



MTHFR Genotyping Are You Methylating Properly



Are you methylating adequately? Are your genes preventing proper methylation? Inadequate methylation can be the cause of depression, migraines, heart attacks, strokes, infertility, miscarriages, birth defects, cancer and even autism. In people with diabetes, improper methylation can worsen symptoms of diabetic neuropathy or make treatment regimens less effective.

FIRST OF ALL: WHAT IS METHYLATION?

Simply put, methylation is a chemical reaction that occurs in every cell and tissue in our body. Chemically speaking, methylation is the process of adding methyl groups to a molecule. (A methyl group is a chemical structure made of one carbon and three hydrogen atoms [CH₃]) Since methyl groups are chemical inert, adding them to a protein (the process of methylation) changes how that protein reacts to other substances in the body, thus affecting how that protein behaves. Enzymes, hormones and even genes are proteins and the process of methylation affects them all.

In some ways, methylation of proteins helps the body detoxify. For example, the methylation process helps convert the toxic amino acid (homocysteine) into a beneficial amino acid (methionine). If your body cannot methylate properly, toxins

build up in your bloodstream and will eventually cause disease.

Another role of methylation is to help the enzymes in our bodies work efficiently. Enzymes are proteins that act like switches for chemical reactions-they initiate very important processes in every cell and tissue. In a similar way, methylation affects our genes, which are also made up of proteins. In fact, methylation can turn genes on or off, which can be good or bad for our health, depending on the gene.

Some nutrients affect the process of methylation quite dramatically-methyl donors (nutrients like folate and choline) actually donate methyl groups to proteins and methylating factors (nutrients like vitamin B12 and zinc) helps this process along by monitoring specific methylation reactions. How well your body "can methylate" is important to your overall health.

Company Description

Russell Browne is the director of the company trading as MTHFR Gene Health Practice. Russell is the original founder of MTHFR FERTILITY GENES™. He is a qualified practitioner of Advanced Nutrition, Advanced Herbalism, and Homeopathy. He is also qualified in Neuro-Linguistic Programming (NLP). MTHFR FERTILITY GENES™ specializes in fertility complications, genetic nutrition, epigenetics, and nutrigenomics for complicated fertility, miscarriages, and infertility. We use advanced levels of data and treatment protocols to gain leverage over genetic weaknesses that lead to fertility complications, miscarriage, and infertility.

Contact Details

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Google Site: <https://sites.google.com/view/mthfrfertilitygenes>

Google Folder: https://drive.google.com/drive/folders/1Ha7Ib0ZrfqMjVQk5pjVTHHZ2IUXkKTsJ?usp=drive_open

Recommended Resources

<https://mgyb.co/s/pNhlf>

<https://mgyb.co/s/ZwyHl>

<https://mgyb.co/s/zVtVL>

<https://mgyb.co/s/Mnpce>

<https://mgyb.co/s/XjJVb>

<https://mgyb.co/s/xWjbU>

<https://mgyb.co/s/oDjxE>

<https://mgyb.co/s/aPFvd>

<https://mgyb.co/s/tvFcP>

<https://mgyb.co/s/BCBNF>

<https://mgyb.co/s/eXzUm>

<https://mgyb.co/s/QAqMD>

<https://mgyb.co/s/WhEal>

<https://mgyb.co/s/bAjzR>

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<https://mgyb.co/s/bFMIK>
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<https://mgyb.co/s/fuTVz>
<https://mgyb.co/s/gdISD>
<https://mgyb.co/s/puDqq>

Recommended Profiles

<https://www.youtube.com/@mthfrgenehealth4094>
<https://mthfrfertilitygenes.blogspot.com>
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<https://en.gravatar.com/mthfrfertilitygenes>
<https://mthfrfertilitygenes.tumblr.com>
<https://twitter.com/mthfrfgenes>
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<https://www.evernote.com/pub/chadrcalhoun/mthfrfertilitygenes>
https://drive.google.com/drive/folders/1MRtQzAIYGzcxxVsyql-TKDpCiQg_akiF?usp=sharing
https://1drv.ms/o/s!AgA_0qJvOtAraEW1c5lqvOQPD_Y?e=Y7GQvI
<https://about.me/mthfrfertilitygenes>

<https://www.instapaper.com/p/mthfrfgenes>
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