

# Genetic Lifehacks

Learn. Experiment. Optimize.

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Hi there,

This weeks new article is on Genetic Superpowers :-) Yeah, it is a cheesy title, but I wanted to put the focus on how awesome you are.

So often I read about someone claiming they have "bad genes" or "dirty genes". I've probably even said it myself. However, genetics is all about trade-offs rather than about dealing you a bad hand.

Let me give you an example: Say you have genetic variants that may make you more susceptible to chronic inflammation, especially if you are eating a junk food diet. You may claim "bad genes"! But these are the same changes to inflammatory genes that allowed your ancestors to survive leprosy or cholera. So, instead of lamenting the [chronic inflammation genes](#), be happy your relative survived so that you are here kickin' today... And then apply the research on how to [combat inflammation](#).

~ Debbie Moon



## Genetic Superpowers Report

Do you have “good genes”? That is a question that comes up a lot – and means something different to everyone. For some, the term “good genes” means that they are tall, good looking, and have good teeth. Others may prioritize intelligence or emotional IQ.

From a genetics point of view, most variants have positive and negative consequences. A variant that may have helped your ancestor survive the black plague may, in our modern world, give rise to chronic inflammation.

This Genetic Superpowers Report looks at the positive side of genetic variants. Everyone has some kind of genetic superpower, and hopefully this report will highlight yours!

Read the article, check your genes...

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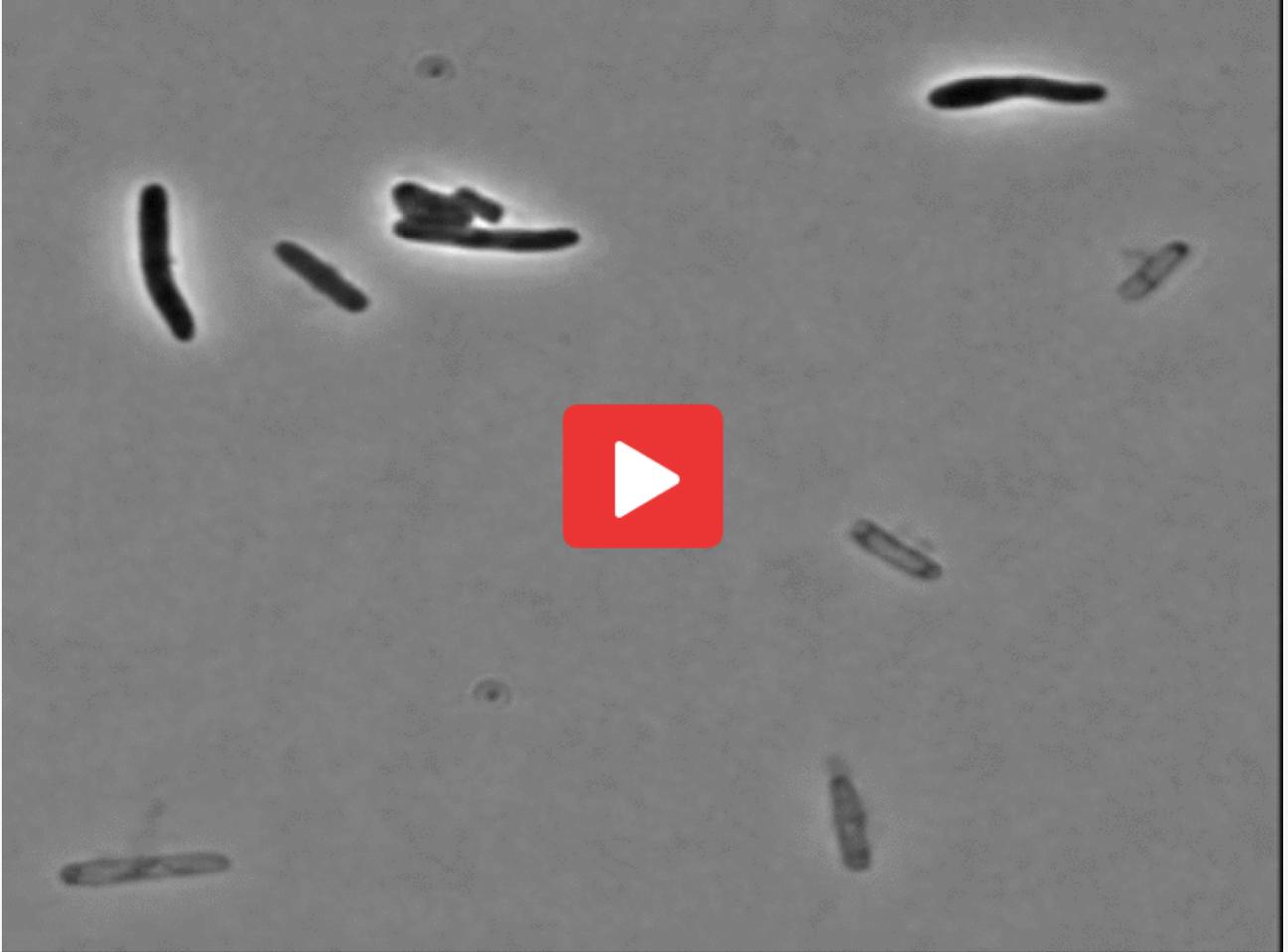
### What I've been reading:

1) [Circadian dysregulation induces alterations of visceral sensitivity and the gut microbiota](#)

This study is kinda cool – and it may hold the key for people with IBS. The researchers altered the circadian rhythm in mice (usually active in the dark) by changing their lighting from their usual routine of lights on at 8am and off at 8pm. Just by suddenly shifting their light timing by 6 hours, the researchers found that intestinal permeability was increased (leaky gut!). They also found that it changed the microbiome in the mice. All in all, the dysbiosis plus the leaky gut caused 'visceral hypersensitivity', which is code for abdominal pain that is like IBS. Something to think about the next time you stay up way later than usual with bright lights turned on...

*Totally unrelated:*

I thought this was a cool video of bacteria exploding when they encounter penicillin.



**Genetic Lifehacks**

Perfect sunny days, MT

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