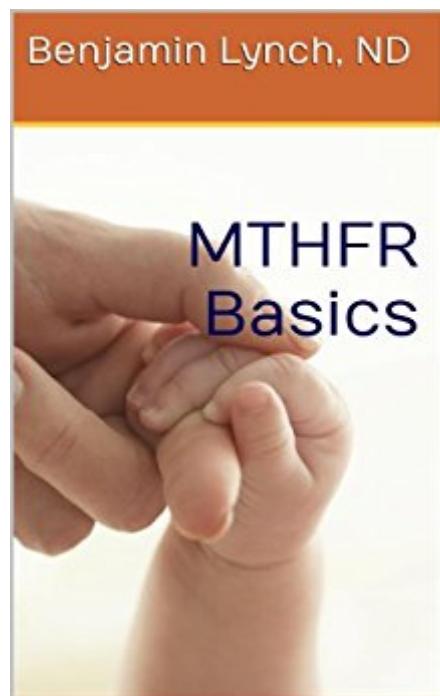


The book was found

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

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 your 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.

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.

Easily understood discussion that is informative discussing the issues. I did not know that 1 of 2 people have this gene mutation!?! The booklet also provides lifestyle and diet changes to combat the effects of MTHFR.

Good intro to an intricate, potentially disastrous source of trouble for a wide range of conditions. Had trouble figuring out why you feel bad but the reason doesn't show up in standard testing? You might find the answer here, and Dr. Lynch puts your feet on the road to find your way to actually feeling better. Plenty more info where this comes from on the website, so go there next!

I enjoyed the information provided in this publication. It didn't take long to read but it's full of details that one needs to give careful thought to. I will use it as reference material. It has motivated me to learn all I can about this subject since I have already had the test and found that I am the 1 out of 2 that has a mutation.

I never received this, it kept saying I did, but never actually was able to download??

Seems like the only guy that actually knows anything. Really like his website and this is a very informative read. MTHFR obviously runs in my family. My half sister has AA, I have AC, and then there are a few CCs scattered among us all. Really have to do our own research when you have MTHFR so Ben Lynch is awesome because he gives the most info that I've found in one place.

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