How Methylation Is Causing Health Problems Revealed by Methylation Biohacker

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Russell Browne, founder of MTHFR Gene Health, which is based in Sydney, NSW, Australia, and methylation, genetics and biohacker professional, wants to emphasise how genetic mutations with methylation can result into health problems. Methylation is one the most crucial processes in the body and brain as it is responsible for keeping the balance of thousands of hormones, neurotransmitters, and other biochemicals that are vital for good health and life.

Russell Browne says, ?So, how do you know if your methylation is working properly? Signs and symptoms of methylation problems can tell us if we have imbalances in methylation. The key to good methylation is balance so when your methylation is having some trouble maintaining this balance certain symptoms can appear. When methylation becomes unbalanced you can end up usually in one of two categories, you can have symptoms of under-methylation from not making enough methylation and or you can have symptoms related to over-methylation. Some people have symptoms in both under and over methylation.?

There are a number of symptoms of under-methylation. These include: attention deficit disorder (ADD) and attention deficit/hyperactivity disorder (ADHD); addictive behavior; allergic reactions; bulimia; Alzheimer?s disease; anxiety; cancer; autism; autoimmune disease; bipolar disorder; aging; anorexia; chronic degenerative diseases; cardiovascular disease; delusions; cleft palate; diabetes; chronic fatigue; Down?s syndrome; depression; poor detoxification; fibromyalgia; headaches; infertility; joint stiffness, pain, swelling; insomnia; muscle pains; low neurotransmitters; obesity or weight gain; obsessive-compulsive disease; phobias; oppositional defiant disorder; pain; psychosis; schizophrenia; polycystic ovary syndrome (PCOS); recurrent pregnancy loss, miscarriage; and thyroid dysfunction.

There are also several symptoms of over-methylation. These include: headache, migraine, rashes, irritability, increase in anxiety, joint pain, muscle pain, insomnia, depression (maybe suicidal), nausea, seizures, schizophrenia, vomiting, stomach pain, sweating, rash, hypokalemia, and heart palpitations.

There are many factors that can obstruct methylation, such as: nutrition, the environment the person lives in, lifestyle, and genetics. The primary causes of methylation imbalance include: genetic mutations in the methylation cycle; MTHFR gene mutations (folate pathway gene mutations); nutritional problems; stress (mental and physical); environmental chemicals and toxins; heavy metal toxicity; medications (antacids, methotrexate, metformin, nitrous oxides, antiseptics); reduced hydrochloric acids for digestion; aging (as people age methylation can decline); diet; and alcohol.

One of the primary methylation processes is the homocysteine cycle. This cycle is vital in keeping a person healthy. If there is a homocysteine imbalance, this may cause serious health problems. This is because homocysteine has to be converted to S-adenosyl methionine (SAMe) and glutathione. But if there are gene mutations in methylation, homocysteine can get out of balance and lead to health problems and sometimes even severe health problems.

Methylation Test Pro offers a number of methylation and genetic testing alternatives. Genetic tests can indicate the gene mutations that a person has, and the results can be used as a guide to the person?s strengths and weaknesses. Methylation testing can be viewed from various perspectives. The first one is from a genetic mutation perspective, for instance, which genes in the person?s methylation cycle have mutations and are actually problematic. They can also test for methylation markers, which are the person?s biochemistry markers. These are the levels of each substance in the methylation cycle, which show how the person?s methylation is performing.

For people who desire to know what they may be deficient in as a result of their gene mutations and other methylation issues can be tested for several nutritional, biochemistry, and toxicity markers. Methylation Test Pro offers a broad variety of tests that can cover everything that has to do with genetics and methylation.

Methylation Test Pro was launched by Russell Browne, who is currently the director of Natural Health Group Pty Ltd. He is a qualified practitioner of advanced nutrition, neuro-linguistic programming (NLP), and advanced herbalism. He has expertise in methylation, epigenetics, nutrigenomics, genetic nutrition and biohacking. He is a member of the Australian Committee of Natural Therapies (ACONT). The company is focused on solving complex health problems via supporting specific gene mutations that a person has, and they were able to resolve and/or even prevent illnesses that have been found to be related to gene mutations.

Those who would want to learn more about methylation and its importance to one?s health can check out https://methylationtestpro.com.au/what-is-methylation/.

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For more information about Methylation Test Pro, contact the company here:Methylation Test ProMethylation Test Pro Team02 80074369contact@methylationtestpro.com.au808 Pacific Hwy, Gordon NSW 2072, Sydney, Australia.

Methylation Test Pro

Genetically everyone has their advantages and disadvantages when it comes to good health. This is especially true for those with genetic mutations, by approaching each case based on the concept that each individual has unique needs.

Website: https://methylationtestpro.com.au/

Email: contact@methylationtestpro.com.au

Phone: 02 80074369