



PRACTITIONER-ONLY WEBINAR SERIES



Professional Nutritional Supplements

Methylation Masterclass Series

Presented by Dr Denise Furness

FREE WEBINAR SERIES

12, 19, 26 April 2024

All sessions:

12–1pm NZST / 9–10am AEST

1 hour educational webinars, the third & final session will include a live Q&A session with Dr Furness!

Friday 12 April 2024 | 12–1pm NZST / 9–10am AEST
Part 1 – Understanding methylation & nutritional co-factors

Friday 19 April 2024 | 12–1pm NZST / 9–10am AEST
Part 2 – Folates and gene-nutrient interactions within the methylation cycle

Friday 26 April 2024 | 12–1:30pm NZST / 9–10:30am AEST
Part 3 – Practical applications, clinical assessment and management with personalised nutrition

See overleaf for more details on each session.

Visit our events page to register:
fxmed.co.nz/upcoming-events/



Dr Denise Furness

PhD BSc(Hons) RNutr AusREP

Founder, Your Genes & Nutrition
Advisor Pure Encapsulations

Dr Denise Furness, PhD is a geneticist, registered nutritionist, and registered exercise professional. She is a pioneer in the field of nutrigenomics and epigenetics. She began her career as a research scientist focusing on methylation and DNA damage in relation to fertility and pregnancy health. She has published her work in peer reviewed journals and has won national and international awards for her research and conference presentations. In 2012 she founded Your Genes and Nutrition and began applying her knowledge in private practice. Denise has a special interest in fertility, thyroid health and healthy ageing.

Dr Denise Furness is a retained advisor to Pure Encapsulations.

Part 1 – Understanding Methylation & Nutritional Co-Factors

Friday 12 April 2024 | 12–1pm NZST / 9–10am AEST (1 hour)

Masterclass part 1 will explain what methylation is, and how methylation changes in the body can impact health. This session will introduce the metabolic pathway and basic biochemistry involved. A broad overview of methylation and the necessary foundations will be provided, before diving deeper into key genes and nutritional cofactors in the upcoming masterclasses.

By the end of the class attendees will:

- Confidently know what the term methylation means.
- Be able to differentiate between DNA methylation (relating to epigenetics) and biochemical methylation (relating to hormones, neurotransmitters, chemicals, etc).
- Be able to identify key components of the methylation metabolic pathway.

Part 2 – Folates and gene–nutrient interactions within the methylation cycle

Friday 19 April 2024 | 12–1pm NZST / 9–10am AEST (1 hour)

Masterclass part 2 will provide a detailed exploration into folates, including folic acid, methyl-folate and folinic acid. In addition, choline, vitamin B12 and homocysteine related genes will be identified, which impact methylation and various health outcomes that can occur across the lifespan ranging from fertility through to healthy ageing.

By the end of the class attendees will:

- Understand the difference between the various forms of folate and have clarity on how they are used by the body.
- Become aware of the various gene–nutrient interactions and key cofactors that support folate and B vitamin related genes.
- Be able to identify the key genes that impact choline, vitamin B12 and homocysteine levels.

Part 3 – Practical applications, clinical assessment and management with personalised nutrition

Friday 26 April 2024 | 12–1:30pm NZST / 9–10:30am AEST (1 hour + live Q&A session)

Masterclass part 3 will focus on testing and prescribing to balance methylation and address health concerns.

By the end of the class attendees will:

- Know when to consider investigating methylation.
- Understand the benefits and limitations of Nutrigenomic testing (genetic profiling to identify susceptibility).
- Understand the importance of assessing diet, lifestyle and environmental factors along with genetic profiling.
- Become aware of symptoms and biochemical markers associated with methylation imbalance.
- Have confidence developing a personalised nutrition and management plan to address specific health goals.

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