

MTHFR Mutation (methylenetetrahydrofolate reductase)

May be associated with Depression, Bipolar Disorder, Schizophrenia, Attention-Deficit Hyperactivity Disorder, Autism, Migraines, strokes and cardiovascular disease.

MTHFR mutation can alter responses to antidepressants, chemotherapy drugs and anesthesia including Nitrous Oxide treatment for dental procedures.

Defects in the MTHFR gene will impact enzymes that convert and essential B-vitamin, Folate, into a usable form. This enables our bodies to convert the amino acid homocysteine into methionine, which is important to make proteins and neurotransmitters associated with mental health issues. It can also lead to cardiovascular disease.

To manage this condition, you'll need to take a special version of folate called L-methylfolate. It will be more usable by the body. It's sometimes called L-methylfolate, "Optimized folate". If OTC supplement fails we can try prescription strength Deplin which is 7.5mg to 15mg.

You'll also need to try an alternative form of B12 called methylcobalamin instead of cyanocobalamin.

If pregnant or planning pregnancy, you may need to discuss with your OB-GYN the possibility of using low dose aspirin to prevent blood clot risks.

Try to avoid processed foods which may have added synthetic folic acid. Try whole foods without added chemicals or preservatives. Get plenty of leafy greens, like spinach, kale, swiss chard or arugula which are loaded with natural levels.

