

# SUPPORT FOR BALANCED METHYLATION

## *HT WELLNESS EDUCATIONAL SERIES*

Renee M. Schambre

---

Methylation is a foundational biochemical process that affects nearly every system in the body. At its core, it involves the transfer of a small chemical unit called a methyl group. While that sounds technical, the impact is very practical — methylation influences detoxification, neurotransmitter balance, hormone metabolism, cardiovascular health, energy production, and gene expression.

Methylation also plays a key role in epigenetics. This means it helps regulate which genes are turned on or off without changing the DNA itself. Proper methylation supports healthy aging, balanced mood, cognitive clarity, and normal cellular repair.

A healthy methylation cycle depends on adequate levels of key nutrients including folate, vitamin B12, methionine, choline, and magnesium. When methylation pathways are sluggish or impaired, homocysteine levels may rise, detoxification may slow, and individuals may experience mood changes, fatigue, cardiovascular stress, or cognitive decline.

### ***Supportive Lifestyle Practices***

**Movement:** Regular exercise has been shown to positively influence gene expression and support healthy methylation activity.

**Sleep:** Aim for 7–9 hours of quality sleep per night.

**Stress Regulation:** Prioritizing nervous system regulation supports long-term resilience.

### ***Whole Food Nutritional Support***

Beetroot & Betaine, Choline-rich foods, Folate-rich foods, Magnesium-rich foods.

Balanced methylation is about supporting the body's natural biochemical pathways through nourishment, sleep, and movement.

Small, consistent lifestyle and nutritional choices create long-term impact.

### **Supplement Brands Mentioned**

#### **Standard Process**

- Choline
- Whole Food Folate

#### **MediHerb**

- —

#### **Premier Research Labs**

- Phyto-Methylate

**Fullscript**

- Thorne NAC