

Methylation Biohacker in Australia Discovers Methylation Gene Mutations Causing Major Health Problems Missed by Doctors

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Russell Browne, founder of MTHFR Gene Health, which is based in Sydney, NSW, Australia, has discovered genetic mutations in the methylation, biopterin, and folate cycles causing many of the major health issues that have been missed by doctors. It is pointed out that doctors have been missing the root cause of these health problems because they don't treat these issues directly. Furthermore, it's not just a single gene that may cause health problems. There are more than 20 primary genes that could be mutated in methylation alone, with the result that the body is prevented from functioning optimally because it isn't able to get certain nutrients that it needs.

Russell Browne says, "Did you know that over half of the world's population has many genetic mutations that make it harder for them to create enough methylation? In layman's terms, this means that your body may not be functioning as it should. The methylation cycle is a crucial process that your body goes through to convert raw nutrients into usable forms that your body needs. This process is essential for everything from energy production, detoxification, hormone balance, maintaining proper immune and nervous system function along with antiaging."

Methylation is one of the most vital processes that occur in the brain and body because it makes everything function properly. In fact, without the methylation process, a person cannot live. This process maintains the balance of thousands of hormones, neurotransmitters, and other biochemicals that are important for good health and life. It is responsible for millions of methylation reactions that occur every second.

Methylation is used by the body to produce methyl groups, which are "donated" to those parts of the body and brain that require them to do their many functions. These functions include: turning genes on and off; building and repairing DNA and RNA; reducing the aging process; decreasing the risk of heart attack and

strokes by 75 percent; balancing homocysteine; dealing with stress; maintaining good mental health; processing hormones; detoxifying chemicals and heavy metals; fighting infections; building immune cells; balancing histamine; supporting neurotransmitters to prevent anxiety, depression, and mental health disorders; generating powerful antioxidants; working with vitamins, minerals, essential fats and amino acids; and influencing aging and anti-aging processes.

The main methylation genes involve 28 genes. If this process is interrupted, methylation of homocysteine is prevented, which can result into imbalances in the methylation cycle that can cause disease and even death. If the process is done properly, S-adenosyl methionine (SAME) becomes a methyl donor to help with healthy methylation and glutathione functions as a powerful antioxidant that counteracts the aging process.

The homocysteine cycle is one of the key methylation processes. This process is essential in keeping a person healthy. Thus, if homocysteine is out of balance, it can result into major health issues. This is because homocysteine has to be converted to SAME and glutathione. But if there are gene mutations in methylation, homocysteine can become imbalanced and result into health issues and sometimes even serious health issues.

Russell Browne says, "Don't let your symptoms define your life, bio-hack them, and improve your health and the health of the whole family. Genetics run in families; this means the whole family can get advantages in their health with biohacking."

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, homeopathy, and neuro-linguistic programming (NLP). He is an expert in genetic nutrition, methylation, epigenetics, and nutrigenomics. He is a member of the Australian Committee of Natural Therapies (ACONT). They are focused on supporting certain gene mutations that every person has, and they have been able to resolve and/or even prevent diseases that have been typically linked to the gene mutations.

Those who would like to know more about the methylation gene mutations and how they can affect a person's health can visit the MTHFR Gene Health website at <https://methylationtestpro.com.au/>.

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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.

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