smart drug will work for you is slim. Instead, I'm connecting some dots and giving you the background information to start your research and experimenting.



BDNF: introversion, stress resilience, cognition, and depression

Brain-derived neurotrophic factor (BDNF) is a protein that



Psychopath Genes: Born not made?

Can you be born a psychopath? The Encyclopedia Britannica explains that "...psychopaths are born, and sociopaths are made." [ref] Does this mean that if you are born with certain genes, you are destined to be a psychopath?

Exploring the genetics research on psychopath genes paints a different picture. This article explains the differences in psychopath brains and the multiple genetic variants linked to psychopathy.



Is inflammation causing your depression and anxiety?

For many people, depression and anxiety impact their life on

works in the central and peripheral nervous systems to promote nerve function and growth. It also works in the neurons of the brain both in forming neurons and in long-term memory formation.

a daily basis. Pharmaceutical options often provide much-needed relief for some, but others struggle with what is often labeled 'treatment-resistant depression'. Finding your underlying physical cause of depression or anxiety may lead you to the solutions that are right for you.

Chronically elevated inflammation causes depression and anxiety, for some people, and genetic variants impact your risk of chronic inflammation.

Health professional? Family health guru?

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Genetic Lifehacks

Unbelievably beautiful right now, MT

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