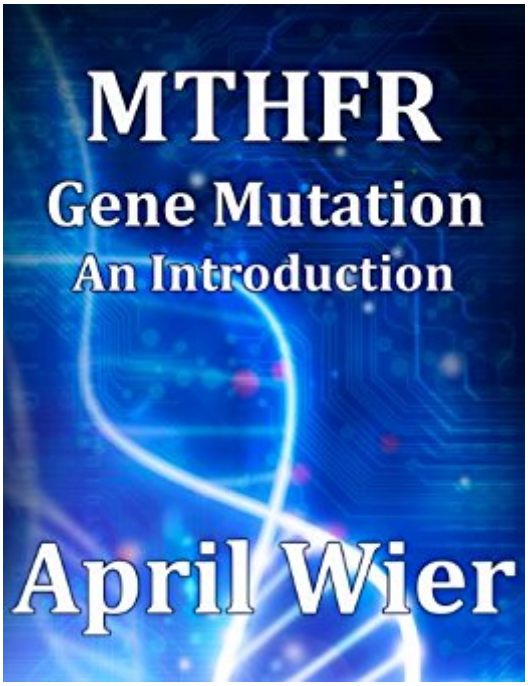
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MTHFR Gene Mutation: An Introduction (Article)



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Synopsis

What is the MTHFR gene mutation and why should you care? Up to sixty percent of the population of the United States has at least one damaged copy of this gene. If you have been diagnosed with one or two copies of this mutation, this is a great place to begin. This is an introduction to the condition, with many links to studies so you can take charge of your own health. 3000 words.

Book Information

File Size: 266 KB

Print Length: 13 pages

Simultaneous Device Usage: Unlimited

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Lending: Not Enabled

Screen Reader: Supported

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Best Sellers Rank: #118,980 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Genetic #22 inÃ Â Kindle Store > Kindle Short Reads > 30 minutes (12-21 pages) > Health, Fitness & Dieting #30 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genetic

Customer Reviews

I am a retired nutrition professor with an MTHFR mutation. I recommend this introduction. It explains an MTHFR mutation in plain English. Yes, it is disappointing not to find detailed instructions, but the truth is, even with my "ideal" background to fix this problem, I have had to experiment carefully to find what makes me functional. Thankfully, may of us do finally reach a good outcome. Many are sharing their MTHFR protocols online. I appreciate this article because it is simple and focused, laying the foundation for understanding the MTHFR problem.Elaine Fleming, DrPH, RD

There are lifetimes of more useful information surfing the web. More like self a promotion pamphlet. I would recommend spending time sifting through what you can get for free from the Internet by very educated researchers and doctors.

I was looking for an intro to the MTHFR gene mutation in layman's terms, as I am not a medical professional, but was sadly disappointed. As I stated in my title, it's mostly medical terminology that I don't understand. I rated this article as "it's ok" because some of the information was useful, but not very much. I would not recommend this article to anyone who is not in the medical field.

Information in this book can be found easily on any mthfr website. Very disappointing.....I thought I might learn something new, and it was a extremely short.

This article isn't written by a professional scholar but it's very scientific and hard to understand. I have a B.S. in Biology but most of it went right over my head. She does have several pages of references for her material so she's definitely done her homework.

This would be a good resource if you are trying to explain "in a nutshell" the MTHFR gene mutation to a friend or to a family member who should be tested--and why they should be tested---to find out if they also have the mutation.

Helpful description of the complexities of this genetic mutation and how it impacts other body systems. Thanks for writing something that was easy to read!

This 99 cent Kindle booklet is only a dozen pages more or less but has a very good set of references that can be accessed easily (I'm using the iPad Kindle app). I feel the references alone are well worth the purchase price.

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