MTHFR QUIZ

1. Do you have a personal and/or family history of any of the following:

* Hormonal issues including infertility, PMS, or irregular cycles?
* Migraine headaches
* Irritable bowel syndrome
* A mental health condition, especially depression
* Autism or spectrum disorder
* High cholesterol
* Early heart disease including heart attack
* Brain tumor

2. Have you had a poor response to antidepressants

3. Do you react poorly to, or have reactions to various medications

4. Are you sensitive to multiple chemicals in your environment?

5. Have you felt significantly worse while on a cleanse or detoxification program?

6. Do you have brain-fog?

If you answered yes to several of these questions as they relate to you personally, you may have an inability to make your own folate efficiently. Making folate is controlled by a chemical processor called the MTHFR enzyme. This enzyme is not always working properly. A genetic test can tell you if this is true for you and whether or not you would benefit from treatment for this genetic difference.

For more information or to schedule a free 15-minute consult to discuss your answers to this quiz, contact: Dr. Chris Cooke at 503-984-5652.

drclcooke@comcast.net