

## Too much hype: Can direct-to-consumer genetic tests be trusted?

There is a direct-to-consumer (DTC) genetic testing [company](#) that gives parents the opportunity to uncover their kids' "hidden" talents. You can (allegedly) find out if your child has the genetic propensity for things like dancing, passion, intelligence, self-reflection and even teenage romance.

This is all scientifically absurd, of course...But, despite the lack of evidence, these kooky kinds of DTC services continue to [proliferate](#) and have [become big business](#).

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There are now DTC genetic testing companies that will use your DNA to select your [exercise](#) routine, diet, [life partner](#) (seriously), anti-aging [products](#) and even [wine](#) and [beer](#). As many have noted [again](#) and [again](#) and [again](#) and again, there is very [little science](#) to support any of it.

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To be honest, I'm not sure if these services will ever have any broadly applicable practical health value. In the best-case scenario, they provide an opportunity to engage the topic of genetics, [explore](#) health prevention strategies and have a bit of fun with science. But even in this context — a scenario that is often called recreational genetics — I worry that DTC services still serve mostly as a source of hype, adding more confusion than clarity about the role of genes and the elements of a healthy lifestyle.

**The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion, and analysis. Read full, original post: [The direct-to-consumer genetic testing fog](#)**