



Genetic & Methylation Testing

For Your Custom Nutritional Program

Begin Your Genetic Optimization Today!

Methylation is a biochemical process happening RIGHT now in your body, happening over a billion times per second.

Why is the methylation cycle important? The methylation cycle takes the nutrients from our food (and supplements) to make the energy our bodies need to work properly. This is where the B vitamins (B1, B2, B3, B6, B9, B12) get used in our bodies and why B vitamins are so important for our health.

Once through the methylation cycle, our bodies use methyl-groups to make healthy cells and neurotransmitters (for mood), as well as for removing toxins (in the liver), fighting infections and protecting us from oxidative stress.

Methylation is responsible for directing the following:

- ☑ Genetic expression and repair of DNA
- ☑ Inflammation response
- ☑ Detoxification of hormones, chemicals, and heavy metals
- ☑ Production and recycling of the most important antioxidant in the body called glutathione (master antioxidant and protector of your cells)
- ☑ Formation of neurotransmitters and breakdown to determine our brain chemistry
- ☑ Energy production & mitochondrial health
- ☑ Immune response to fight infections

More specifically: Research shows that decreased function of the enzymes in the methylation cycle can affect your health and increase your risk of heart disease, cancer, chronic fatigue, mood disorders, diabetes, and aging in general.

Methylation is important for mitochondrial function and energy production. Low mitochondrial function and low methylation can lead to low energy, LOW THYROID FUNCTION, decreased MEMORY, and more.

Methylation also affects your:

- ▶ Neurotransmitter levels, which can lead to ANXIETY AND DEPRESSION,
- ▶ Immune function, including the likelihood that you'll experience allergies
- ▶ Liver detoxification, which has to do with how your body gets rid of toxins, and
- ▶ Fertility, including risk of MISCARRIAGE

Methylation affects the ability of your body to make new healthy cells.

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