

CASE >>	A	B	C	D	E	F	G	H	I
Situation	Injecting B12	Taking Glutathione, NAC, Cerefolin-NAC, whey, all glutathione or glutathione precursors	Starting or adding methylB12, adenosylB12 or hydroxycbl, AND OR Metafolin (perhaps 80%)	Adding adenosylcobalamin AND OR L-carnitine fumarate AND OR SAM-e to program (perhaps 50%)	Adding or increasing any of Vitamins D, A, E, or C, magnesium, zinc (perhaps 10%)	Starting or increasing folic acid	Starting or increasing folic acid	An increase in dietary vegetable folate, "green drinks", a garden feast	starting or Methyfolate – Metafolin starting low and titrating
GENETIC MUTATIONS									
Symptoms Timing	???	Often sudden onset of several group 3 symptoms ("Detox") maybe in a sequence, ie pain and inflammation the first day, cheilitis occurs on day 2-3 and IBS on day 5-6, plus any group 2 symptoms. Symptoms increase for weeks or months and can vary from mild to extreme.	The approximately 3rd day or later onset of symptoms.	The approximately 3rd day or later onset of symptoms ("Detox")	Approximately 3rd day or later onset of symptoms ("Detox")	usually takes a number of days to accumulate to a level leading to onset of symptoms ("Detox")	usually takes a number of days to accumulate to a level leading to onset of symptoms ("Detox")	Usually takes a number of days to accumulate to a level leading to onset of symptoms ("Detox")	
Symptoms Group 1			IBS – Steady constipation, Nausea, Vomiting, Paralyzed ileum, Hard knots of muscle, Sudden muscle spasms when relaxed, Sudden muscle spasms when stretching, Sudden muscle spasms when kneeling, Sudden muscle spasms when reaching, Sudden muscle spasms when turning upper body to side, Tightening of muscles, spasms and excruciating pain in neck muscles, Muscle weakness, Abnormal heart rhythms (dysrhythmias), Increased pulse rate, Increased blood pressure, Emotional changes and/or instability, dermal or sub-dermal itching, and if not treated potentially paralysis and death.	IBS – Steady constipation, Nausea, Vomiting, Paralyzed ileum, Hard knots of muscle, Sudden muscle spasms when relaxed, Sudden muscle spasms when stretching, Sudden muscle spasms when kneeling, Sudden muscle spasms when reaching, Sudden muscle spasms when turning upper body to side, Tightening of muscles, spasms and excruciating pain in neck muscles, Muscle weakness, Abnormal heart rhythms (dysrhythmias), Increased pulse rate, Increased blood pressure, Emotional changes and/or instability, dermal or sub-dermal itching, and if not treated potentially paralysis and death.	IBS – Steady constipation, Nausea, Vomiting, Paralyzed ileum, Hard knots of muscle, Sudden muscle spasms when relaxed, Sudden muscle spasms when stretching, Sudden muscle spasms when kneeling, Sudden muscle spasms when reaching, Sudden muscle spasms when turning upper body to side, Tightening of muscles, spasms and excruciating pain in neck muscles, Muscle weakness, Abnormal heart rhythms (dysrhythmias), Increased pulse rate, Increased blood pressure, Emotional changes and/or instability, dermal or sub-dermal itching, and if not treated potentially paralysis and death.				IBS – Steady constipation, Nausea, Vomiting, Paralyzed ileum, Hard knots of muscle, Sudden muscle spasms when relaxed, Sudden muscle spasms when stretching, Sudden muscle spasms when kneeling, Sudden muscle spasms when reaching, Sudden muscle spasms when turning upper body to side, Tightening of muscles, spasms and excruciating pain in neck muscles, Muscle weakness, Abnormal heart rhythms (dysrhythmias), Increased pulse rate, Increased blood pressure, Emotional changes and/or instability, dermal or sub-dermal itching, and if not treated potentially paralysis and death.
Symptoms Group 2			IBS – Diarrhea alternating with constipation, IBS – Normal alternating with constipation OR Headache, Increased malaise, Fatigue	IBS – Diarrhea alternating with constipation, IBS – Normal alternating with constipation OR Headache, Increased malaise, Fatigue	IBS – Diarrhea alternating with constipation, IBS – Normal alternating with constipation OR Headache, Increased malaise, Fatigue	IBS – Diarrhea alternating with constipation, IBS – Normal alternating with constipation OR Headache, Increased malaise, Fatigue			IBS – Diarrhea alternating with constipation, IBS – Normal alternating with constipation OR Headache, Increased malaise, Fatigue
Symptoms Group 3		IBS – Steady diarrhea, IBS – Diarrhea alternating with normal, Stomach ache, Uneasy digestive tract, increased hypersensitive responses, Skin rashes, Increased acne, Skin peeling around fingernails, Skin cracking and peeling at fingertips, Angular Cheilitis, Canker sores, Coated tongue, Runny nose, Increased allergies, Increased Multiple Chemical Sensitivities, Increased asthma, rapidly increasing Generalized inflammation in body, Increased Inflammation pain in muscles, Increased Inflammation pain in joints, Achy muscles, Flu like symptoms, Depression, Less sociable, Impaired planning and logic, Brain fog, Low energy, Light headedness, Sluggishness, Forgetfulness, Confusion, Difficulty walking, Behavioral disorders, Dementia, Reduced sense of taste, Increase irritability, Loss of reflexes, Fevers, Old symptoms returning, Heart palpitations, Bleeding easily.						IBS – Steady diarrhea, IBS – Diarrhea alternating with normal, Stomach ache, Uneasy digestive tract, increased hypersensitive responses, Skin rashes, Increased acne, Skin peeling around fingernails, Skin cracking and peeling at fingertips, Angular Cheilitis, Canker sores, Coated tongue, Runny nose, Increased allergies, Increased Multiple Chemical Sensitivities, Increased asthma, rapidly increasing Generalized inflammation in body, Increased Inflammation pain in muscles, Increased Inflammation pain in joints, Achy muscles, Flu like symptoms, Depression, Less sociable, Impaired planning and logic, Brain fog, Low energy, Light headedness, Sluggishness, Forgetfulness, Confusion, Difficulty walking, Behavioral disorders, Dementia, Reduced sense of taste, Increase irritability, Loss of reflexes, Fevers, Old symptoms returning, Heart palpitations, Bleeding easily.	
Symptoms Group 4	itchy bumps and acne type lesions appear mostly on scalp and face but not exclusively.								
Diagnosis	B12 was hydroxycbl OR photolytically deteriorated methylcbl OR cyanocbl.	Paradoxical Folate Deficiency + deficiency MethylB12 (1 week) + deficiency AdenosylB12 (several weeks later). None of the other supplements can overcome the effects of glutathione or NAC.	Hypokalemia. Triggered by sudden widespread healing onset. This usually occurs as soon as methylation therapy starts widespread healing process by allowing DNA replications with methylB12 and methylfolate.	Hypokalemia. Triggered by sudden healing and/or muscle growth. This usually occurs when the person has experienced muscle shrinkage perhaps from decades of inactivity, as soon as these supplements step up mitochondria functioning.	Paradoxical Folate Deficiency (or Insufficiency). Folic acid is the primary form found in vegetable source. In some unknown percentage of people who appear unable to convert folic acid adequately to methylfolate the accumulating unconverted folic acid can actually block the methylfolate.	Paradoxical Folate Deficiency (or Insufficiency). Folic acid is the primary form found in vegetable source. In some unknown percentage of people who appear unable to convert folic acid adequately to methylfolate the accumulating unconverted folic acid can actually block the methylfolate.	AND OR? Hypokalemia. Triggered by sudden healing and/or muscle growth. This usually occurs when the person has experienced muscle shrinkage perhaps from decades of inactivity, as soon as these supplements step up mitochondria functioning.		Paradoxical Folate Insufficiency, a "donut hole" deficiency. The effects of folate deficiency/insufficiency comes in layers. Several tissue groups can be healing at the same time as other tissue groups are deteriorating. IBS and angular cheilitis can be worsening at the same time as muscles are healing or growing. There is a dose of Metafolin that can start more tissue formation than the same dose can sustain causing a Paradoxical Folate Insufficiency at the same time. In some people at least as they increase Metafolin the need for potassium increases approximately proportionately.
Tests to Verify	Methylation Panel (Health Diagnostics?)	Methylation Panel (Health Diagnostics?)	Potassium level via UEE (Urine Essential Elements) OR use Potassium Meter at home (effective?)	Potassium level via UEE (Urine Essential Elements) OR use Potassium Meter at home (effective?)	Methylation Panel (Health Diagnostics?)	Methylation Panel (Health Diagnostics?)	Methylation Panel (Health Diagnostics?)	Methylation Panel (Health Diagnostics?)	Methylation Panel (Health Diagnostics?)
Treatment	Lesions can be reversed in days with methylcbl injections not exposed to light at all.	Stop relevant supplementation. A) Restart with B12 supplementation titrated (no Folate/ Metafolin) B) Add in Folate once B12 levels are restored (Test?)	Take potassium supplements: A) Maintenance within daily RDA (< 4000 Mg) -> such as 1,500mg spread over day B) When Hypokalemia symptoms felt (100 to 300mg dose)	Take potassium supplements: A) Maintenance within daily RDA (< 4000 Mg) -> such as 1,500mg spread over day B) When Hypokalemia symptoms felt (100 to 300mg dose)	Stop relevant supplementation. A) Restart with B12 supplementation titrated (no Folate/ Metafolin) B) Add in Folate once B12 levels are restored (Test?)	Stop relevant supplementation. A) Restart with B12 supplementation titrated (no Folate/ Metafolin) B) Add in Folate once B12 levels are restored (Test?)	AND Take potassium supplements: A) Maintenance within daily RDA (< 4000 Mg) -> such as 1,500mg spread over day B) When Hypokalemia symptoms felt (100 to 300mg dose)		The donut hole can be closed with total daily doses of Metafolin of about 15mg for many people.