

GeneFood

Flow Playlist





Disclaimer

The GeneFood Playlist connects science, music, and poetry to inspire reflection on the relationship between our genes and the human experience. The songs associated with each gene were chosen symbolically and intuitively and **do not represent scientific evidence or medical recommendations.**

GeneFood Flow Playlist

This is a playlist to listen to in the car, on a road that unfolds without hurry.

Or lying in a hammock, on the porch, on a Sunday afternoon.

It can also be that companion music that doesn't disturb — it simply blends into the moment with gentleness.

The songs follow one another in perfect harmony, with no demands, no effort, no control.

They simply flow, like natural breathing.

A state of lightness, cadence, continuity.

A space where nothing feels forced.

A space where everything finds its right rhythm.

Perfect flow. Lightness and fluidity.

GENES

SONGS

NR3C1	I Will Survive – Nils Langren
ALDH2	It Must Have Been Love – Mark Wilkinson
ADRB3	Wonderful Life – Katia Melua
ADH1C	By Your Side – Sade
Fator V de Leiden	Just the Two of Us – VDM
PGC1-α	Beautiful Things – 48th St. Collective
APOE	I Remember Everything – Zach Bryan
OXTR	Lips On You – Marron 5
HTR2A	Wicked Games – Kid Ava
SIRT6	Always Remember Us This Way – Noelle Johnson
ADIPOQ	Sweet Child of Mine – Jae Hall
FTO	Jagwar – Shells
APOA1	Shine – Benjamin Francis Leftwich
NPY	Make You Feel My Love – Adele

GeneFood Playlist NR3C1

I Will Survive – Nils Landgren

The NR3C1 gene is the maestro of the stress response.

It encodes the cortisol receptor, dictating how you react to external stimuli, fear, and the pressures of the world. When altered, the body enters chronic alert mode — but it can also learn to heal. "I Will Survive" is its empowered voice: a cry of reprogramming. NR3C1 teaches us that survival is resilience, overcoming, determination.



GeneFood Playlist ALDH2

It must have been love – Mark Wilkinson

The ALDH2 gene helps eliminate toxins from the body, especially acetaldehyde — a byproduct of alcohol — and, similarly, unprocessed emotions.

When it doesn't work well, the body suffers from what it cannot metabolize.

It becomes more vulnerable to wine, to hurt, to memories that keep returning.

"It Must Have Been Love" is the perfect song for this gene.

Because sometimes, the pain of the past leaves a biochemical trace: a bitter taste in the body, a knot in the throat.

ALDH2 wants to cleanse, dissolve, heal.

GeneFood Playlist ADRB3

Wonderful Life – Katie Melua

The ADRB3 gene works deep within the body.

It regulates energy metabolism like someone lighting a hidden fire — not for running, but for enduring.

It sustains warmth and balance when the world slows down: on cold nights, in the silence between meals.

"Wonderful Life" is its exact translation: it doesn't shout, rush, or force.

This song embraces the present moment as it is. Both the music and the gene remind us that life is wonderful not only because it is intense, but because it endures — even in the pauses.

As you listen, emotional metabolism also slows down.

The body softens. Finds peace.

GeneFood Playlist ADH1C

By Your Side – Sade

The ADH1C gene, like ADH1B, begins the process of metabolizing toxic substances such as alcohol.

"By Your Side" says it all: being there.

This song by Sade is like this gene: it doesn't deny the pain — it simply stays there, by your side, until the pain transforms.

ADH1C is also there, steady, working to prevent the effects of alcohol being converted into acetaldehyde from harming the body.

It is the song of solid, constant, secure presence.

GeneFood Playlist Fator V de Leiden

Just the Two of Us — VDM

Factor V Leiden alters the natural dance of coagulation: the duo protein C + protein S has more difficulty turning off Factor Va (the activated form of Factor V), so the system tends to over-coagulate.

"Just the Two of Us" becomes the musical reminder of this protective partnership: a duo in harmony keeping blood in flow — neither too little, nor too much.

Listen as a ritual of cadence and lightness.

In the metaphor of the song, the body remembers that health is dynamic balance.

GeneFood Playlist PGC1-α

Beautiful Things – 48th St. Collective

The PGC1-α gene is the maestro of mitochondrial biogenesis.

It teaches the body to create new energy centers, rekindling vital fire when fatigue threatens to extinguish the spark.

“Beautiful Things” is its musical translation: the reminder that even in exhaustion, we can bloom again.

PGC1- α shows us that vitality is not just strength — it is renewal, blossoming, re-creation. It is effort transforming into beauty.

GeneFood Playlist APOE

I Remember Everything – Zach Bryan

The APOE gene holds the keys to memory and brain aging.

Its variants can open pathways of protection or of vulnerability.

“I Remember Everything” is its poetic translation: memories that shape who we are, recollections that linger and guide us through life.

APOE teaches us that remembering is also living — that every trace of memory is a root anchoring our identity.

In this song’s melody, there is a silent promise: even when memory fails, love remains.

GeneFood Playlist OXTR

Lips On You – Maroon 5

The OXTR gene encodes the oxytocin receptor — the hormone of touch, affection, closeness.

“Lips On You” embodies that essence: the tenderness of contact, intimacy, skin recognizing skin.

OXTR reminds us that health is also connection: the kiss, the hug, the presence that relaxes the body and warms the soul.

In the rhythm of this song, we feel that we are made to connect — and that expressing affection is an essential nutrient for daily vitality.

GeneFood Playlist HTR2A

Wicked Games – Kid Ava

The HTR2A gene is ambivalent, linked to serotonin — the neurotransmitter that colors emotions, heightens passions, and oscillates between light and shadow, highs and lows.

That’s why it has two songs to express it, revealing complementary dimensions of the same gene:

Song for a Pure Heart (Mei-lan) — Awakening Playlist: its softer, spiritual, luminous face.

Wicked Games (Kid Ava) — Flow Playlist: its intense, visceral, contradictory face.

GeneFood Playlist SIRT6

Always Remember Us This Way – Noelle Johnson

The SIRT6 gene is the guardian of time: it repairs DNA, modulates inflammation, and helps the brain cross the years with lucidity.

“Always Remember Us This Way” is its anchor song: an affective memory illuminating the path, recollections that sustain who we are.

SIRT6 reminds us that longevity is not only lasting — it is remaining whole.

In the serenity of this melody, time becomes an ally.

GeneFood Playlist ADIPOQ

Sweet Child of Mine – Jae Hall

The ADIPOQ gene (adiponectin) is metabolic tenderness: it reduces inflammation, improves insulin sensitivity, and invites the body into lightness.

“Sweet Child of Mine” translates that inner sweetness — care that soothes, gentleness that restores balance.

This gene whispers that when we are in harmony, life becomes light and uncomplicated again — like the joy of a child within.

GeneFood Playlist FTO

Jagwar – Shells

The FTO gene governs energy balance and influences body weight.

It is dual: on one side, a charming laziness, always ready to delay changes, to negotiate with inertia.

“Dog Days Are Over” is the song that wakes it up — shaking the body to transform procrastination into dance and reminding that heavy days can be left behind.

But FTO also has another side: instinctive, wild, visceral.

“Jagwar” translates this raw pulse — vital energy running through the veins, the force that asks for no permission, the inner jaguar that invites us to move.

Between sofa and jungle, between inertia and instinct, FTO reveals its truth: energy is a choice.

We can leave it asleep in waiting, or release it as creative movement.

The gene is the same — the song we choose is what changes the destiny.

GeneFood Playlist APOA1

Shine – Benjamin Francis Leftwich

The APOA1 gene is deeply tied to HDL, the so-called “good cholesterol” — responsible for cleaning, protecting, and keeping circulation fluid.

“Shine” is the perfect song for this silent and vital role: the frequency of gentle protection.

APOA1 is the code that translates it. The gene that whispers: “Let it flow. Let it shine. Let the heart be light.” This song is like a balm: while cleansing and brightening the body, it also nourishes emotions, clears the mind, and opens space for fluidity to unfold fully.

GeneFood Playlist NPY

Make You Feel My Love – Adele

The NPY gene is the messenger of comfort and resilience: it rises under stress to protect, it softens alarm circuits, and at the same time, it increases appetite when the body reads “scarcity” — favoring emotional hunger and sustaining the organism in hard times.

When there is safety and care, it allows the system to relax and eating returns to its natural rhythm. “Make You Feel My Love” is its voice: a promise of care, protection, love sheltering in the storm. NPY teaches us that survival is not only biological — it is also emotional.

And love is one of the deepest forms of healing.

Projeto GeneFood
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