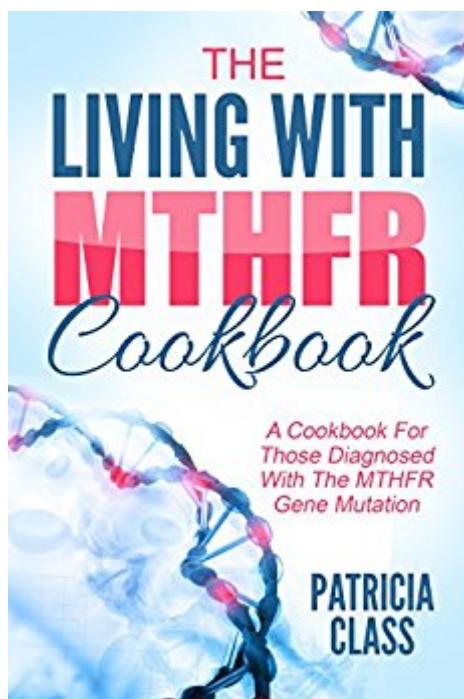


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# The Living With MTHFR Cookbook: A Cookbook For Those Diagnosed With The MTHFR Mutation



## **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**

File Size: 331 KB

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#895 in Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Health, Fitness & Dieting

## **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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