Month 2 – Video #7

R5 – Reestablishing Methylation

1. Many times when working with clients I will find that their symptoms appeared right after a significant stress was placed on the body. This stress may have been emotional, chemical or physical. What research has shown is that stress can affect the expression of genes and actually turn on bad genes. Stressors such as a divorce or death of a loved one (mental stress), a serious injury (physical stress), a chemical exposure such as mold or Lyme's Disease (chemical stress) or even the delivery of a baby (emotional, physical and hormonal / chemical stress) are commonly found to have occurred right before symptoms began to show. Flu shots and vaccinations are notorious for having been administered just before symptoms of illness and even Autism Spectrum Disorders have appeared.

2. Methyl groups have been used in lab experiments to methylate DNA and actually turn of bad genes. Methyl groups can become depleted in our bodies and some individuals lack the enzymes to convert methyl donors into methyltetrahydrofolate which can be used directly in the cell. This is known as having an MTHFR genetic snip. Individuals with this snip are much more prone to building toxicity in the body so taking a good product to support methylation pathways is crucial. The product we use to help reestablish methylation, MoRS is a great product that supports all of the methylation pathways.

3. The "Methylation Priority Principal" has been used to explain why people may become methyl depleted. Methyl groups are known to turn on good genes and turn bad genes off. When methyl groups are depleted it makes bad genes more susceptible to being turned on due to emotional, physical or chemical stressors. The "Methylation Priority Principal" theorizes that due to the importance of methyl groups, there must be prioritization in how they are utilized and that survival is at the top of the list. So for

example, if someone is in a fight or flight response and under a great deal of stress, the methyl groups needed to adapt to that stress are prioritized there and not for the protection of DNA preventing the turning on of bad genes. As we become more methyl depleted it leaves the possibility of turning on other bad genes of susceptibility and opens up the door to other disease processes. Stress is the number one way to become methyl depleted. Anxiety and depression have also been linked to methyl depletion. MoRS is a great product to counter methyl depletion and prevent the triggering of bad genes but to also turn off the stress response which perpetuates methyl depletion.