what is methylation?

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It’s a biochemical process happening billions of times a second...

in **every single cell of your body**.
It involves the transfer of a methyl group (**CH_3**) from one molecule to another.

Think of it as a bit like money....if the methyl group doesn’t exchange hands...things stop working!!

Or, maybe think of it as an ‘on-off’ switch...

It is vital for health.

Some of it's most important functions are:

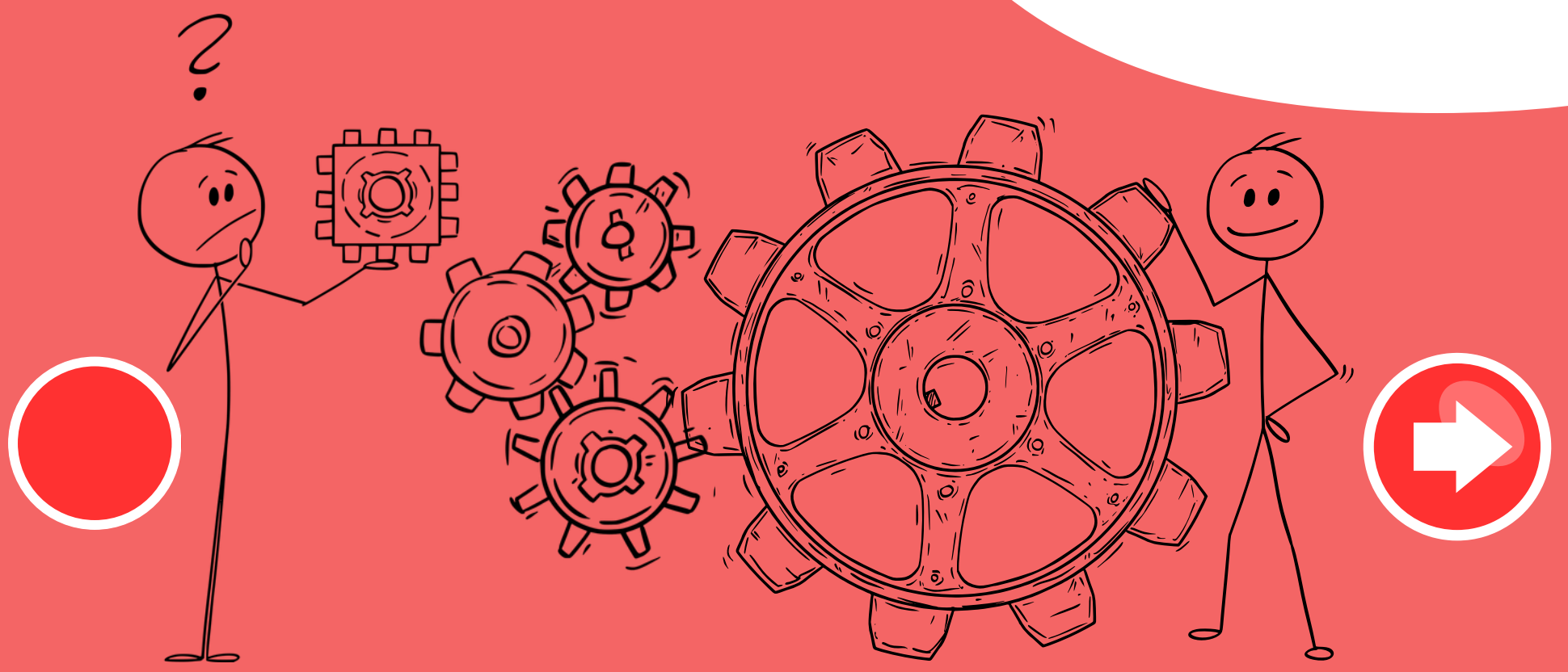
- neurotransmitter production (brain chemicals)
- energy production
- growth & repair
- detoxification (not just the toxins you ingest but the chemicals your body produces itself & needs to clean up & clear out..)
- **gene regulation** (switching genes on when they need to work, and off when they need to rest)
- heart health
- **DNA health**/integrity

It’s a number of cycles, interlocked and controlled by numerous genes, NOT just the MTHFR gene...

(ps i know this is a 3 not a 5, but the 3 is meant to be part of the CH3 methyl group, not the 5 cycles I’m on about!)

The methylation-related genes manage 5 biochemical cycles that act like interlocking cogs in a complex but organised arrangement.

A change in speed by one gene, affects the next interlocking cycle. A speeding up, or slowing down of one gene in one cycle might affect the other cycles, depending on where the ‘log jam’ or ‘speedy-uppy’ bits sit!



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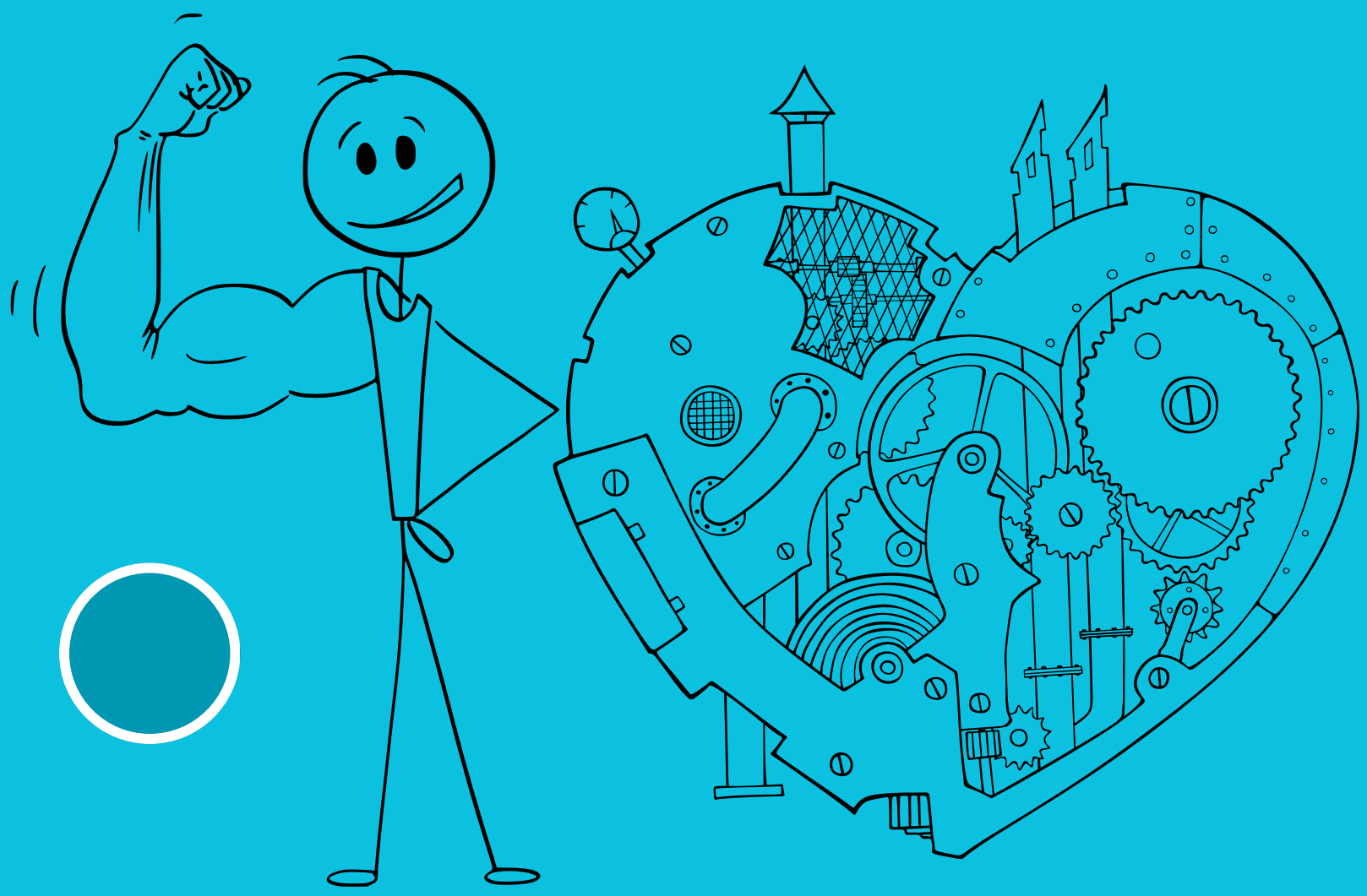
so why is it important to me?

Because optimal methylation supports optimal human function.

Impaired methylation may contribute to major chronic conditions including allergies or anxiety, cognition changes, fatigue or fertility issues, heart disorders and even cancer.



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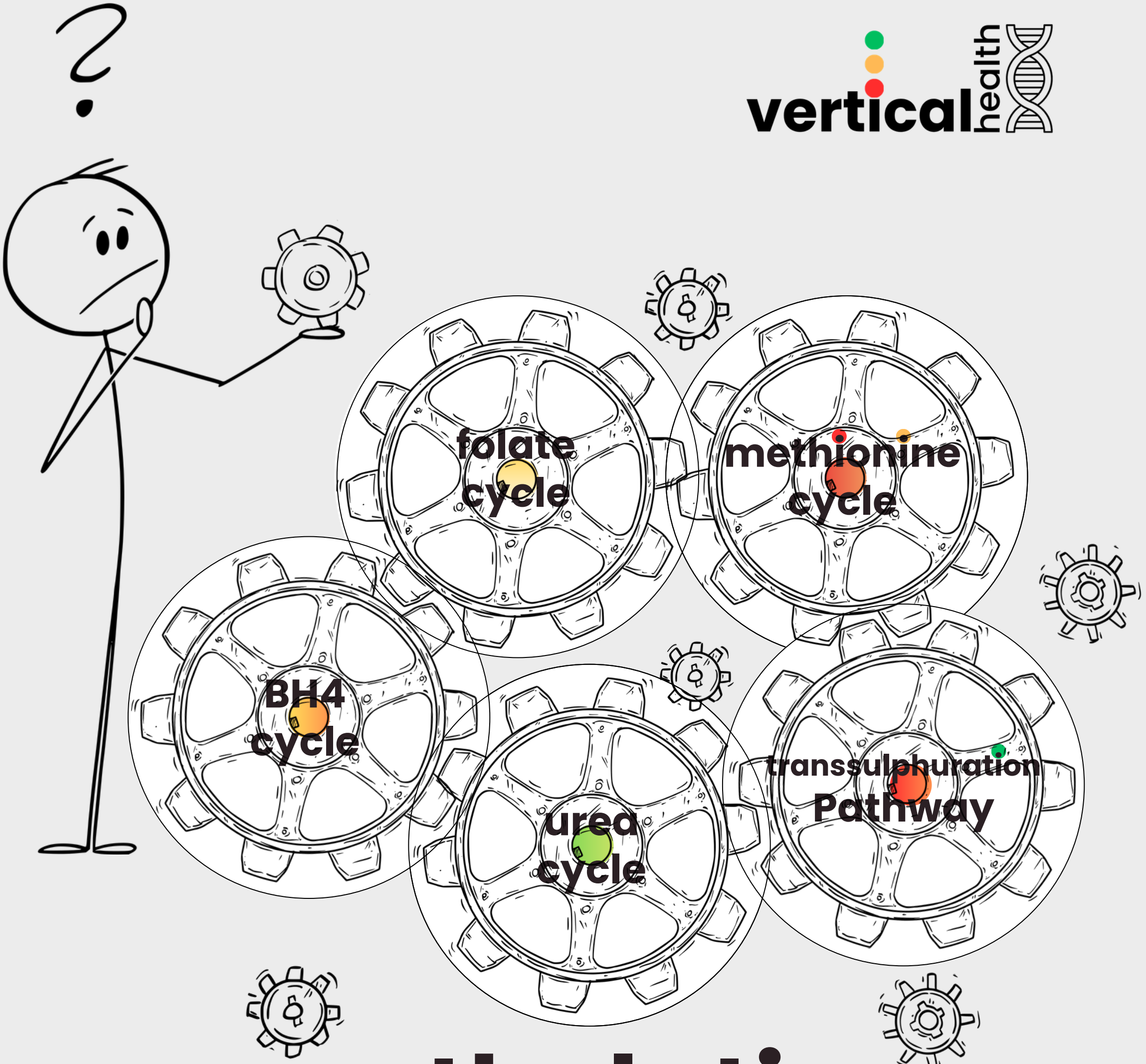

methylation ‘cogs’

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