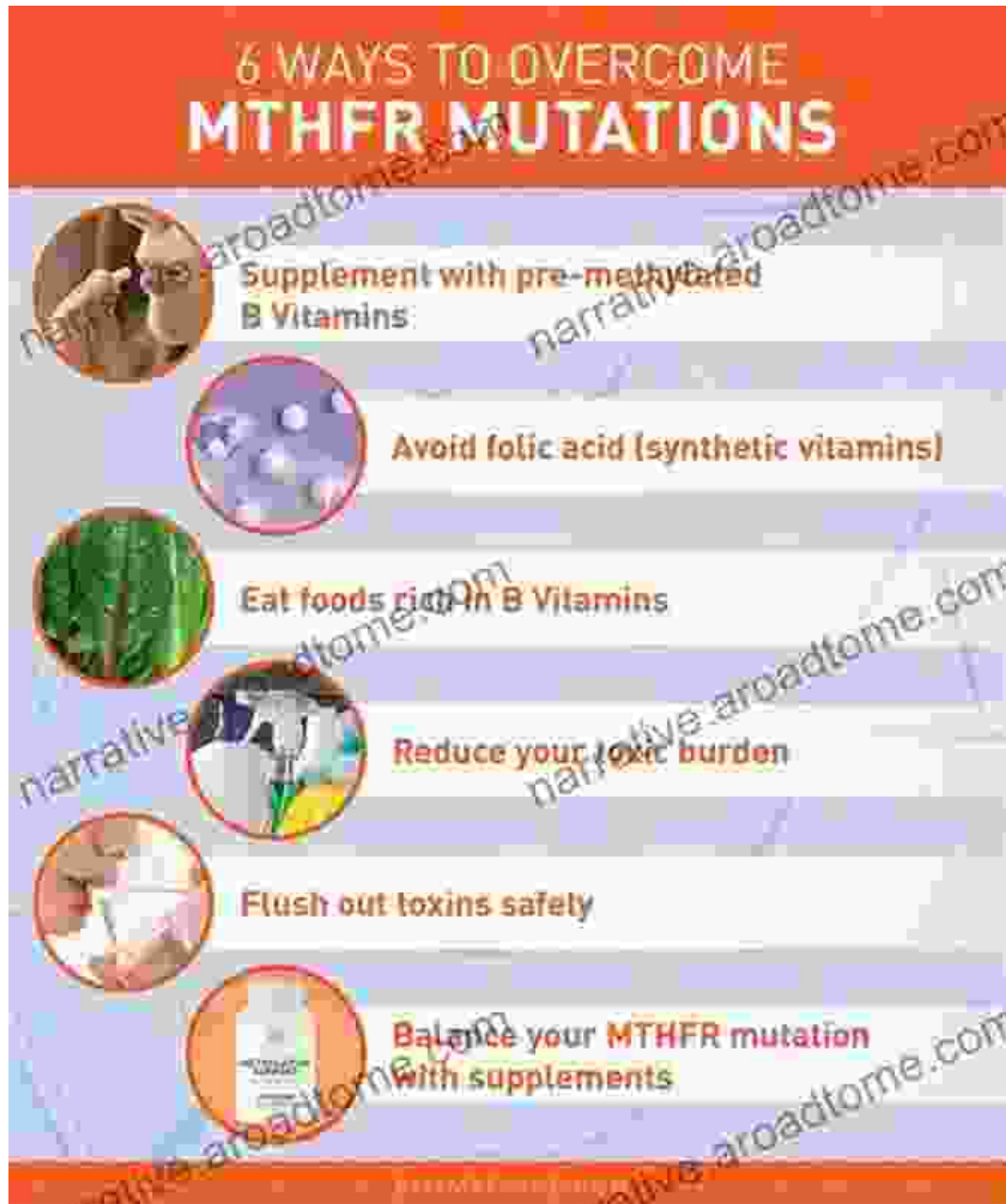


# MTHFR Is Overpowering Our Medical System: Chances Are, You Have It Too



## What is MTHFR?

MTHFR is a gene that helps the body convert folate into its active form, which is needed for a variety of bodily functions, including DNA synthesis,

cell division, and neurotransmitter production. A mutation in the MTHFR gene can interfere with this process, leading to a deficiency of folate and its active form.



## The 85% Solution: MTHFR is Overpowering Our Medical System -- Chances Are You Have It Too...

by Dan Purser MD

★★★★☆ 4.4 out of 5

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MTHFR gene mutation is a common genetic disorder that affects approximately 1 in 10 people. It is inherited in an autosomal recessive manner, meaning that both parents must carry the mutation for a child to be affected.

### What are the symptoms of MTHFR?

The symptoms of MTHFR can vary depending on the severity of the mutation. Some people with MTHFR may have no symptoms, while others may experience a wide range of health problems, including:

\* Fatigue \* Brain fog \* Headaches \* Depression \* Anxiety \* Autism \* Bipolar disorder \* Schizophrenia \* Heart disease \* Stroke \* Cancer

## How is MTHFR diagnosed?

MTHFR can be diagnosed with a simple blood test. The test measures the levels of folate and its active form in the blood. A low level of folate or its active form may indicate a MTHFR mutation.

## How is MTHFR treated?

There is no cure for MTHFR, but the symptoms can be managed with a variety of treatments, including:

\* Folate supplementation \* Vitamin B12 supplementation \* Lifestyle changes, such as eating a healthy diet and getting regular exercise

## Why is MTHFR important?

MTHFR is an important gene that plays a vital role in a variety of bodily functions. A mutation in the MTHFR gene can have a significant impact on health, leading to a wide range of health problems. It is important to be aware of MTHFR and its potential health effects so that you can get the treatment you need to manage your symptoms.



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