

In the post you linked, regularization
and feature neutralization
are two different methods used to reduce feature exposure

.

regularization

is used during model training to prevent the model from giving too much importance (and consequently exposure) to single features. This method depends on the particular model/algorithm in use and different models/algorithms might have (or not have) different parameters that control regularization.

feature neutralization

is used on the model predictions (and so after training). It doesn't depend on the model/algorithm in use. This method computes the exposure (e.g. using linear regression) of the predictions to a set of risky features and then removes this exposure while keeping the residuals.

Broadly speaking that is how I see the relationship between the two techniques.