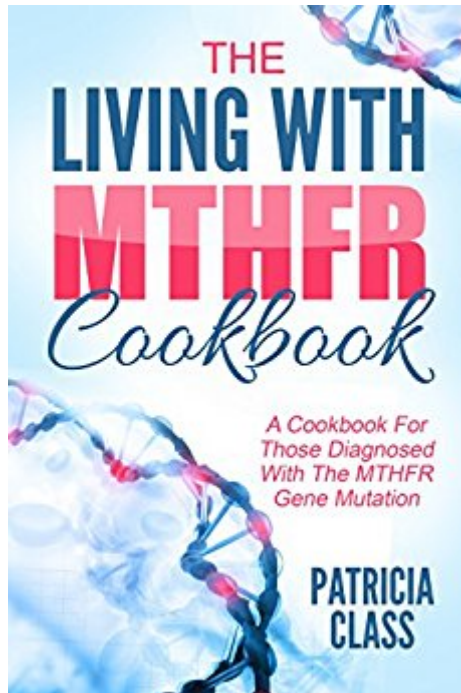


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# The Living With MTHFR Cookbook: A Cookbook For Those Diagnosed With The MTHFR Mutation



## 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

Print Length: 53 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 4, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00YYS6LGQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #333,684 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #26

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

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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't's 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 kuddos for creating a book about this widely ignored issue

excellent

Great!

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