

We are discussing methylation in the body and how to support it the healthiest way possible.

What can influence healthy methylation?

A natural genetic error.

Exposure to pollution, heavy metals, and radiation.

Inflammation

Aging process

Nutrition

How we can support methylation in our body with vitamins, includes, certain B vitamins in adequate quantity for a healthy methylation cycle to occur.

Vitamins B2, B6 and B12 are necessary for the activity of certain enzymes used by this cycle. Folate (B9) is a crucial nutrient which helps to produce methyl groups which supports the methylation process. Inadequate amounts of these B vitamins can lead to impairment in the function of the methylation cycle.

To have a healthy methylation cycle it is important to lessen the exposure to environmental and lifestyle influences that are known to affect healthy methylation. It is also important to take in an adequate amount of B vitamins.

There is a methylated version of vitamins which is found to be significant for most of us. Methylated vitamins are the active version of the vitamins which the body can easily make use of, while un-methylated vitamins must go through a conversion process.