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blood sample was collected for estimation of serum homocysteine. Results: Out of 51 pre-eclampsia patients 32 had hyperhomocysteinemia.

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Mthfr mutation, symptoms and diet: what you need to know

Especially how it reacts to the foods you eat and lifestyle you live. They are also more likely to develop a folate deficiency if their diet is not rich in folate. difficult to pinpoint an MTHFR mutation alone as a direct risk factor. High homocysteine levels: Caused by poor methylation. .. Dieter H. Stern says:.

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How relevant are holford's claims about homocysteine levels? part

Homocysteine: Helpful or Hoax Asks Patrick Holford · How Relevant Are Holford's Patrick Holford and Dr. James Braly wrote a book about homocysteine and assert that it is “the best single indicator of whether you are likely to live long or die young: The H-Factor Solution. According to Holford and Braly,

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Nutritional factors (e.g., vitamin deficiency [A, B6, B12], trace metal deficiency [zinc, copper], malnutrition, And there is an excellent book entitled: The H Factor Solution: Homocysteine, the Best Single Indicator of Whether You Are Likely to Live Long or Die Young by James Braly MD and Patrick Holford.

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