



# You Tested Positive for a Methylation Block – What Happens Next?

## Understanding Your Results

Your results from the Methylation Block Screening Questionnaire indicate that you may have a “methyl block.” This means that when your body is trying to take up active folate (methyl folate), it can’t. Why? Because something is blocking it. This may be your genes, it may be low nutrients like Vitamin B12 or glutathione or it might be something environmental like mould, yeast, inflammation. It is your practitioners role to uncover the block and find out what is causing it.

## What is a Methylation Block?

Methylation is a vital process that involves the addition of a methyl group ( $\text{CH}_3$ ) to various molecules in your body. This process supports key functions such as:

- Detoxifying harmful substances
- Repairing and maintaining DNA
- Regulating mood and neurotransmitters
- Producing energy

A methylation block occurs when this process is impaired, often due to genetic factors (e.g., MTHFR gene mutations), nutrient deficiencies, toxin exposure, or chronic stress.



## Common Symptoms of a Methylation Block

If you tested positive, you may be experiencing some of the following symptoms:

- Chronic fatigue
- Brain fog or difficulty concentrating
- Mood swings, anxiety, or depression
- Suicidal thoughts
- Digestive issues (bloating, constipation)
- Sensitivity to chemicals or medications
- Allergies or frequent infections
- Difficulty managing stress
- Difficulty getting and staying asleep
- Hormonal imbalances
- Infertility
- Immune dysregulation
- Weird rashes
- Headaches or migraines

## Immediate help symptoms

### Step 1: Reduce Folate To Take The Pressure Off The Block.

To reduce your symptoms we need to 'mop up' the methyl groups. Niacin (B3) does this well. It will reduce your symptoms very quickly and make you feel better within 1-2 days.

#### What is the Niacin Challenge?

By giving regular niacin (B3) supplements we help reduce the methyls that are being blocked. You must do this for at least 24-48 hours with minimal other supplements.

#### Instructions for the Niacin Challenge:

1. **Take 1 niacinamide capsule (200-250mg) every 2 hours** during the day (not during the night).
2. Continue until your symptoms (anxiety, depression, suicidal thoughts, headaches, migraines) are 50% better.
  - This may take a few hours to a few days.
  - Your healthcare provider will check in with you each evening to assess your progress.
3. Once you feel 50% better, **reduce the dose to 4 times per day.**
4. After two weeks, if your symptoms are stable, reduce the dose to 3 times per day.
5. Continue taking niacinamide until your healthcare provider advises it's time to adjust your protocol.

#### Why Start with Niacin?

Niacin does multiple things:

Firstly it mops up methyls, secondly it acts as a cofactor that helps key pathways that support your methylation.

## Step 2: Do You Need SAME?

Some patients benefit from adding **SAMe (S-Adenosylmethionine)** to further support their mood. The typical dose is **200mg**. NB: do NOT take SAMe unless recommended by your health professional.

#### When SAMe is NOT Recommended:

- If you have a family history of bipolar disorder.
- If you have a family history of psychosis.
- If you have the COMT -- genotype (ie: Fast COMT).

## Next Steps: Supporting Healthy Methylation

In addition to the niacin challenge and SAMe, there are several other steps you can take to support your methylation pathways and improve your health:

#### 1. Optimise Nutrition

Eat well, do not fast during this phase and avoid ALL folic acid based foods. This usually means bread, cakes, and essentially anything in a packet from the supermarket. Your practitioner can give you a list of these foods.

#### 2. Support Detoxification

Detoxifying your body can help ease the burden on methylation pathways. Drink plenty of water, eat fibre-rich vegetables, and avoid environmental toxins like chemicals and processed foods.

#### 3. Manage Stress

Chronic stress depletes methylation resources. Incorporate stress-reducing practices like meditation, deep breathing, or gentle exercise into your daily routine.

## Need More Support?

If you have any questions about your results or the niacin challenge, or if you are unsure how to proceed, contact your healthcare provider. Together, you can develop a personalised plan to restore healthy methylation and address any other underlying health concerns.