Methylation Practitioner Discovers Gene Mutations that Could Significantly Affect a Person?s Health

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Russell Browne, founder of MTHFR gene health practice, which is based in Gordon, NSW, Australia, has discovered the methylation gene mutations that make it difficult for the body to produce enough of the methylation needed for optimal good health. In layman?s language, the body with such mutations may not be functioning as it should because the methylation cycle is a vital process that is needed by the body to convert raw nutrients into usable forms for the human body. MTHFR gene health practice offers an advanced genetic methylation test to detect the presence of the MTHFR mutations. More about this can be gleaned from https://mthfrgenehealth.au/product/advanced-genetic-methylation-test/.

Russell Browne says, ?MTHFR gene mutations and genetic disorders are complex problems. So it requires the right treatment to ensure the most successful outcome for those with genetic health problems. Above all our focus is on specializing in genetics or epigenetics. When a person knows that they have MTHFR or other gene mutations, this represents an opportunity to understand and take advantage of those gene mutations. This changes the way we treat a person with the condition. We treat the problem/s the right way for each person genetically. This enables us to support specific gene alterations that each person has and be able to help resolve and or prevent diseases, that are commonly associated with the MTHFR gene defect and other

gene mutations.?

It is important to note that around 80 percent of the world?s population has genetic mutations that make it difficult for their body to produce sufficient quantities of methylation to optimize good health. Actually, there are 40 main genes that could be mutated and are depriving the body of crucial nutrients and preventing it from functioning optimally.

There are a number of symptoms of the MTHFR mutations. Around 50 percent of the population has some kind of MTHFR mutation, including the two mthfr c677t and a1298c genes that have been noted to have serious effects for a person?s health and wellness. More information about these can be obtained from https://mthfrgenehealth.au/mthfr-symptoms/.

The symptoms of these mutations are very complicated. This is because they don?t just cause an issue with folate metabolism. They also cause a number of major issues that all have their own set of symptoms. One obvious sign of an MTHFR gene mutation is folic acid, folate, and/or methylenetetrahydrofolate reductase deficiency. However, it usually isn?t the first sign. Typically, these symptoms are missed early on, which permits other bigger issues to develop that have more serious health risks that lead to a number of serious illnesses.

Some of the symptoms of folate or vitamin B9 deficiency from methylenetetrahydrofolate reductase deficiency from the c677t and a1298c mutations include but are not limited to: eczema, cracked lips, anemia, anxiety, tension, prematurely greying hair, lack of energy, blood clots, poor memory, stomach pains, depression, poor appetite, blood cells that are odd shaped and misarranged, and neural tube defect infertility. Other related symptoms are elevated homocysteine in the blood or imbalanced levels of homocysteine, or high folate levels on a blood test.

It is also important to note that those who have folate of folic acid deficiency can affect all of the vitamin B groups. In addition, the symptoms can appear differently for each individual depending on which MTHFR mutation or gene mutation is present. Furthermore, the MTHFR mutation can also have an impact on a number of other essential nutrients.

MTHFR gene health pracice was founded by Russell Browne, who is the director of the company trading as MTHFR Gene Health Practice. He is a qualified practitioner of advanced nutrition, homeopathy, advanced herbalism, and neuro-linguistic programming (NLP). He specializes in methylation, genetic nutrition, nutrigenomics, and epigenetics. He is a member of the Australian Committee of Natural Therapies (ACONT). He has significant professional knowledge and experience that he brings to MTHFR gene health.

Those who are interested in learning more about the MTHFR gene mutations can check out the MTHFR gene health website of their Facebook page at https://www.facebook.com/mthfrgenehealth.

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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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