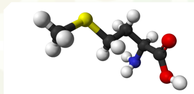
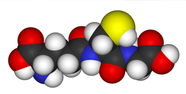
Nutrition and Lifestyle Factors to Support Methylation


Glutathione


Methionine

Casein, Gluten Affect Glutathione

- Methionine
  - Vegetarian, non-vegetarian
- Increase IGF-1
  - Prunes in male rats
  - Prunes in postmenopausal women
  - Dietary factors to increase IGF-1, athletes
  - Soy isoflavones, capsaicin, IGF-1, hair loss
  - Prunes, osteoporosis, IGF-1, males and females
- Antioxidants spare GSH
  - Lipoic acid
  - High ORAC foods
- RNA foods
  - High purine foods
  - All foods with intact cells have nucleotides
- Toxins, choline
  - Brain state determines methylation effect
  - Toxins inhibit methionine synthase, methylation
- Dr. Carl Pfeiffer's approach
  - Symptoms, supplements
  - Undermethylated, Overmethylated
- Dr. Richard Deth
  - Looking at Life Through Redox Glasses
- Dr. Amy Yasko Presentation
  - Nutrigenomics overview
- Dr. Jack Tips
  - Illustrated guide, methylation
- Dr. Mark Hyman
  - Maximizing Methylation
- Dr. Sarah Myhill
  - CFS and Methylation
- Dr. Jill James
  - Autism and Methylation
- Dr. Bill Walsh
  - Walsh: Low zinc, B6

Home: Oscillatorium.com
Newest version this map
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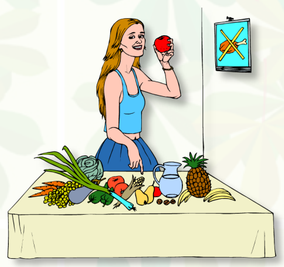
Wheat and Milk

Wheat (alpha gliadin 7) and milk (A1 beta casein) are similar. These opiate peptides interfere with redox, GSH and cysteine.

Nutritional Burden of Methylation Reactions

Exercise and Methylation



Methylation Equals Life

Nutrient Summary

Diagram of Methylation Nutrients

MethylB12: Myth, Masterpiece, Miracle?

IGF-1: Doubles methylation if nutrients available

"Lifestyle factors that increase IGF-1: low-fat, low-sugar diets; brief, intense exercise (not aerobic exercise lasting over one hour); not eating carbohydrates within 4 hours of bedtime. Yes, all the things your mother and your doctor have told you to do – you still need to do (surprise, surprise)! Another factor that increases IGF-1 is the correction of significant snoring (sleep apnea).

Foods and supplements that increase IGF-1: whey protein; creatine (5 grams per day); dairy products (although this may be from the whey protein in milk)." Dr. Ragno

COMT: An important methyl-transferase molecule

COMT is important in the metabolism of estrogen to products that have lower potential for oxidative DNA damage and reduced inflammatory properties. S-adenosylmethionine (SAMe) is a substrate for COMT methylation, and availability of SAMe depends on its own set of factors. Supplementation with SAMe in patients who have COMT polymorphisms, in addition to folic acid, and vitamins B12, and vitamins B2, and B6 for those with MTHFR polymorphisms, can supply the needed substrate to favor the metabolism of estrogen to noncarcinogenic molecules. T. Morledge

COBALAMIN: The best forms to take for methylation

Lack of methylation happens with the lack of initial and methylfolate though these are not generally enough in themselves and are recycled many times receiving methyl groups from choline, TMG and other donors. SAM-e is a product of having methylb12 in the body and unless added as a separate item is part of a zero sum situation. I don't think there can be broken methylation in the presence of methylfolate and methylb12. This abnormal condition only occurs when the body is being starved for the real thing by being given pseudo vitamins like folic acid, cyanocbl and hydoxycbl or has paradoxical folate deficiency or other dietary and/or hereditary processing conditions. These three pseudo vitamins do not allow the body to normalize. Adenosylb12, methylb12 and Methylfolate allow the body to normalize. The initial stage of the body normalizing is for cell reproduction to turn on allowing general healing. Phoenix Rising

NUTRIENT SUMMARY

Methionine-rich foods
Effective B-vitamins
Mineral cofactors
Antioxidant variety
Avoid gluten, casein

METHIONINE CYCLE NUTRIENTS

Methionine
Choline
Betaine
Phosphatidylserine
SAMe
Adenosylcobalamin
Methylcobalamin
RNA, Nucleotides
5 Methyl THF
Pyridoxyl-5-phosphate

INCREASE IGF-1

Milk, particularly whey
Soy isoflavones
Prunes
Creatine
Velvet deer antler
Vitamin E
Magnesium
Omega 3 oils
Sufficient sleep
Exercise

HIGHEST VEGETARIAN METHIONINE FOODS

Sesame seeds, flour
Sunflower seeds, flour
Brazil nuts
Spinach, turnip greens
Broccoli
Squash, zucchini
Parmesan cheese
Butter
Blue cheese
Soy protein
Seaweed, spirulina

SNPs, Methylation