

# Methionine Cycle

# SAM's Corporation



**BHMT**

Short-cut

Converts HCY into Methionine  
 Defects =  
 Gut issues  
 ADD/ADHD  
 Similar to CBS Defects

**SUOX**

Converts sulfites to sulfate  
 Defects = High Sulfites  
 Headaches/Migraines  
 Asthma/Chest tightness  
 Chronic fatigue/Lethargy  
 Chronic Indigestion/Heartburn  
 ↓ B-12 impedes SUOX  
 ↓ Molybdenum  
 ↓ Manganese  
 ↓ Boron  
 ↓ Strontium

**AHCY**

Activates Homocysteine for More Work Tags  
 Defects = ↓ \*HCY  
 Hides CBS defects  
 ↑ Gut issues  
 Balances MTHFR C677T defects

**ACE**

Anxiety & Adrenal Response = Stress Hormone, Mineral, & Blood pressure (BP) Control  
 Defects heighten Anxiety & Fight or Flight  
 ↑ Aldosterone  
 ↓ Potassium & ↑ Sodium  
 ↑ Cortisol  
 Water retention  
 ↓ Memory & Learning  
 Adrenal fatigue & later, low cortisol  
 Dizziness or "Head rushes" w/standing  
 ↓ BP & later, ↑ BP

Methionine Cycle

Path to liver

**CBS**

Path to SUOX

Defect = "Hole in the Bucket"

Toxic ammonia & sulfite overload

- |                     |              |                  |
|---------------------|--------------|------------------|
| ↑ Ammonia           | Brain Fog    | Heart disease    |
| ↑ Taurine           | Migraines    | Dementia         |
| ↓ Molybdenum        | Irritability | Seizures         |
| ↓ Zinc/Copper ratio | Fatigue      | Viral infections |
| ↓ Glutathione       | Dark circles | Down's Syndrome  |

"Filtering System"  
 Transsulfuration  
 Liver Pathway

To Waste Facility

\*Homocysteine = HCY