

Genetic Lifehacks

Learn. Experiment. Optimize.

Hi there,

At the beginning of the summer, I posted a survey to see what members were most interested in reading about. Long Covid and spike protein were at the top of the list, and I've been reading through the extensive research on the topic. Hopefully, I'll have that article ready to publish by next week. It has turned into a Goliath of a topic!

I'm bringing this up because the spike protein research has taken me down several side paths into immune system function and endothelial function. Today's featured articles are on those two topics.

The new article on the IL13 genetic variants dives into how the immune system balances T helper cells between the Th1 and Th2 systems. Th2 dominance is associated with allergies and asthma, so if you have either, you'll want to be sure to read the IL13 article.

The second article is a vast expansion of my MTHFR article, including variants other than C677T and A1298C.

If you haven't already taken a deep dive into the folate cycle, this article is where you should start.

For those of you who are already MTHFR experts, I wanted to call your attention to a brand [new study](#) that found that people with the MTHFR C677T variant have an elevated risk of endothelial dysfunction even when their homocysteine levels are normal. The researchers found that SIRT1 was downregulated, and resveratrol may help to reduce the endothelial dysfunction.

Gratefully yours,

~ Debbie Moon

Looking for more help with your genetic data?
Check out the [Practitioner Directory](#) for professionals who
understand genetics and health.



IL-13 Variants & Th2 Dominance

New article!

IL13 Genomics: Elevating Th2 Immune Response

Do skin allergies or asthma run in your family? One genetic component to allergy susceptibility is IL-13, an immune system protein.

This quick overview explains how IL-13 can shift someone towards a higher Th2 immune response. I'll cover the genetic variants in IL-13 that can elevate that response, and I end with natural supplements that can counteract this effect.

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



MTHFR: Optimizing health

The MTHFR gene is important for how your body utilizes folate (vitamin B9) for creating neurotransmitters, detoxifying toxicants, and maintaining a healthy heart. Genetic variants can impact how well this gene works.

This article shows you what to check your raw data, and then it explains the scientific research on the MTHFR variants. At the end of the article, you will find solid, **evidence-based, lifestyle solutions** for optimizing for the MTHFR variants.

Frankly, there is a lot of misinformation on the internet about the MTHFR gene mutations, so I'm going explain the peer-reviewed research studies here. I'll end with a clear explanation of ways to optimize your diet (or supplements) if you carry MTHFR genetic variants.

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

Member Stories:

Often hearing someone's story about how they have optimized their health can help to inspire and light the way for your own journey. I'm going to be sharing stories that member submitted stories periodically in this email newsletter.

"Hi Folks!

Awhile back I read an article about selenium on Genetic Lifehacks. I had been considering taking it for a chronic health condition that is said to be improved by taking selenium. So when I saw an article here on Selenium of course it

caught my eye! I happened to notice Debbie's warning to get tested prior to selenium supplementation as it can cause selenosis, which is very very bad! In all the articles I saw around the net advocating selenium supplements, not one that I read suggested getting tested due to the selenosis danger. So before plunking money on the counter for selenium, I asked my primary care if she would order a selenium test for me. I think she thought me a bit cray cray as she said no one had Ever asked for one of those tests in 15 years & she'd never seen anyone with either low or high levels of selenium. Nonetheless, she kindly ran one. Good thing too, turns out, I had Elevated levels not Low levels! So I Definitely didn't need to supplement! Thanks for helping me potentially avoid selenosis! :) "

Share your Genetics Story

Genetic Lifehacks

Thankful for wildland firefighters, MT

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