

Table of some typical clinical symptoms of under or over methylation.

Clinical Symptom	Under-methylation	Over-methylation
High academic achievement	+	
Competitive	+	
Addictiveness	+	
Eating disorder	+	
Obsessive Compulsive	+	
Perfectionism	+	
Inner tension	+	
Ritualism	+	
Ruminate	+	
Psychosis	Catatonic	Active
Hirsute	N	Y
Pain threshold	Low	High
Responds to SSRI drugs	Yes	No
Responds to Benzodiazepines	No	Yes
Tinnitus		+
Poor organisation		+
Food/chemical sensitivity		+
Poor sleep		+
Paranoia		+
Anxiety/panic attacks		+
Grandiosity/religiosity		+
Racing thoughts		+
Auditory hallucinations		+
Poor dream recall		+
Nervous		+

Some of the Signs and Symptoms that Methylation is impaired include:

- Diabetes
- Depression/Mood disorders
- Anxiety
- ADHD
- Premature Aging
- Suppress Immune System
- Digestive problems
- Fibromyalgia/Chronic Fatigue Syndrome
- Miscarriages, fertility, and problems in pregnancy
- Cardiovascular disease
- Cancer
- Addictive Behavior, including alcoholism
- Insomnia
- Autism and other spectrum disorders
- Bipolar or manic depression
- Allergies or Multiple Chemical Sensitivities
- Atherosclerosis
- Multiple Sclerosis and other Autoimmune Disorders
- Hashimoto's or Hypothyroidism
- Parkinson's
- Dementia/Alzheimer's
- Neuropathy
- Chronic Viral Infections
- Low T cells or reduced NK cells
- Sensitivity to medications