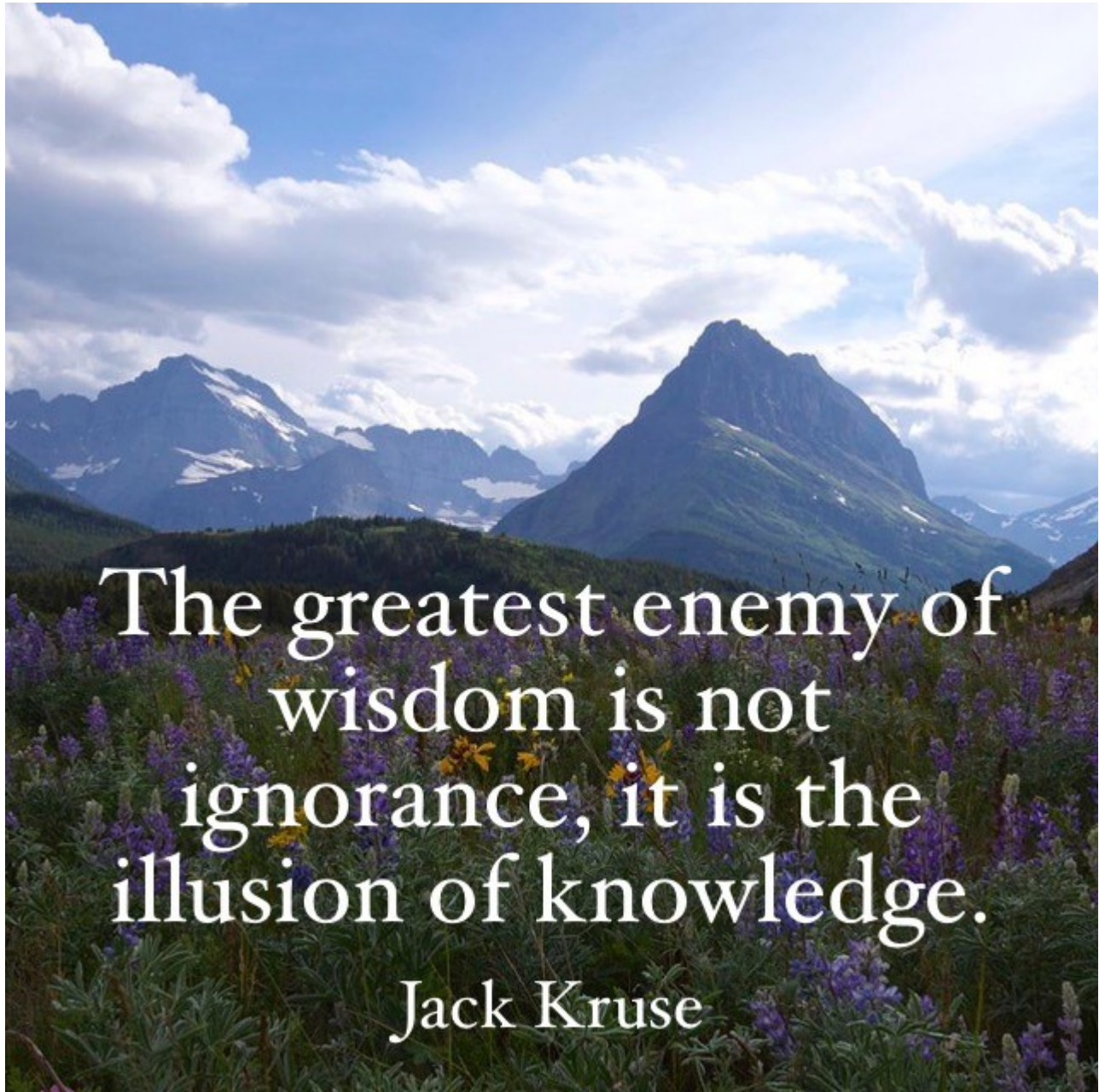


# QT #13: Methionine 101

Nobody sees the links of nature in metabolism until they do.....

I think I showed that in the Vermont 2018 talk. This series is showing you a side of biology foreign to the most learned eyes of life. Today the onslaught continues to show you how nature uses an essential amino acid as an exogenous time crystal in our tissues.

While amino acids are the building blocks of proteins, different amino acids also participate in a wide variety of biological processes. For example, amino acids supply carbon and nitrogen molecules for biosynthesis, feed substrates to maintain TCA cycle activity for ATP generation, and provide reducing equivalents to bolster anti-stress capacity for redox homeostasis.



The greatest enemy of  
wisdom is not  
ignorance, it is the  
illusion of knowledge.

Jack Kruse

Become an Optimal Klub Member or a Patron on [Patreon.com](https://www.patreon.com) to read the full blog.