

# Genetic Lifehacks

Learn. Experiment. Optimize.

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Hi there -

Two articles for you to read this week.

The first post is about how to save a ton of money on supplements by making use of your Genetic Lifehacks membership. I outline five examples so you can start tailoring your vitamins based on your genetic information.

The second article is an expansion of my article on GABA and GABA receptors. When writing the article initially, I focused on GABA in relation to neurotransmitters, anxiety, and mood issues. Recently, I was sent a link to a [preprint on using GABA for Covid](#) (animal study). Exploring how GABA functions to modulate immune response led me to write more on how GABA impacts inflammatory cytokines and autoimmune disease risk.

*Member Stories:* I'm collecting member stories to share how people are applying what they've learned from Genetic Lifehacks. Seeing how others apply genomics in their daily lives can be enlightening. Your story may be the key that someone else needs to read. Please [add your story here](#).

Gratefully yours,

~ Debbie Moon

Members: Share your story!



**Save money ...  
on your supplements**

## **Using Genomics to Save Money on Supplements**

Did you know that your Genetic Lifehacks membership can save you a ton of money on supplements?

I've heard time and again from members that they have used their genetic data to dial in the essential vitamins – and jettison the unnecessary supplements.

Let me give you five quick examples of how you could use your genetic data to dial in which supplements are worth trying and which ones to skip for now.

[Read the article, save some money...](#)



## **GABA levels: Genetics, Anxiety, and Immune Response**

GABA (gamma-Aminobutyric acid) is a neurotransmitter that acts to block or inhibit a neuron from firing. It is an essential way that the brain regulates impulses, and low GABA levels are linked with several conditions including anxiety and PTSD.

This article explains the role of GABA in the brain – including how the neurons make GABA and the regulation of the amount of GABA inhibition. But there is more to the GABA story than just neurons in the brain – GABA also affects the immune system response, autoimmune diseases, and more. We will dive into the genetic variants that can alter your GABA levels and then finish with natural ways to increase GABA.

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

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What I've Been Reading...

[Dairying, diseases and the evolution of lactase persistence in Europe](#)

This brand new study is causing biologists to rethink their assumptions as to why people with European Caucasian backgrounds are likely to be able to easily digest milk as adults (called lactase persistence).

For most population groups around the world, the production of lactase (enzyme that breaks down lactose) stops during childhood. Europeans, though,

have a high percentage of the population with a genetic variant that causes lactase to still be produced as an adult (lactase persistence).

Traditionally, researchers thought that lactase persistence arose due to people with the mutation being more likely to survive with the ability to drink milk as a source protein/nutrients. Alternatively, it was also thought that the increased calcium from milk helped to offset the lack of vitamin D from decreased sunlight in northern Europe. It now seems that neither of those explanations fully explains the big genetic shift to lactase persistence.

The researchers looked at residue from ancient pottery and did DNA testing on ancient remains. The study shows that drinking milk was common for thousands of years before the lactase persistence variant came to prominence in the European population (around 7,000 years ago). Their new theory is that the variant for lactase persistence came into prominence due to the disadvantage of having lactose-induced diarrhea during times when pathogens were present. While having a bit of digestive trouble with milk is tolerable when you're healthy, consuming milk while already dealing with either famine or an intestinal pathogen could tip someone over the edge, if they were lactose intolerant. But for someone with the lactase persistence variant, they would still be able to consume milk, a good source of nutrition, without triggering diarrhea.

You can check your genes for the [lactase persistence variant here](#). And yes, I'll get that article updated soon with the new research...

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## **Genetic Lifehacks**

Watching out for grizzlies, MT

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