

**Table showing examples of typical clinical symptoms of over- or under-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	No	Yes
Pain threshold	Low	High
Responds to SSRI drugs	Yes	No
Responds to Benzodiazepines	No	Yes
Tinnitus		+
Poor organization		+
Food/chemical sensitivity		+
Poor sleep		+
Paranoia		+
Anxiety/panic attacks		+
Racing thoughts		+
Auditory hallucinations		+
Poor dream recall		+
Nervousness		+

**Some of the signs & symptoms that methylation is impaired include, but are not limited to the following:**

- Diabetes
- Depression/Mood disorders
- Anxiety
- ADHD
- Premature Aging
- Suppressed Immune System
- Digestive Problems
- Fibromyalgia/Chronic Fatigue Syndrome
- Miscarriages, infertility, 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
- MS & other Autoimmune Disorders
- Hashimoto's or Hypothyroidism
- Parkinson's Disease
- Dementia/Alzheimer's
- Neuropathy
- Chronic Viral Infections
- Low T cells or reduced NK cells
- Sensitivity to medications
- Atherosclerosis

