



Health Problems Linked to MTHFR

CATEGORY	INCLUDES
Midline Abnormalities	Cleft lip, cleft palate, spina bifida, neural tube defects, anencephaly, tongue-tie, facial assymtery.
Cancer	Breast, lung, brain, stomach, bladder, head and neck, thyroid, leukemia, kidney.
Cardiac Disease	Thrombosis (abnormal clotting), deep vein thrombosis, high homocysteine, pre-eclampsia, glaucoma, heart murmurs, vascular dementia, stroke, pulmonary embolism.
Fertility Issues	Miscarriages, multiple pregnancy loss, placental abruption, low sperm count, history of children with birth defects.
Neurological Issues	Migraines, autism, ADD/ADHD, Alzheimer's dementia, Parkinson's disease.
Mood and Psychological Differences	Anxiety, depression, obsessive-compulsive traits and tendencies, bipolar disorder, schizophrenia, post-partum depression, reduced reaction to certain medications including SSRIs, increased tendency toward addictions.

Potentially Abnormal Lab Values:

- Homocysteine:** High
- Folic Acid:** Abnormally high
- B12:** Abnormally high or inexplicably low



Symptoms That Can Be Linked to MTHFR

Brain fog	Irritability	Obsessiveness	Workaholism
Sleep issues	PMS	Difficult menopause	Food sensitivities
Chemical sensitivities	Seasonal allergies	Distraction	Hyperfocus
Anger	Aggression	Gallbladder sludge	Gallstones
Depression	Racing heart	Edginess	Excessive sweating
Night sweats	Moodiness	Headache	Migraine
Joint and muscle pain	Itching skin	Obesity	Easy weight gain
Feeling “not right”	Addictive tendencies	Short temper	Fatigue

Remember: Just having a polymorphism (or “mutation,” as I so love to call them) doesn’t mean you will have any related issues at all, it just means there is the potential. Take good care of your epigenetics and you can optimize your methylation cycle so that the MTHFR issues don’t bother you. Learn more at tohealthwiththat.com