

# Supporting **Methylation** with a **healthRESET™ Detox**



Did you know that our healthRESET™ detox is seriously good for methylation support as well as detoxification?

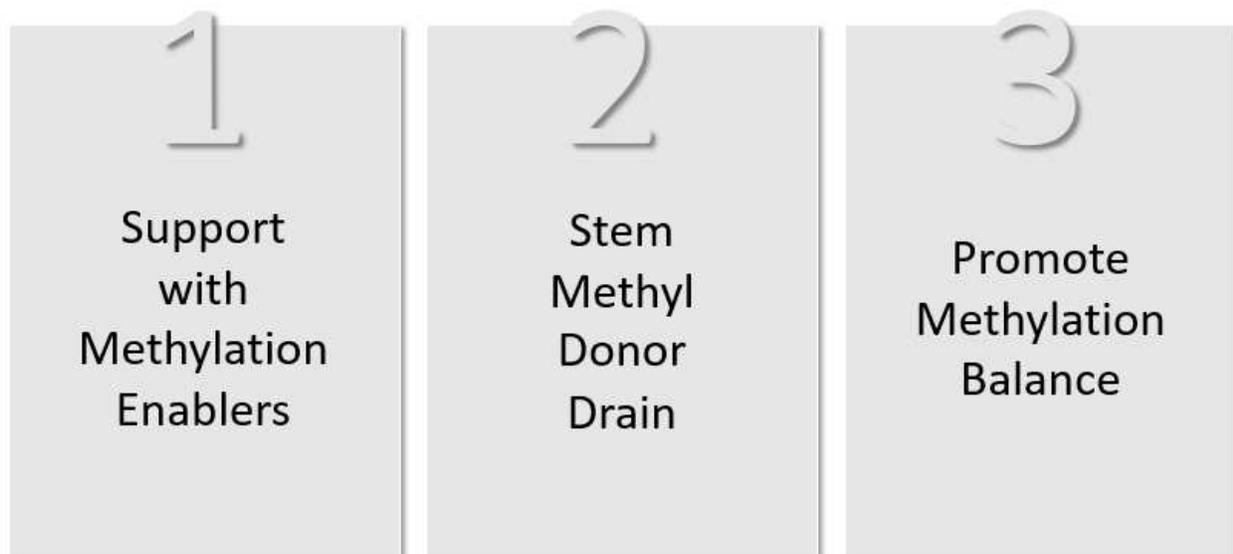
Read on to find out how, and why you should consider a regular detox part of your methylation maintenance plan.



## Advanced Methylation Support

If you've been following our content for a while, you'll know that simply taking a B vitamin supplement to support methylation deficits (e.g. having an MTHFR gene variant or elevated homocysteine), just doesn't cut it. Even if your supplement contains the bioactive methyl-folate or methyl-B12 forms, or if it has extra nutrient cofactors like betaine or B6. Yes, we do use supplementation too, but it's not the only strategy and may not even be needed for many of us long term.

To get a handle on what advanced methylation support looks like, it helps to think in terms of a framework. There are three key pillars that provide a framework for effective methylation support:





1. **Support with methylation enablers:** This is truly fundamental methylation support. When you consume typical methyl donor supplements that include methyl-folate, B12, B6, and betaine, you're supporting the body's endogenous production of that universal methyl-donor, S-adenosyl methionine (S-AdoMet for short). S-AdoMet is then used in myriad methylation reactions as your body requires. But, as you'll learn, supplementation is not the only methylation enabler — diet, microbiome, mitochondria, exercise and more, all play a role.
2. **Stem methyl donor drain:** What is methyl donor drain? This concept takes some 'getting your head around,' though it's actually quite straightforward: since S-AdoMet is used in many, many different capacities in your body, you can inadvertently be using up *too much* methylation capacity in one area, leaving not enough for other important uses. We can't skimp on fundamental methylation activities such as cell division and repair, but we CAN reduce excess methylation activity in other areas like allergy, toxin exposure and stress by addressing those underlying imbalances and reducing methylation demand.
3. **Promote methylation balance:** Can you have too much of a good thing? Yes! Balance is always really important in any body system, and methylation is no exception. One of the most problematic ways your methylation can become imbalanced is at the level of your DNA. Methylation on your DNA is what scientists term 'epigenetic marks.' These aren't just for decoration — they're what the body uses to turn genes on and off. Too much methylation in the wrong places on your DNA has been associated with many undesirable diseases including cancer and autoimmunity.



By taking a more advanced, comprehensive approach to methylation support, you will have a safer way to support methylation for the rest of your life, and not just the next few months.

**The healthRESET is a great way to start you off, and here are the same three reasons why:**

### **1. The healthRESET™ Provides Methylation Enablers**

The healthRESET™ provides optimal levels of methylation nutrients. The Opticleanse GHI that we use, contains half your daily requirement for folate, in the high-quality 5-mTHF form. It has 833% of your requirements for vitamin B12, 250% of your requirement for B6, and 250mg of betaine. Not only that, but you'll also be *eating* abundant methylation nutrients including dark leafy greens, beets, oily fish, and seeds. These are wonderful sources of folate, betaine, B6, B12 and more right there!

Folate is also one of the nutrients produced in your gut, by many of the microbes that call you home. Others include methylation-relevant vitamins B2, B3, B6 and B12. In the healthRESET™, we have you increase your consumption of prebiotic foods, specific vegetables and fruits that 'feed' the healthy bacteria so that they can flourish and produce essential methylation nutrients for us. We also incorporate a probiotic supplement (which you take for 30 days), that directly inoculates your gut with healthy, nutrient-producing and detox-supporting happy microbes.



## 2. The healthRESET™ Reduces Methyl Donor Drain

Here are three areas for potential methyl donor drain, along with an explanation of how the healthRESET™ addresses them:

### What drains SAMe?

#### Too much stress

When we are under stress, we produce stress hormones including adrenaline. Adrenaline has to be metabolized by the body using SAMe. So in states of chronic stress, we're using up more methyl donors to metabolize that adrenaline, depleting important SAMe reserves that are needed for other uses.

### How a healthRESET™ helps

By encouraging you to log your emotions and thoughts daily in your workbook, we encourage you to examine your stress levels to see if they are in a healthy range. We also prompt you to write down what you are grateful for each day—gratitude is an excellent tension reliever and stress buster.

“In states of chronic stress we’re using up more methyl donors”



## What drains SAME?

### Food and environmental sensitivities

Potential reactions to food aren't just about anaphylaxis. There is a whole range of potential types of food reactions, many of which you may not even realize connect back to certain foods. Many food reactions can be delayed, meaning that the symptom (be it headache, joint pain, depressed mood, or skin rashes) can take up to two-days or more to materialize. When our body reacts to a specific food, cells release a substance called histamine. It's the same as when we get seasonal allergies, which is why anti-*histamine* medications are so effective for hay fever. Well, histamine is also metabolized via methylation, using SAME. So if we're experiencing ongoing immune reactivity then we're using up a lot of SAME to process that.

### Excess toxic burden

Methylation is one of the various processes that your detox organs use to process environmental toxins for excretion.

## How a healthRESET™ helps

We have you remove the most likely culprits for food reactions, specifically gluten, dairy, eggs and peanut. **If you suspect potential food sensitivities, we recommend you also get the healthRESET™ add-on that includes two nutrition consultations**, so you can get guidance about how long to remove those foods for, and how to properly test whether those foods are causing you problems. **Use the coupon code hRbundle to get \$25 off your combined purchase.**

With the healthRESET™ detox you're going to be lowering your toxic burden and helping your body excrete toxins that it is carrying.



### **3. The healthRESET Ensures Methylation Balance**

How does the healthRESET help? In two ways—by reducing or balancing dietary and lifestyle factors that can impede healthy DNA methylation, and by including methylation ADAPTOGENS. Here's some more info on each of these:

#### **1. Reducing or Removing Factors that Dysregulate DNA Methylation**

One of the biggest dysregulators of DNA methylation are toxins, including pesticides, BPA, phthalates, benzene and heavy metals. Each of us carries a toxic burden to varying degrees. In today's modern society it isn't possible to completely avoid all toxin exposure, although we can definitely take steps to minimize it.

In the healthRESET™ detox we teach you both how to reduce your exposure to harmful toxicants, as well as provide a safe but effective way to rid your body of these toxins.

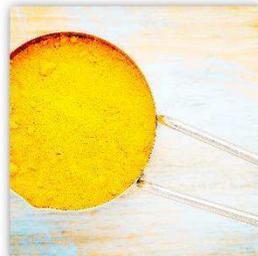
#### **2. Strategic Use of METHYLATION ADAPTOGENS**

Adaptogens help to balance out specific systems in the body, to prevent too little or too much activity. Methylation adaptogens have been shown to go around 'cleaning up' excess and inappropriate methylation on our genes. They are truly amazing.

Specific foods we highlight and include in the healthRESET act as methylation adaptogens. These include: **beets, berries, broccoli, bok choy, broccoli sprouts, Brussels sprouts, cabbage, cauliflower, green tea, kale, radishes, rosemary, rutabaga, shiitake mushrooms and turmeric.**



Click [here](#) to find out more about methylation adaptogens.



For full information about the *Methylation Diet & Lifestyle Program* we use, see our [eBook](#).