



INFORMATION SHEET

MTFHR (Buccal Swab)

Price \$81 (as of August 2024)

UNDERSTANDING THE IMPORTANCE OF THE MTHFR (BUCCAL SWAB) TEST

Testing for MTHFR (Methylenetetrahydrofolate reductase) C677T & A1298C SNPs using a buccal swab provides valuable insights into your genetic predispositions. Here's why it's beneficial for your health and wellbeing:

KEY BENEFITS

Understanding Your Current Health Status

- The MTHFR gene plays a critical role in how your body processes folate, which is essential for numerous bodily functions, including DNA synthesis and repair. Variations in this gene can lead to imbalances that affect your overall health and wellbeing. By understanding your MTHFR status, you can:
 - Identify potential imbalances in folate metabolism.
 - Understand the impact of these imbalances on your overall health.
 - Take proactive steps to manage and improve your health based on your genetic profile.

Personalised Treatment Plans

- Knowing your MTHFR gene status allows me to create a treatment plan tailored specifically to your needs. This personalised approach ensures that your treatment:
 - Targets the root cause of health issues linked to MTHFR variations.
 - Includes appropriate dietary, lifestyle, and supplementation strategies.
 - Optimises your body's ability to process and utilise folate and other essential nutrients.

IMBALANCES AND MENTAL HEALTH CONDITIONS

Understanding how specific imbalances relate to particular health conditions can emphasise the importance of this test:

OCD (Obsessive Compulsive Disorder):

- **Why it's useful:** MTHFR variations can lead to elevated homocysteine levels and reduced methylation capacity, both of which are associated with OCD symptoms.
- **Support focus:** Personalised support may include methylated folate supplementation to support proper neurotransmitter function.

Burnout/Poor Stress Resilience:

- **Why it's useful:** MTHFR variations can affect how the body handles stress and the production of stress-related neurotransmitters.
- **Support focus:** Optimising methylation and supporting adrenal function with appropriate nutrients can enhance stress resilience and reduce symptoms of burnout.

Anxiety:

- **Why it's useful:** MTHFR variations can impair the production of neurotransmitters like serotonin and dopamine, contributing to anxiety.
- **Support focus:** Supplementing with methylfolate and other B vitamins can help improve mood and reduce anxiety symptoms.

Depression:

- **Why it's useful:** Reduced folate metabolism due to MTHFR variations can lead to low levels of serotonin and other mood-regulating neurotransmitters, increasing the risk of depression.
- **Support focus:** Targeted supplementation with methylfolate and lifestyle modifications can enhance mental health and alleviate depressive symptoms.

ADHD (Attention Deficit Hyperactivity Disorder):

- **Why it's useful:** MTHFR gene variations can affect dopamine metabolism, which plays a crucial role in attention and behaviour regulation.
- **Support focus:** Addressing these imbalances with specific nutrients can help improve focus, attention, and behaviour in individuals with ADHD.

Autism:

- **Why it's useful:** MTHFR variations can lead to impaired methylation and detoxification processes, which are often observed in individuals with autism.
- **Support focus:** Supporting methylation pathways through diet and supplements can help improve cognitive function and reduce behavioural issues in autistic individuals.

Testing for MTHFR C677T & A1298C SNPs provides a comprehensive understanding of your genetic predispositions and their impact on your health. This knowledge enables the creation of a personalised and proactive approach to health management, tailored to your unique needs.

NEXT STEPS

1. **Book Your Test:** Contact me to schedule your MTFHR (buccal Swab) Test.
2. **Receive Personalised Analysis:** Get a detailed report and a more personalised treatment plan based on what we discuss in our consultation, in addition to your individualised test results.
3. **Start Your Journey to Better Health:** Begin implementing targeted interventions to address your specific health needs.

At Janaya Karloci Naturopath, I am committed to empowering you with the knowledge and tools you need to lead a well, peaceful, fulfilling, and empowered life.

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