

## **Cura Medicine MTHFR mutation C677T guidelines**

Have you been tested positive for the MTHFR mutation and wonder what to do?

Here are the common recommendations for supporting those with C677T MTHFR mutations:

- Limit or cease taking supplements or drugs with folic acid in them. Assess reactions and tolerance based on your side-effects and symptoms such as headaches, anxiety or similar
- Avoid folic acid blocking drugs such as birth control or Methotrexate.
- Avoid drugs which increase homocysteine such as Nitrous Oxide (most used in dentistry)
- Avoid antacids (eg Nexium) as they block absorption of vitamin B12 and other nutrients
- Begin understanding which of your symptoms may be related to the C677T MTHFR mutation.
- Measure homocysteine levels (blood work) especially in cardiovascular disease
- Inform your family members so they can also test for the MTHFR mutation
- If you are pregnant, find an OB/GYN or midwife who is knowledgeable about MTHFR.
- Eliminate Gluten from your diet – especially wheat.
- Eliminate or reduce Dairy from your diet. If you must have dairy, use Goat milk.
- Sauna or sweat somehow (epsom salt baths, sports, yoga..) at least once to three times a week.
- Limit intake of processed packet foods
- Increase intake of whole foods and home-prepared meals
- Eat the Rainbow of colours from fruits and vegetables – daily
- Use wheat heat packs if you experience pain
- Wholefood Vegetable 95%/Fruit 5% Juice intake regularly
- Limit intake of high methionine-containing foods if homocysteine elevated
- Filter chlorine from your drinking water, shower and bath.
- Drink at least 30ml per kilogram of body weight in filtered water daily mixed with vitamin C and electrolytes.
- Eat smaller, but more frequent meals, throughout the day with some form of protein.
- Limit protein intake to approximately 0.7-1.0 grams protein per kilogram of body weight.
- Remove mercury amalgams and root canals with a trained holistic dentist (dr Michael Chong Image Dental).
- Avoid cooking, drinking, storing and heating in any type of plastic container.
- Use an air purifier in your home and office
- Eliminate carpets from your home and install low VOC wood or tile flooring.
- Eat grass-fed beef, free range, hormone free and antibiotic meats and eggs
- Cook with electric stove and oven and remove gas stove and oven.

# Information taken and modified from Dr Lynch - USA