



MTHFR Symptom Tracker

When you're using a symptom tracker for MTHFR, it's important to look at your physical, mental and emotional symptoms as they are today.

It is also a good idea to incorporate symptoms from your basic state, if you're an over- or under-methylator, so that it's easy for you to know when you're moving toward health or toward disease. These symptoms are especially important because they usually directly relate to your methylation, where other symptoms, like joint pain or fatigue might have many causes.

When you look at the basic state patterns, lots of those things are positive traits, but they may have a darker side. Take "high achieving" for instance. On the surface this looks like a great trait, and when methylation is balanced, it's a gift. When methylation is unbalanced, however, it can turn into self-abuse, workaholism, anorexia, and self-punishment. It's the dark side of all of these traits you have to monitor.

Likewise, creativity is a gift but can turn dark when it becomes pathological. We've all known someone who went into a creativity-binge only to emerge days later, starving and dehydrated and half-coherent. Again - it's a positive trait with a darker side to it.

These positive traits, ironically, are some of the best for tracking because it's very easy to tell when they're in balance and when they start to consume your life.

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As a reminder, here are the over- and under- methylation symptoms.

Overmethylator (15% population)	Undermethylator (45% population)
March to the beat of your own drum	Typically mentally healthy but overly-driven
Depression	History of high accomplishment
Paranoia or anxiety	Perfectionism
Head and neck pain	Obsessive or compulsive tendencies
Highly creative and often gifted artists or musicians	Ritualistic behavior
Low motivation or motivated only in what is interesting to them, but not globally	High motivation
Self mutilation or heavy on the tattoos, piercings and other body enhancements	Addictive personality
Non-competitive	Competitive in sports and life
Food or chemical sensitivities	Seasonal/inhalant allergies
Sleep often disordered	Strong-willed
Diminished tears or saliva (low fluidity)	Excessive tears or saliva (high fluidity)
Highly empathic and sensitive	Frequent headaches
Pacing or constant movement	Poor concentration endurance
High pain threshold	Low tolerance for pain
Ruminating - mind has a hard time shutting off	Self-motivated
Tend toward more hair (head and body)	Tend toward sparser hair (head and body)
Often bad reaction to SSRI medications (also St. John's Wort and SAME) - better with benzodiazepines	Often good reaction to SSRI medications or other serotonin boosters
Often bad reaction to antihistamines	Often good reaction to antihistamines
Often bad reaction to estrogen therapy (or birth control pills)	Can have delusions or thought disorders
Passionate and self-sacrificing	

To use this tracker, write your symptoms in the left-most column. Include everything that bothers you regularly and everything that fits you from your basic state (if you're methylation neutral, include any symptoms you have from both basic states.)

You can also include things that are measurable, like blood pressure, weight, or number of episodes of heart palpitations (or any episodic condition). For these, use the actual value, rather than the 1 - 10 visual analog scale.

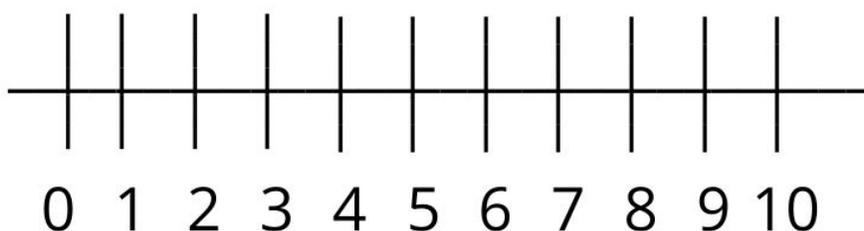
On the start date, rank every symptom from 0 - 10

0 = none today 1 = very mild 10 = the worst I can imagine.

Each week, re-rank your symptoms so you can see what progress you're making.

The ten week tracker is on the following page. You can print out multiples for ongoing tracking, or if you prefer to track daily, rather than weekly.

Scoring Your Symptoms



Best ←————→ Worst

