

Cravings and addictions: It's all down to genetics

The following is an excerpt.

I'd like to think that DNA has a significant but limited impact on human achievement. I obviously can't chalk up my every failure to genetic disadvantage, but if you've ever seen me try to dance, you'd understand my temptation to use lineage as a scapegoat...

Besides my dad, I'm the only person in my family who drinks coffee. Last year, studies identified two genes responsible for determining patterns and habits around caffeine consumption. Gene variations can dictate your cravings, including how quickly you metabolise the stimulant, and whether or not you become addicted to it.

View the original article here: [Cravings and addictions: it's all down to genetics](#)