MTHFR Gene Health Explores the Top Gene Mutations Affecting Health

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MTHFR gene health, which is based in Gordon, NSW, Australia, has presented the top gene mutations that affect a person?s health. These mutations are described by Russell Browne, a genetic nutritionist, in his book, ?Bad Genes - The Genetic Advantage.? This book provides cutting edge information on the crucial role of genetics in health. The book points out that most people have bad genes, which are genes that affect their health in a negative way. These are frequently undiagnosed in mainstream medical science. More about these genes and how they influence health can be gleaned from https://mthfrgenehealth.com/product/bad-genes-the-genetic-advantage/.

Russell Browne says, ?Understanding your bad genes, how they work and how they can affect your health, is now more vital than ever, as we see a large percentage of the population now suffering from mutations in these genes. This has resulted in literally millions of health problems, largely overlooked by medical professionals. Today more than ever, it is extremely important to look deeper into these genes for yourself and understand just how deeply they may be affecting your health, well-being and how you can take actions that most health professionals, don?t even know are possible, to restore your health at a genetic level. In this book, we explore the most common bad genes that are leading to some of the worst health problems people

are having today.?

The first gene mutation that affects a person?s health is the MTHFR gene mutation, which results into methylation imbalance symptoms. It may also influence mental health. However, it is important to note that methyl folate supplements can be dangerous. SLC19A1 mutations may also affect folate absorption. Furthermore, MTHFR gene mutations may result into a higher risk for miscarriages, a baby born with birth defects, or preeclampsia.

Another gene mutation that affects health is the DHFR gene mutation that may result into dihydrofolate reductase deficiency that may result into megaloblastic anemia and cerebral folate deficiency causing severe neurologic disease.

A third kind of mutation that may affect health are the COMT gene mutations. The COMT gene influences mental health. Catechol-O-methyltransferase (COMT) is a key enzyme that breaks down catecholamines, such as dopamine, epinephrine, and norepinephrine. COMT plays a crucial role in the regulation of dopamine signaling in the prefrontal cortex where dopamine transporters are relatively few. COMT gene mutations may affect memory, attention, cognitive function, judgment, and motivation.

Monoamine oxidase A (MAO) gene mutations can also affect health. Deficiency in this enzyme affects men almost exclusively and symptoms include mild intellectual disability and behavioral issues, including violent and aggressive outbursts. In some cases, certain foods can worsen the condition.

Meanwhile, there are various e-books available through MTHFR gene health. These can be found at https://mthfrgenehealth.com/product-category/ebooks/.

The MTR & MTRR gene mutations can also influence health. These genes affect the production of methionine synthase (MTR) and methionine synthase reductase (MTRR). Both enzymes play a vital role in the conversion of homocysteine to methionine and are also crucial players in the methylation cycle.

Next are the DDC gene mutations because this particular gene provides instructions for the production of the aromatic l-amino acid decarboxylase (AADC) enzyme, which plays an important role in the nervous system and the brain.

The glutamic acid decarboxylase (GAD) mutations also affect health because this enzyme plays a key role in the production of GABA or gamma-aminobutyric acid, which is the most common inhibitory neurotransmitter in the central nervous system. Such a mutation results into an overstimulated nervous system.

MTHFR gene health was established by Russell Browne, who serves as the director of the company trading

as MTHFR Gene Health Practice. He is a qualified practitioner of advanced nutrition, advanced herbalism, neuro-linguistic programming (NLP), and homeopathy. He specializes in methylation, nutrigenomics, epigenetics, and genetic nutrition. He is a member of the Australian Committee of Natural Therapies (ACONT) and has amassed substantial professional experience and knowledge that he puts to good advantage for MTHFR gene health.

Those who are interested in learning more about the MTHFR gene mutations can check out the MTHFR gene health website at https://mthfrgenehealth.com/resources/ or contact them through the phone or by email.

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MTHFR gene health

MTHFR gene health are specialists in genetic health, MTHFR symptom diagnosis and treatment for MTHFR gene mutations including solutions for MTHFR fertility & Miscarriage.

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