Decoding the Mystery of Methylation Transcript

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Case Study Introduction

Everyone, welcome back for another case study. We have a really cool one here today. But before we get into it, just want to make sure. Anyone that hasn't watched the case study yet, here's again something that we said in the early ones, which is in order to protect patient confidentiality and data, although we are sharing actual case studies from actual patients who have agreed to have their stories shared, we are using my report to show the data just so you don't see patient names and data, and so you'll see my report.

But we found people that have the same profile as me in various areas of the genome, and we're able to tell their stories. This story is a mindblowing one for us because of the outcome.

And I'm going to share my screen with you. We actually have a patient who had completely lost feeling in their arm.

Patient's Lost Arm Sensation

And because of a car accident and they got it back. This was actually the interesting thing about this was that wasn't the intention. This person actually came to us through their functional medicine clinician just wanting to optimize.

They were elderly and they said, we just want to do what's best for me. Tell me what supplements they take. So their clinician said, Hey, if you take this genetic testing, it will actually tell you what supplements to take.

So she did and she started working on it. No, she had been in this car accident where she lost feeling from her elbow to her fingertips. Now, having said all that, the intention for her again was just optimization.

But word that she landed was she woke up in the middle of the night about two weeks into it, with pain in her hand and her fingers. And she called the clinician the next day saying there's something going on I can make.

My fingers are hurting. I haven't felt them in a year and a half. Another few weeks went by and she had full mobility and feeling from her fingertip to her elbow.

I think it was six or eight weeks into it around that time. So what happened? What happened was when we looked at her genome, you'll often hear the teacher foraging.

The MTHFR gene shows you your methylation capacity. Right. And people will look at it as the methylation gene. Meanwhile, there's all these other genes in the methylation cascade.

MTHFR and B12 Methylation

And if you're only looking in that one, you're not going to get the full picture of what's going on. This is the starring character. This is the central role that points to how well they do this job.

But here's all of what else is going on. And if these are in functioning, then you don't really understand your methylation. And what was going on for her was the same thing that's going on with me.

Her MTHFR was great. So she was told, you have great methylation, inflammation is a problem for you, but all this other stuff wasn't working. And when these genes don't work, you don't have the ability to metabolize B12 properly.

And B12 is a key micronutrient that fights inflammation, which is the thing that she was suffering from. It was just neuroinflammation. She was told medically that she had lost feeling like this was damage from the car accident.

So nerve damage done. What was actually happening was nerve suffocation. Her nerves were so inflamed, neurons, animation that they stopped functioning and they were revived because given her genes, we gave her an adenosyl B12 versus a methylB12.

I mean, which is what you normally get when you go to a store, buy B12. It's usually methyl. We gave her adenosyl because her genes that metabolize better I methyl sorry weren't working well so we gave her this version.

The other second and more important thing was that she was given a sublingual under the tongue B12. Now this gene profile, you think you're getting your B12 from beef, you think it's working for you.

But if you have the FUT2 version, the GG version, you actually don't have a great ability to have the enzyme function and then metabolize and absorb B12 in your gut and you need to take it under your tongue to your ancestors.

Probably eight more sheep and lamb, which is has this methylated version of B12 that as you chew, grandma says chew your food. There's a reason for that because you're actually absorbing and breaking down nutrients right in your mouth.

So that was one big thing. The information was brought way down and all of a sudden this neurology, this raw nerve started to thrive again. And she got feeling the second big thing.

So she lived in a city called Hamilton.

Glutathione Detox and Recovery

Hamilton is a city just outside of Toronto, which is known for its steel manufacturing. And so the air is fairly toxic because your people are living right next to these steel manufacturing facilities.

And so what we found when we looked at her glutathione pathway is she has one copy of the GSTT1. So why is it so important? The GSTT1 gene is your primary glutathione I call it traffic cop in your blood.

That's looking for toxins to send to your liver, collecting them and metabolizing them, getting rid of them. She was missing 50% of the instruction. Either mom or dad didn't give her a copy of the GS.

You only had one copy in her genome. Half of it was deleted, so she didn't do this job. Well, when we saw this, we started supplementing her with precursors so that what that means, the initial logic is, oh, you don't deal with good often.

Well, let me give you some of that. You're toxic. I tested your blood. Let me give you some glutathione. You know, you're there's chemicals and molds and pollutants and let me give you some good that.

Well, if you don't have the genes or the, I should say, the proper version of the gene that instructs glutathione, and all of a sudden your body doesn't know what to do with it, you end up binding onto minerals and nutrients and things you actually need.

The glutathione is instructed properly. And so what we did was we gave her precursors NLC, Selenium, milk thistle, alpha lipoic acid. These are potent detoxification supplements that get to work on their own that are precursors to glorify on that are not going to go bind onto your minerals and nutrients that you actually need in your bloodstream to deliver nutrients.

Your cells. And she started to thrive. So the toxic burden was brought way down. And this was only done because her genes pointed to it. There wasn't a specific symptom or problem.

It was more that her genes called for this type of a cocktail of these precursors for detox, very specific b-complex and vitamins for her methylation.

And then all of a sudden the outcome unintended was that her neurology and her inflammation went down and she started to thrive. And this damage that she thought she had, which was one and a half years of literally use an unusable limb, was brought back to life.

And so this is we're dealing with the root cause often solves problems beyond what you thought you were going to solve. So it's more like, hey, I got a migraine or I've got issues or I have depression and I want to fix something.

Well, we're going to go look at the systems that are failing and we're going to fix those. And then you often see, Hey, wait a second, my nails look better than they've ever look.

My hair is a bit a little bit better. My skin, this seems to be glowing because when all systems are thriving, everything thrives. Remember, health is rooted in the cells.

Thriving disease is rooted in inflammation. And inflammation starts a degradation of the cells. So if you can get that going well, you can get a chronic disease.

If you're not in a flame state, it's either fibrosis or inflammation. It's those two things that will get you there. And if your cells are healthy and thriving, the mitochondria is charged and inflammation is slim to none and nutrients are being delivered properly.

The cells are thriving and you can't get a chronic disease. It's as simple as that. So this is what happened to her. Inflammation was removed. She started to thrive and all of a sudden, a byproduct of just supplementing her properly for her genetic profile meant that her permanent nerve damage was no longer permanent.