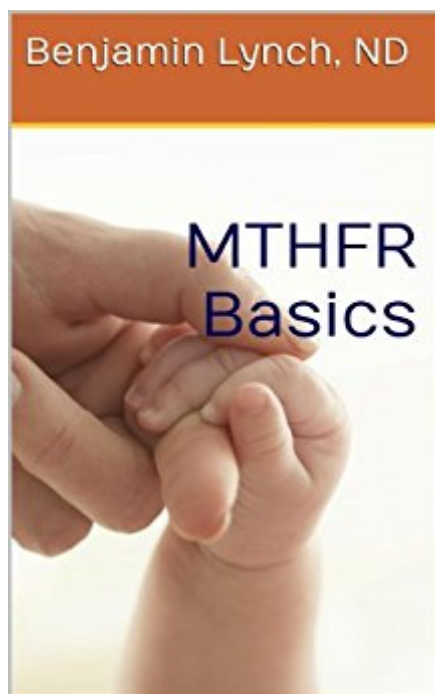


The book was found

# MTHFR Basics



## Synopsis

Learn the basics of MTHFR - why you need to know about it, what it is, what it does and how to optimize your MTHFR gene. In this MTHFR booklet, learn why Dr Lynch has dedicated himself to expanding awareness of the MTHFR gene defect - and more importantly, how you can be proactive in optimizing your health.

## Book Information

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## Customer Reviews

I ran across this following a visit with a functional physician to discuss lab test results. This booklet is basically an introduction to MTHFR and explains who should be tested. It also gives a basic list of lifestyle tips which are probably useful for anyone with any chronic health challenge. These can be summarized as eat healthy natural foods including salad greens (daily!), drink filtered water, eschew folic acid supplements but take folinic acid or methylfolate instead, avoid gluten and dairy, breathe properly and get fun exercis, laugh, enjoy nature, enjoy your family and friends, and seek out a good medical team.He also encourages going barefoot outdoors, which strikes me as impractical since temperatures are below freezing right now!! am intrigued by the connection between hypothyroid and MTHFR and will go to Dr. Lynch's website to read more. He advises giving up gluten but I did

that decades ago. Some of what he says agrees with things my doctor told me, and I am grateful for the explanations in this article. Some reviewers seem upset that they had to pay 99 cents for what is basically just an article, not a book. But to me it's 99 cents well spent. I would have given this five stars if it were just a little longer, perhaps extended to include a glossary.

Learned a lot about the connection between MTHFR and other illnesses. Can't wait to talk to my doctor again. Any connection between MTHFR and mild but sharp chest pains? My doctor blew me off when I asked. Looking forward to the next book coming out soon.

I've studied some of Dr Lynch's work. He has articles and talks available on his website and on YouTube. I first became aware of his work through one of his webinars. Often it seems very complex. In MTHFR Basics I thought he did a good job of explaining exactly what is relevant to the average person in a very understandable way.

This is an inexpensive book, with a BIG BANG for the \$Dollar\$. Information Clear/Concise. This is not the end-all for learning about MTHFR...but it is a start on the process of learning. I recommend...it cost less than a cup of coffee and has more power in your body. Benn PharmD

What an eye opener this information is from Dr Lynch! MTHFR gene defect has shown up in our family and with the simple explanation and guidance we are able to be healthy again. If there is any chronic disorder showing up in you or your family, this is an absolutely must read, and especially because he states that research shows that 1 in 2 people have this defective genetic pathway. This could be your lifesaver.

This short booklet is a perfect overview of MTHFR and a great intro for those who are starting to learn about this genetic variant. Highly recommend. I'm passing it along to family as we all have it. Thanks, Dr. Ben! Can't wait for full book.

Well written and very informative. Best to read this after you have an understanding of what MTHFR is. In my opinion, the Mylenation miracle was better at explaining this gene defect to me but then this MTHFR basics was more informative for me.

Great little book to help others understand why they should be interested in finding out more.

Encourages them to search all the good free information on line. Couldn't get a cheaper version.  
Help support Mthfr.net, buy a copy.

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