

## NUTRITION



## Patients Victimized by the “Methyl Myth”?

By Guy Schenker, DC

ONE SUPPLEMENT CONTROLS THE DREADED MTHFR GENE. You can do much to help patients cursed with the evermore popular (and grossly blown out of proportion) MTHFR deficiency diagnosis. Most patients (and their misinformed doctors) have been snookered by all sorts of trash on the internet. You really should stick to the peer-reviewed research literature, or you will be severely misled.

The “danger” of the MTHFR gene is insufficient methyl donor activity, which causes a buildup of homocysteine. Homocysteine is an independent risk factor for cardiovascular disease and a marker of premature aging. Supplementation with vitamin B12 as methylcobalamin or folacin as methylfolate is not only not the answer; it is counterproductive.

Before you let your patients fall for the methylfolate hype, realize that it performs only one (out of countless) folacin functions — that of a methyl donor. Alarmingly, it truly performs exactly the opposite biochemical function as all other forms of the vitamin.

In many of the essential physiological activities of folacin, it acts as a methyl acceptor. Methylfolate can even cause a deficiency of folacin.

Similarly, the methylcobalamin form of B12 is nothing more than true vitamin B12 with a methyl group attached. It is not a “superior” form of the vitamin; it has essentially zero vitamin B12 activity. Furthermore, all the methylcobalamin peddlers neglect to mention that it is very poorly absorbed.

Your solution to MTHFR? Supplement with betaine, which is by far the most powerful methyl donor and the most effective way to control homocysteine.

Betaine plays a significant role in maintaining overall health by supporting key bodily functions. Here is how it impacts different aspects of health:

- **Cardiovascular disease:** By reducing excess homocysteine, betaine may lower the risk of heart-related issues.

- **Liver function:** As a methyl donor, betaine supports detoxification and fat metabolism in the liver, helping prevent fatty liver disease and promoting liver health.

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- **Muscle performance and recovery:** Research shows that betaine enhances muscle strength, endurance, and recovery.

- **Cellular protection and hydration:** Betaine helps maintain fluid balance in cells, ensuring proper cellular hydration and function.

- **Metabolic health:** Since betaine is involved in methylation, a process crucial for DNA and protein synthesis, it supports energy production, immune function, and metabolic balance.

Ignore the methyl donor mythology. You can assure patients (and not only those with the MTHFR gene!) that supplementing with betaine offers extraordinary benefits.

**Dr. Guy Schenker**, a Pennsylvania chiropractor since 1978, is the developer of the Nutri-Spec System of Clinical Nutrition, which eschews symptom-based nutrition in favor of individualized metabolic therapy. Nutri-Spec offers a stage of life diphasic nutrition plan (SOLID DNP), empowering each patient to live stronger longer. Contact Dr. Schenker at 800-736-4320, [nutrispec@nutri-spec.net](mailto:nutrispec@nutri-spec.net), or through the website [nutri-spec.net](http://nutri-spec.net).

### References

1. Low PA, Benarroch EE. *Clinical Autonomic Disorders*. 3rd ed. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins; 2008.