

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:

- 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