

Genetic Lifehacks

Learn. Experiment. Optimize.

Hi there,

This week I'm bringing you two new articles, both involving input from members. I also want to highlight that errors can be included in your raw data.

The new article on Sjogren's Syndrome explains the research on the cause of this autoimmune disease. About 1% of the population is thought to have Sjogren's syndrome, which causes dry eyes, dry mouth, and more. This article was requested by a member who is dealing with the disease. Please consider sharing the article with anyone you know who is dealing with Sjogren's syndrome symptoms.

The article below on primary sclerosing cholangitis was prompted by an email from a member who provided much of the research behind the article. Primary sclerosing cholangitis is a devastating disease related to the bile ducts. The member wanted to bring awareness to the disease and provide an overview of research for others to read.

Finally, I wanted to share an email from a member from last week. The member noticed that her results in an article were different than what she saw when looking up the rs id on 23andMe. My first thought was that I had an error on the page (it happens, even with an editor double-checking all my articles). But, that wasn't the problem. So I asked the member to do a search in her raw data file for the rs id. Sure enough, the genotype in her downloaded raw data didn't match what was currently showing up on the 23andMe website. She downloaded her raw data again, and 23andMe had changed her genotype for that rs id.

My point with this story is to keep in mind that errors, while uncommon, are totally possible - either in your raw data or on Genetic Lifehacks. You may want to periodically re-download your raw data file in case something has been updated. If you see something on Genetic Lifehacks that doesn't seem right, please reach out to me.

~ Debbie Moon



Sjögren's Syndrome

Finding Solutions

Sjogren's Syndrome

Are you dealing with dry eyes and dry mouth? Sjögren's syndrome, an autoimmune disorder affecting 1% of the population, attacks particular proteins produced in the body. The first symptoms are usually dry eyes and dry mouth.

This article explores the underlying causes of Sjögren's syndrome and the genetic variants that increase susceptibility. Possible research-backed natural solutions are included at the end.

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

PRIMARY SCLEROSING CHOLANGITIS



Primary Sclerosing Cholangitis

Primary sclerosing cholangitis (PSC) is a life-altering condition that impacts the liver. For anyone dealing with PSC, research over the past couple of decades points to ways to mitigate some of the damage.

This article was written in conjunction with a Genetic Lifehacks member, who has been a personal quest to understand the PSC research and help out a family member. He wanted to share his collection of research studies with a wider audience to help others struggling with a PSC diagnosis.

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

What I've been reading:

1) [Personalized microbiome-driven effects of non-nutritive sweeteners on human glucose tolerance](#)

This study in the journal Cell shows that some artificial sweeteners (Sucralose and saccharin) impair glycemic response in a group of people. However, they didn't cause blood glucose problems for everyone in the same way. The difference seems to be due to changes in the gut microbiome from consuming the artificial sweeteners.

2) [Doppelgangers are due to genetics](#)

Researchers used facial recognition algorithms to find people that looked a lot alike. Then they investigated the look-alikes genetic variants, epigenetics, and gut microbiome. The results showed that people who looked a lot alike had many of the same genetic variants that impacted facial characteristics. But the people didn't have any similarities in epigenetics or in microbiome profiles.

Neat video illustration of DNA -> Gene -> Protein:



Genetic Lifehacks

Still beautiful here, MT

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