

GeneFood

Activate Playlist





Disclaimer

GeneFood Playlist is an invitation that connects science, music, and poetry to spark reflection on the relationship between our genes and the human experience. The songs linked to each gene were chosen symbolically and intuitively; they do not represent a proven scientific relationship or medical advice. The sole aim is to create a vibrational field that invites awareness and appreciation of life—not to diagnose, interpret, or treat health conditions.

GeneFood Activate Playlist

To activate your genes!

This is the first GeneFood Playlist to be released.

In fact, it's a **GeneFood Activate**, because—at least in theory—each person can have their own.

Even so, it's a playlist that's been pleasing people across the board, thanks to its selection of well-known songs, many of which were truly iconic when they first came out.

I hope you enjoy it and that it brings you delightful moments capable of activating your genes with good vibrations! Take the opportunity to move your body just right: **54 minutes of upbeat music to exercise to!**

The songs on the GeneFood Activate Playlist are:

BCMO1	Summer – Steve Vroeger
SOD2	Paradise – Goldbird
DRD2	Sugar – Robin Schulz
CYP1A2	Smooth – Santana
EPHX1	Unstoppable – Sia
DRD4	Need you tonight – INXS
MAOA	Notorious – Duran Duran
COMT	Sweet Dreams – Eurythmics
FUT2	Bette Davis Eyes – Kim Carnes
NR3C1	I Will Survive – Gloria Gaynor
FGB	Torn – Paris Blue
NRG1	The Look – Roxette
PER3	Relax – Frankie goes to Hollywood
CLOCK	I Adore You – Hugel
PPAR-D	Hall of Fame – The Script



GeneFood Playlist BCMO1

Summer – Steve Vroeger

BCMO1 converts beta-carotene into vitamin A—light turned into sight.

But it doesn't always do so easily, and when the conversion falters, it's as if our inner summer loses its glow.

"Summer" arrives like a warm wave, bringing the solar vitality BCMO1 needs to fulfill its role.

GeneFood Playlist SOD2

Paradise – Goldbird

SOD2 is the inner knight, facing down free radicals at the heart of the mitochondria.

When active, it brings vigor, protection, and an invisible resilience to time.

"Paradise" sings this ideal: paradise is not a place—it's a vibrational state where the body flows in harmony.

SOD2 opens this portal with its antioxidant shield.

GeneFood Playlist DRD2

Sugar – Robin Schulz

DRD2 shapes how we feel pleasure, motivation, and reward.

When well nourished, it lights the spark that makes us say "I want more!"—whether it's a good challenge, a dance, or a light moment with those we love.

"Sugar is like this gene: addictive, joyful, with a beat that moves the body and lifts the mood. It reminds us that life is also made of sweetness—letting yourself be carried by the rhythm, savoring moments without guilt—because healthy pleasure also feeds DNA.

GeneFood Playlist CYP1A2

Smooth – Santana

CYP1A2 is a maestro of detox and metabolism, especially for caffeine.

It sets the tempo for how your body processes stimulation, helping sustain energy and clarity without overload.

"Smooth" has that same feel: warm, enveloping, with a cadence that both soothes and awakens—the perfect song to pair with caffeine.

Like the music, this gene whispers that the secret is balance—intensity and softness dancing together so your body stays tuned, light, and fluid.

GeneFood Playlist EPHX1

Unstoppable – Sia

EPHX1 turns toxins into less dangerous forms—the secret agent of detox. Strong, resilient, strategic.

When it's on point, nothing stops it.

"Unstoppable" is its anthem: a surge of power slicing through obstacles with fierce elegance. It doesn't retreat—it recalibrates. Like Sia's song, it keeps going. No one can stop it.

GeneFood Playlist DRD4

Need you tonight – INXS

DRD4 encodes a dopamine receptor linked to novelty-seeking motivation and sensitivity to rewards.

Variants are tied to more exploratory, intense, often impulsive behavior.

Like the seductive, urgent pulse of "Need You Tonight", DRD4 rouses that sense of immediate desire—magnetism and pull toward what's new and vibrant.

GeneFood Playlist MAOA

Notorious – Duran Duran

MAOA encodes the enzyme that deactivates serotonin, dopamine, and norepinephrine—tuning emotional tone, energy, and assertiveness.

When the circuit is coherent, presence gains clarity and direction; when off-balance, intensity or apathy can surface.

"Notorious" carries that signature: confident, audacious energy—someone claiming their space and leaving a mark on the room.

GeneFood Playlist COMT

Sweet Dreams – Eurythmics

COMT "sweeps up" dopamine, adrenaline, and estrogen—the custodian of pleasure and the one who powers down the alarm.

Too fast? You sleep little and overthink. Too slow? Everything overwhelms.

"Sweet Dreams" is COMT's soundtrack of duality: sweet illusion, enchanted fatigue, intensity in high gear.

With awareness, COMT dances between wake and rest—and we find equilibrium.

GeneFood Playlist FUT2

Bette Davis Eyes – Kim Carnes

FUT2 encodes fucosyltransferase 2, the enzyme that "signs" mucosa with fucose—saliva, tears, airways, stomach, and especially the gut.

This signature sets secretor status, fortifies the mucosal barrier, guides the microbiota, and modulates the "conversation" with nutrients—including vitamin B12, which depends on an intact intestinal environment.

When FUT2 is in good cadence, the body's borders feel clear and welcoming: less friction, more protection; less noise, more coherence.

"Bette Davis Eyes" comes in as a metaphor for the subtle glow of well-cared mucosa—not only in the gaze, but throughout the inner field.

GeneFood Playlist NR3C1

I Will Survive – Gloria Gaynor

NR3C1 is the maestro of the stress response. It encodes the cortisol receptor, shaping how you react to stimuli, fear, and pressure.

When altered, the body can shift into chronic alert—but it can also learn to heal.

"I Will Survive" is its empowered voice: a cry of independence, of overcoming, of reprogramming.

NR3C1 teaches that survival isn't resistance—it's resilience. Persistence. Transformation.

GeneFood Playlist FGB

Torn – Paris Blue

FGB helps seal ruptures to restore the flow of life.

"Torn" is that instant when the wound still throbs but has begun to close—the dance between vulnerability and the strength that grows from what endures.

It's healing in motion, each step stitching a little more wholeness. FGB helps seal ruptures to restore the flow of life.

"Torn" is that instant when the wound still throbs but has begun to close—the dance between vulnerability and the strength that grows from what endures.

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GeneFood Playlist — NRG1

The Look — Roxette

NRG1 (neuregulin-1) is the messenger of elegant connection: it talks to ERBB receptors, refines synapses, supports myelination, and organizes circuits of fine calm, attention, and coordination. When in good cadence, signals run along well-sheathed paths—clarity and flow surface in body and mind.

"The Look" flips that switch: a beat inviting light movement, upright posture, a smile in the eyes. Effortless poise—the right energy to link neuron to neuron, gesture to intention.

GeneFood Playlist PER3

Relax — Frankie Goes to Hollywood

PER3 integrates the circadian clock's timing with sleep homeostasis—calibrating sleep pressure, chronotype, and the architecture of rest.

When life accelerates, it loses the beat; when we slow down, it finds cadence again.

"Relax is the gentle command: release, decompress, let the night come. With it, inhale long and exhale longer—the mind unhooks from "doing," and the body announces: "now we rest."

That's how PER3 aligns: bright mornings (early light), dark nights (low screens)—and the refrain reminding us that strength isn't tension, it's rhythm. In the pulse of the song, the inner clock sighs: less urgency, more cadence.

I Adore You — HUGEL

CLOCK is the body's metronome—the one that marks the day's beat.

It likes routine, habit, meaningful repetition. In duet with BMAL1, it writes the 24-hour shift: turns on wakefulness and appetite at dawn, warms core temperature, cues morning cortisol, and clears the path for nighttime melatonin.

When daily life fragments, it misses beats; with affectionate repetition, it finds them again.

"I Adore You helps synchronize the biological clock: steady beat, a mantra-phrase that anchors attention. Each "I adore you" signals the inner clock: "this way." Mornings gain clarity and intention; nights, penumbra and surrender. Gentle devotion becomes physiological cadence.

GeneFood Playlist PPAR-δ

Hall of Fame – The Script

PPAR-δ (delta) is performance energy—optimizing muscle, endurance, and focus.

"Hall of Fame is the anthem of those who persist, challenge their limits, and leave a legacy.

With this gene activated, your body becomes a temple and your path an inspiration.

It doesn't just run. It transcends.

Projeto GeneFood
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