

## Video: Biohacker documents his own DIY gene therapy

DIY gene therapy is far from the mainstream, but the numbers of people who are attempting to genetically engineer their own bodies is rising. People like Tristan Roberts, working with companies like Ascendance Biomedical, have publicly been testing their gene therapies on everything from HIV/AIDS to herpes. This has been met with [skepticism by the FDA](#).

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Justin Atkin, a Floridian scientist associated with Ascendance who [also runs](#) a YouTube science channel The Thought Emporium, had a challenge of his own: severe lactose intolerance. Having been lactose intolerant for the better half of a decade, Atkin decided to take his medical fate into his hands and began biohacking himself. He's broken down his entire process into a YouTube video.

Atkin goes into detail about his complex procedure in the video, which ends on a happy note: three days after he swallowed his homemade gel capsules, he is happily eating a cheese pizza with ranch dressing. As time passes he continues treatment and says that his lactose tolerance has come back almost entirely.

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Atkin's video description states "I know that so far my sample size is still only N=1 but my life has changed from this project and I wanted to share my progress. I'm not going to make any claims about the project other than my life seems to have improved."

**Read full, original post:** [Scientist Painstakingly Documents His Own DIY Gene Therapy](#)