Methionine Cycle

SAM’s Corporation

BHMT
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

CBS
Path to liver
Defect = “Hole in the Bucket”
Transsulfuration
Liver Pathway
↑ Ammonia
↑ Taurine
↓ Molybdenum
↓ Zinc/Copper ratio
↓ Glutathione
↑ Brain Fog
Migraines
Irritability
Fatigue
Dark circles
Heart disease
Dementia
Seizures
Viral infections
Down’s Syndrome
To Waste Facility

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

*Homocysteine = HCY