



The Methyl Balance Roadmap

You suspect you have a methylation imbalance, or you're pretty sure you do because of your [methylation quiz results](#) or your genetics. Now what?

What is Methylation?

Methylation is a tiny chemical process happening in your body billions of times per second. It helps control things like:

- energy production
- mood and mental clarity
- detoxification
- hormone balance
- how you respond to stress
- How your genes are expressed.

Methylation happens in every organ system, tissue, and cell of your body, so the effects of poor methylation are widespread and can cause seemingly unrelated symptoms that don't look like they go together.

Methylation isn't an "on/off" switch, it's more like a dial. Even if your lab markers fall within a "normal" range, your system can still be functioning suboptimally for you.

You might notice things like:

- Feeling tired no matter how much you rest
- Anxiety, irritability, or feeling "wired but tired"
- Brain fog or trouble concentrating
- Headaches or sensitivity to chemicals, supplements, or medications
- Difficulty handling stress, or physical reactions to emotional stressors
- Poor response to supplements or side effects with supplements
- Hormone imbalances or cycle irregularities in women
- Feeling like your body just doesn't respond the way it should

So then, we have to understand two things. What causes methylation imbalance and how do you find balance?

What Causes Methylation Imbalance?

There are many contributing factors to methylation imbalance, but the three most common causes are:

- MTHFR gene mutation
- Folic acid overload

- Nutritional deficiencies including active folate and riboflavin

What is the MTHFR Gene Mutation?

Roughly 50% of the US population has a genetic variant in MTHFR called an SNP, which is essentially a spelling mistake in the MTHFR gene.

The MTHFR gene tells your body how to build an enzyme of the same name. The MTHFR enzyme is like a magic chair in which something useless (like folic acid) sits to be transformed into something valuable, like 5-LMTHF, which is the biologically active form of folate. So essentially, this chair makes active folate.

When you have a "mutation" (really, it's just a spelling mistake, called a gene SNP), the chair changes shape so that it's hard for folate to sit there. This means it takes longer for the folate to be activated. There are two variants that have been shown to affect MTHFR enzyme function. They are called MTHFR C677T and MTHFR A1298C.

What Does MTHFR Have To Do With Methylation?

Having an issue with MTHFR means that your body has a hard time activating folate. This means that functions that need active folate run more slowly, and the most important of those is the METHYLATION PATHWAY. This chemical process in your body manufactures your most

common methyl donor, SAMe. SAMe is used in most other methylation reactions.

If you want more details about this, check out the blog, the book [MTHFR Easy: Get Healthy For Life](#), or listen to the [To Health With That! Podcast](#). Unless you're interested in the science behind it, the main takeaway is that MTHFR gene variances affect Methylation.

Why Does Methylation Imbalance Matter?

- **Issues with neurotransmitters** - depression, anxiety, anger, addictions, ADD, autism, as well as more serious mental health issues like bipolar and schizophrenia.
- **Issues with energy**: sudden fatigue, chronic fatigue, hyperactivity, restlessness, sudden energy drop, or agitation.
- **Issues with sensitivities and toxins** - allergies, food and chemical sensitivities, toxic-type reactions to smells, perfumes, and toxicity issues related to reduced detoxification of heavy metals and other chemicals.
- **Issues with cell repair and reproduction** - fertility problems, repeated miscarriages, low sperm count, sub-fertility, and cancer.
- **Midline problems** - (mostly developmental) - cleft lip, cleft palate, spina bifida, neural tube defects, asymmetries.
- **Issues around aging and oxidative stress** - macular degeneration, cataracts, skin and cellular aging, Alzheimer's disease.
- **Heart and cardiovascular disease** - heart attack, stroke, abnormal clotting, high blood pressure, preeclampsia.

Because methylation is a foundational piece of your body's basic biochemistry, it has incredibly far-reaching effects. This is why balancing methylation is so crucial in maintaining your health.

Methyl Balance - The Roadmap.

The great thing about methylation is that you can follow a predictable pathway to success. This process should unfold slowly because you are working on a process in the very foundation of your health - trying to rush it can lead to cracks.

I highly recommend tracking your symptoms as you make changes. This will help you understand what works for your body and what doesn't. Symptom tracking can help you pinpoint the steps that make the biggest difference for you, so you can see their value. You can do this on a paper symptom tracker (available when you sign up for the mailing list at tohealthwiththat.com), any symptom tracking app, or the [Methyl Balance app](#).

There are three foundational steps to the Methyl Balance Method.

1. Remove your roadblocks
2. Strengthen your foundation
3. Customize for your personal symptoms and genetics

To prepare, **begin tracking your symptoms.** Tracking your symptoms helps you understand where you start and begin to spot changes. It also gives you a way to see clearly what is working and what isn't. You can

do this with a paper symptom tracker, any symptom tracking app, or the [Methyl Balance app](#).

Step 1: Remove Your Roadblocks

With methylation, there are a few roadblocks you can encounter, but the most potent of all is synthetic folic acid, which has been shown in studies to block folate receptors and make the MTHFR enzyme run even less efficiently, which is a big problem if you have MTHFR, but can be a problem even if you don't.

Eliminate artificial folic acid from supplements, foods, and prescriptions. Excessive folic acid intake is one of the most common causes of methylation imbalance, so get the folic acid out. Folic acid is found in multivitamins, meal replacement bars and shakes, protein bars, and food additives. Any food that lists “folate” or “folic acid” on the nutritional label is fortified with folic acid because these terms are considered legally interchangeable (in the US and Canada). This includes bread, pastry, pasta, flour, cereal (everything made with wheat), and also some unexpected ones like orange juice and fortified nutritional yeast. Also, talk with your doctor about your prescription medications because many drugs contain folic acid, but there is usually an alternative without.

If you notice symptoms of chemical sensitivity, then you may have some chemical roadblocks as well. If that is the case, consult the book for more information on eliminating toxins from your home and environment.

This is the biggest and most important step because your body can't move forward with a strong foundation when faced with a roadblock. It just doesn't work. Be sure to track your symptoms while you make this big shift, because many people notice improvements in anxiety, sleep, mood, energy, and other symptoms even from step one.

Step 2: Balance your Foundational Nutrients

Your foundational biochemistry needs nutrients to function, and if your gears have been jammed with artificial folic acid, many of those nutrients have been missing or under stress. The first place to start is with your diet.

Add food sources of natural folate. This is not bread or cereal with folic acid added; these are vegetables, fruits, and meats that naturally contain this vital nutrient. Natural folate is not yet active, but it doesn't interfere with methylation like synthetic folic acid. This can be found in beans of all kinds, lentils, avocados, asparagus, dark green leafy vegetables, liver, citrus fruit, and many other natural foods. Aim for 400 micrograms of natural folate per day. Most people have no trouble with this step, and many feel more stable and resilient. Make sure you keep tracking your symptoms so you notice any changes.

Hydrate. Make sure you're getting eight 8-oz glasses of water (about 2 liters) daily with good electrolytes. I like to add a pinch of Himalayan salt or unrefined sea salt to my water to boost its hydration power. This step is so often talked about that it is easy to overlook, but it is also one of the simple things you can do for yourself that will help you gain energy quickly.

The B vitamins work as a family (that's why they're the B vitamins. There are no C vitamins or D vitamins, only a vitamin C and a vitamin D. The Bs function as a group.) The great news is that many folate-rich foods are also sources of other important B vitamins, and they all work together to support methylation. Folate works especially closely with vitamin B12, vitamin B6, and riboflavin. The more you are able to boost natural B vitamin sources, the more balanced your methylation foundation will be.

Step 3: Customize for Your Symptoms and Your Genetics

Steps one and two are the foundation of good methylation, but some people need supplemental support based on their symptoms and genes. At this point it can be helpful to know your [methylation archetype - click here to take the quiz](#). This can point you in the right direction, supplement-wise.

The easiest and most balanced starting point is a low-dose multivitamin that contains methyl folate (usually L-5MTHF) as the first step in supplementation. Not everyone tolerates methyl folate, so be sure to track your symptoms. If you notice sleep getting worse, anxiety getting worse, depression getting worse, or a feeling of jittery energy, then methyl folate might not be the best step for you. Learn more about this on the website at tohealthwiththat.com. If you don't tolerate methyl folate, switching to a multivitamin with folic acid, which is an MTHFR-safe form of folate that is not as stimulating as methyl folate, is a great choice.

Many people go straight for individual supplements, but a good multivitamin ensures you get all your basic nutrients in one place and avoids leaving major gaps in your system.

There are many supplements that can be helpful for better methylation, including:

- L-5MTHF (methyl folate) - boosts methylation
- B12 in the methyl, hydroxy, or adenosyl forms, depending on your genes and response - boosts methylation (especially the methyl form)
- SAMe - boosts methylation.
- TMG - boosts methylation
- Choline, or sources of choline like lecithin or alpha GPC, modestly boost and support methylation. This can be helpful if you don't tolerate methyl folate or folinic acid.
- Glycine - regulates methylation and helps bring balance. This is a great option if you have difficulty taking methyl folate or SAMe.
- Niacin (not flush-free or niacinamide) - Reduces methylation for people who need it and uses excess methyl groups.
- Riboflavin - vital to the function of the MTHFR enzyme and methylation

Each of these should be added cautiously, as methylation is a balance, and too much of a good thing is just too much. It helps to know your full genetic picture as well as your symptom profile. This is where diving deeper with a program like Methyl Balance helps.

You don't have to do this alone - join the Methyl Balance Method for step-by-step guidance, support, and transformation. [Get your dimmer switch turned back up to full brightness with Methyl Balance.](#)