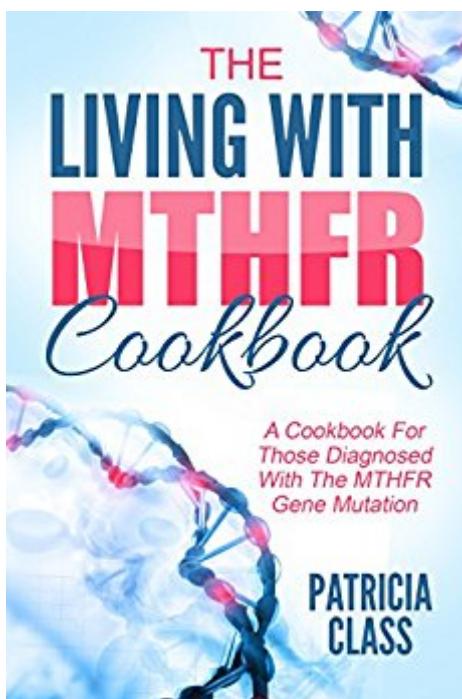


The book was found

The Living With MTHFR Cookbook: A Cookbook For Those Diagnosed With The MTHFR Mutation



Synopsis

This cookbook contains tips, important nutrients and superfoods, and recipes for those diagnosed with the MTHFR gene mutation. Most people can detox easily and remove toxins; those with one or two copies of the MTHFR gene do not. A good way to help your body detox naturally is by eating the right food.

Book Information

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Customer Reviews

Patricia Class does a very good job of introducing the MTHFR gene issue and gives people an opportunity to explore various recipes that could help with navigating the do's and don'ts of food choices. I appreciate that someone has actually taken this issue on and gives people some choices on what to make to improve their health. I may not use all of the recipes in this cookbook, but I think it's good to give people options. Great price and a well written book! Good Job Patricia. :)

Not enough information but kudos for creating a book about this widely ignored issue

excellent

Great!

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