

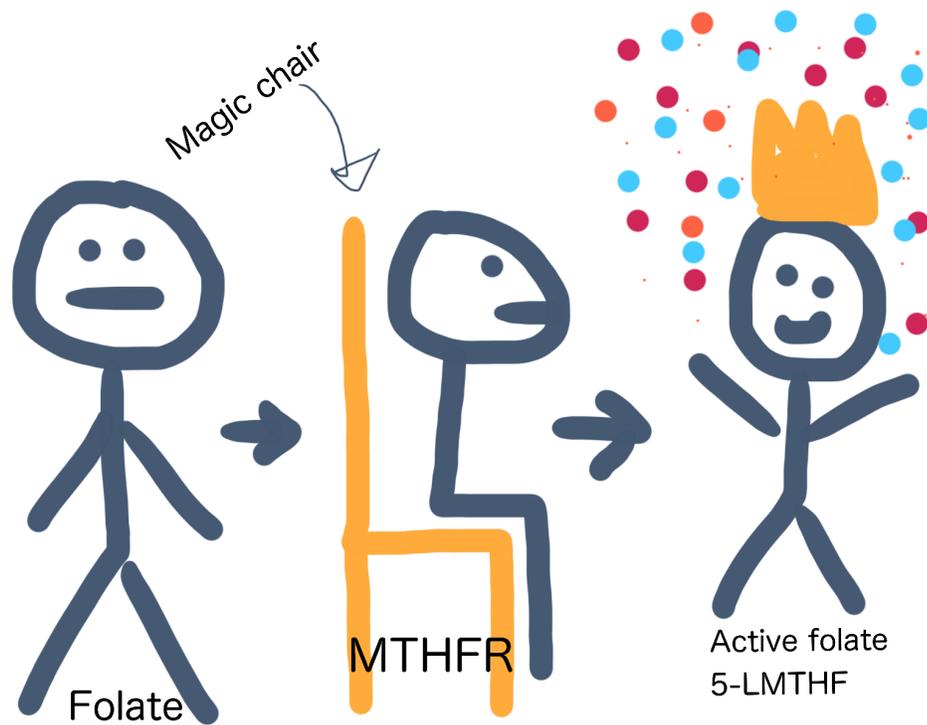


The To Health With That! MTHFR Quick-Start Guide.

If you've just been told you have an MTHFR issue, or if you've started researching it and you're pretty sure this is you then **you are in the right place**. This is a quick summary, with links to more detailed articles if you want to dive deeper.

MTHFR Basics - What It Is, What It Does and Why It's Like A Magic Chair

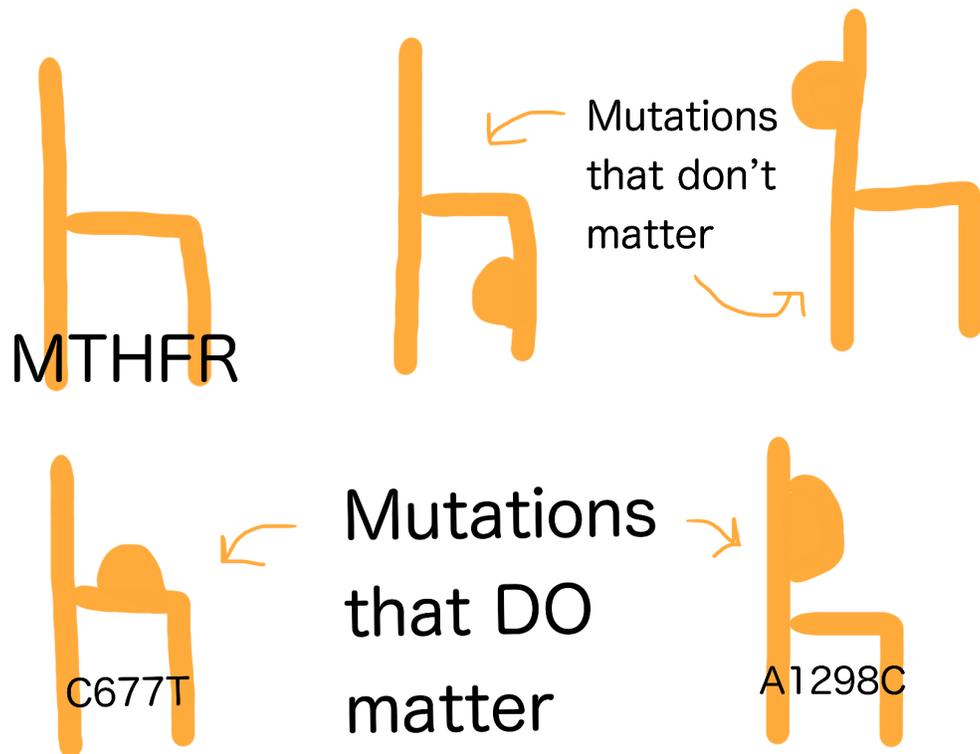
MTHFR, or methylenetetrahydrofolate reductase, is a gene that tells your body how to build an enzyme of the same name. An enzyme is like a chair that something common (like folic acid) sits in to be transformed into something valuable like 5-LMTHF, which is the active form of folate. So essentially this chair makes folic acid or folate active. [To read more about this, go here.](#)



When you have a "mutation" (I like this word only because it implies eyeball laser beams, but the correct term is "polymorphism"), the chair changes shape so that it's hard for folate to sit there so that it can be transformed. And each mutation changes the shape of the chair in different ways. There are two variants that make a difference in how the MTHFR enzyme works. They are called C677T and A1298C.

So I have a mutation. What Now?

Having an issue with MTHFR means that your body has some kind of a hard time activating folate and so all of the things that your body needs



folate for (which is essentially ALL OF THE THINGS), get a little messy. [You can see a complete list of issues that can stem from the MTHFR mutations here](#), but the biggies are:

- **Issues with neurotransmitters** - so depression, anxiety, anger, addictions, ADD, autism.
- **Issues with energy** - fatigue, chronic fatigue, hyperactivity, restlessness or agitation.
- **Issues with sensitivities and toxins** - allergies, food, and chemical sensitivities, toxic-type reactions to smells, perfumes, and actual issues related to the inability to detoxify.

**MTHFR IS AN
OPPORTUNITY.**

TAKE IT.

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- **Issues with cell repair and reproduction** - fertility problems, repeat miscarriages, cancer.
- **Midline problems** - these are mostly developmental - hair lip, cleft palate, spina bifida, neural tube defects.
- Issues around aging and oxidative stress - macular degeneration, cataracts, skin, and cellular aging, Alzheimer's disease.
- **Heart and cardiovascular disease** - heart attack, stroke, abnormal clotting, high blood pressure, preeclampsia.

So, that's a lot of stuff. It's important to remember that MTHFR by itself doesn't cause all of these problems. MTHFR is an epigenetic issue, meaning that using nutrition and lifestyle you can modify the effect this gene has on your health. So the problems we are looking at are poorly-managed MTHFR problems, but by taking care of your MTHFR, you can help your body function at its best and minimize your risk of those health issues.

MTHFR Comes With Superpowers, Too.

No joke. With the MTHFR gene, you are likely to be:

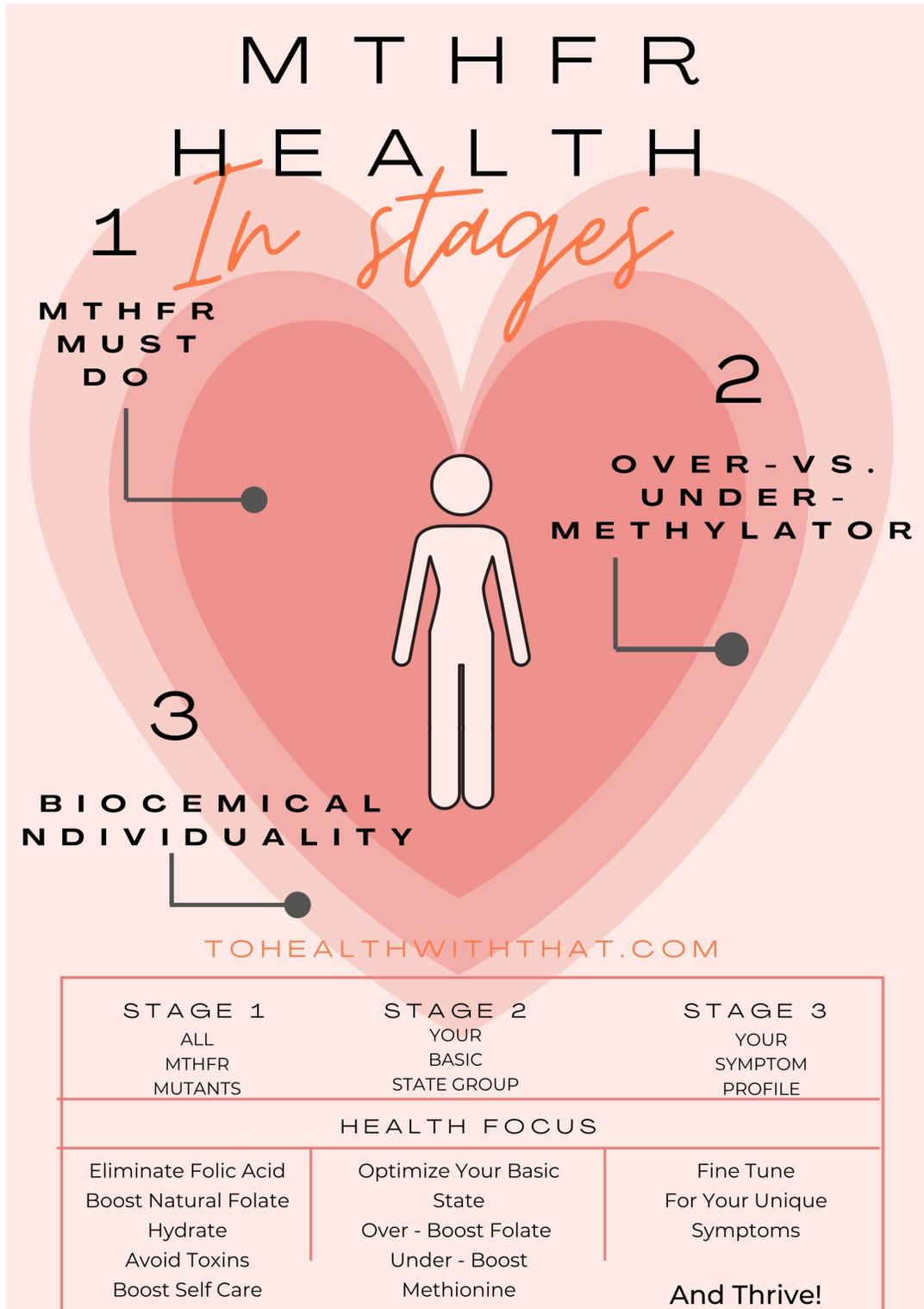
- Highly intelligent
- Highly creative
- Have stronger and faster than average muscle fibers
- Have a greater than average chance of surviving malaria.

These are just a few of the advantages MTHFR gives us. Granted, it isn't eyeball laser beams, but it's a start.

Managing MTHFR Mutations The Best Way Possible

MTHFR is complex, but managing it doesn't have to be. I'll give you a quick list of steps here, then details about the steps in stage 1 below. By the time you get to stage 2, you'll be a lot more versed in MTHFR.

****If you're pregnant or trying to get pregnant**** If you've recently found out that you're pregnant or you're trying to get pregnant it is especially important that you work with a naturopathic doctor, doctor,



midwife, or OB/GYN who understands MTHFR and can address it in a healthy way. This is a vulnerable time for your health and the health of your baby.

This list is general steps with links to more in-depth information about the how's and why's of each topic. This is a very general introduction, but it gives you an easier starting place.

STAGE 1: GENERAL TO ALL MTHFR FOLKS

- 1. Eliminate artificial folic acid from supplements, foods, and prescriptions.** Talk with your doctor about prescription alternatives without folic acid.
- 2. Add food sources of natural folate**
- 3. Hydrate,** Make sure you're getting eight 8 oz glasses of water (about 2 liters) daily with good electrolytes.
- 4. Find your pattern.** Begin to explore your basic state and symptoms, and use a symptom tracker to get to know your red flags and measure progress.
- 5. Clear the toxins out of your house.** This is skincare, cleaning products, food containers, cookware, air fresheners, pesticides, weed killers, and that sort of thing.
- 6. Add a multi-B vitamin or Multivitamin that doesn't have either folate (in any form) or B12 (in any form).** The B vitamins work as a group, and to methylate properly you need all of them. The only ones I know of are from Seeking Health. "B Minus" is the B complex and "Optimal Start" is the multi.
- 7. Talk to your family** You got your MTHFR issue from someone in your family, and your siblings and children might also have

inherited it. Is there someone else in your family who would benefit from changing their diet and state of health?

- 8. Add some gentle detox to your life.** Saunas, anything that induces sweating, castor oil packs, boosting fiber or taking clay internally, dry skin brushing, Epsom salts baths, etc...
- 9. Boost your self-care.** Make sure you're getting good sleep, reducing stress, reducing inflammation, boosting antioxidants, and generally giving yourself the best foundation possible.

STAGE 2: UNIQUE TO YOUR BASIC STATE GROUP

- 1. Understand your basic state.** Are you an overmethylator? An undermethylator? or neutral? Begin to address the common issues for your group.

MTHFR HELPS SHAPE YOU.
ARE YOU OVER, UNDER OR NEUTRAL?

Overmethylator

Undermethylator

**DO YOU KNOW
YOUR BASIC STATE?**

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2. **Make specific changes for your basic state group and subgroup.**
3. **If you feel great with high-folate foods, then great!** We can think about adding folinic acid or 5-LMTHF as well as one of the forms of B12.
4. **If you don't feel so good with high folate foods, then you need to address your basic state.** You're a low-serotonin undermethylator (or depressed undermethylator)

STAGE 3: OPTIMIZE FOR YOUR PERSONAL SYMPTOM PROFILE

1. **Eliminate your individual food sensitivities**
2. **Do an antioxidant/oxidative stress review**
3. **Manage your specific symptoms**
 1. Allergies and sensitivities
 2. Toxic symptoms
 3. Hormone imbalance
 4. Energy level
 5. Cell repair and reproduction
 6. Heart and Cardiovascular
 7. Other
4. **Fine-tune your dosages and dosing patterns**

MTHFR Is For Life

**YOUR GENES DON'T
DECIDE HOW HEALTHY
YOU GET TO BE.
YOU DO.**

A silhouette of a person riding a bicycle against a sunset sky. The person is in a forward-leaning position, typical of a road cyclist. The background shows a gradient from dark blue at the top to orange and yellow near the horizon, with some clouds. The entire scene is framed by a white border.

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Your genes are your genes - we don't yet have the technology to change them easily, but we can certainly change the impact they have on your health. Finding out that you have an MTHFR polymorphism can be an incredible turning point in your life where you get to make the decision to become the best you possible.

What is Next?

1. If you haven't already, sign up for the mailing list to stay on top of all of the great tips, tricks, and lifehacks for MTHFR folks.
2. Join us in the HEALING TOGETHER MTHFR community (launching Nov, 2020) - other MTHFR folks need to hear your story and they know exactly what you're going through. They are on the same lifestyle path and becoming better humans, just like you.
3. Join me, Dr. Amy, for the MTHFR 101 course (launching Nov, 2020), food sensitivity elimination and challenge (January, 2021), or private health coaching for more support.



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