

# The Eyes Never Lie Gene: Explanation of the Mthfr 677 C / A Cytogenic Location 1p 363, Short (P) Arm of Chromosome 1

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## Opinion

MTHFR is an enzyme that adds a methyl group to folic acid to make it usable by the body. The process of methylation involves the enzyme from the MTHFR gene, so those with a mutation may have trouble effectively eliminating toxins from the body!

The MTHFR gene provides instructions for making an enzyme called methylenetetrahydrofolate reductase. This enzyme plays a role in processing amino acids, your building blocks of proteins. Methylenetetrahydrofolate reductase is important for a chemical reaction involving forms of the vitamin folate (also called vitamin B9). Specifically, this enzyme converts a molecule called 5,10-methylenetetrahydrofolate to a molecule called 5-methyltetrahydrofolate. This reaction is required for the multistep process that converts the amino acid homocysteine to another amino acid, methionine. The body uses methionine to make proteins and other important compounds.

Those of us with a MTHFR gene mutation have a highly reduced ability to convert folic acid or even folate into a usable form. Research estimates that as much as half of the population may have an MTHFR gene mutation, though there are many variations of the mutation, depending on how the gene was passed down from the parents.

People with low activity of the MTHFR enzyme may present with elevated homocysteine levels, which have been associated with inflammation and heart disease, birth defects, difficult pregnancies, and potentially an impaired ability to detoxify.

The Mayo Clinic believe that this gene may be responsible as suspect to Anxiety, fatigue, foginess, sleep issues, high blood pressure, recurring sinusitis, asthma, headaches, neural pathway blockages, lack of oxygen, and inability to deal with processed food, including additives, and colourings.

Stress, in all its forms, inhibits this "methylation" – the transfer of methyl from 5-MTHF to other substances. So when you are under stress, it is especially important to provide the nutrients necessary for these processes.

To clarify in more detail, the liver is a major processing system, involving countless enzyme pathways, including methylation, which turn one nutrient into another and toxins into non-toxins, preparing them all to be used and/or expelled by the body. When you drink alcohol, it is your livers job to process it using methylation, but if your nutrients are depleted or you are stressed, your liver will not be able to complete the process effectively, leading to symptoms associated with a hangover.

Identifying a potential MTHFR defect is especially important for women of childbearing age, as this defect can increase the risk of

many problems in an unborn child, including folate related disorders like Spina Bifida.

- I. Homozygous: the same gene passed on from both parents can occur if both pass on the 677 mutation, or the 1298 mutation.
- II. Heterozygous: one parent passed on the 677 mutation or the 1298 mutation but the other parent passed on a normal gene.
- III. Compound Heterozygous: one parent passed on the 677 mutation and the other passed on the 1298 mutation.

We need to increase our immune system as well as lengthening your Chromosomes with Telomeres.

## This Extract has been Hand Crafted, by Myself, and Contains the Following

110 MII ASTRAGALUS (membranaceus), CALENDULA (Blood Cleanser), CAYENNE PEPPER (Alleviates Inflammation), KONJAC GLUCOMANAN ( Weight Control, fatty lipids), ECHINACEA (Boost to Immune system), ELDERBERRY, (Virus Killer), GINGER ( Circulation of Blood), GINKGO BILOBA ( Ginkgo Biloba contains phytochemicals that thin blood and help to improve muscle tone in the walls of blood vessels. This enhances blood flow throughout the body, but especially in the smallest blood vessels, the capillaries.) RESHEI MUSHROOM (Ganoderma Lucidum), Antibacterial, Anti Anti viral, Antiallergic, Antihistamine. Take 1 teaspoon twice daily before food. 1 in the morning before breakfast, 1 before dinner.

## Acknowledgments

None.

## Conflicts of Interest

None.