

MTHFR & "Friends"

A holistic and open minded medical introduction
to an IGNORED gene mutation!



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for genetic mutations & chronic diseases -
Naturally!

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<u>INTRODUCTION</u>	<u>2</u>
<u>MY STORY</u>	<u>3</u>
<u>MTHFR IS A GENE THAT OVERSEES METHYLATION.</u>	<u>5</u>
<u>THE IMPORTANCE OF DETOXIFICATION</u>	<u>6</u>
<u>WHERE DO THESE TOXINS COME FROM?</u>	<u>6</u>
<u>WHAT AM I PROPOSING?</u>	<u>8</u>
<u>THE PLAN</u>	<u>8</u>
<u>DETOXIFICATION</u>	<u>9</u>
<u>GENETIC TESTING</u>	<u>11</u>
<u>A CASE STUDY</u>	<u>11</u>
<u>AN APPEAL FOR HOLISTIC MEDICINE</u>	<u>11</u>
<u>THE ROAD AHEAD</u>	<u>11</u>
<u>REFERENCES:</u>	<u>12</u>

Introduction

Do you know someone who is chronically ill, or do you personally have a chronic symptom?

Do you not understand why there is no visible evidence for those symptoms?

There are so many of us who know people with chronic diseases. Chronic diseases are a lot more common than we think.

Did you know, that chronic disease affects **77% of European citizens?**

And that **133 million US citizens** suffer from chronic diseases as of 2018?

And it is increasing especially with the **new technologies like 5G, heavy metals, stress** just to mention a few.

Never before has there been such a high proportion of people suffering from chronic disease globally. GPs are encountering more and more “hypochondriacs” and other patients with



symptoms that are not obvious to the conventional medical world.

There are a lot of “invisible processes” that affect people’s health, and a very important part of this occurs on a genetic and epigenetic level that we are just beginning to understand now.

My story

I am Edna Schur, born and grew up in Zurich. Today I am Europe’s Leading Expert for chronic disease, genetic mutations and Endometriosis – **naturally**.

I studied naturopathy, nutrigenomics, **Chinese medicine**, **genetics**, **functional medicine** and as well as integrative psychosomatics, **coaching**, awareness & conscious work.

I have got **3 passions**:

1. to **listen** to the client’s story, gather information, **research** like a detective, **connect** the dots and give a comprehensive easy to follow **treatment** plan and to reach a success.

2. to help you change your condition, so that your condition changes!
3. To educate doctors, specialists and practitioners about genetics, mutations and how to look close up into the client’s story and fix the real problem by understanding.

I own a health center with various practitioners since 2015 and the **Academy for Open Minded Medicine** in Zurich and am launching in early 2020 a 5-module course for practitioners and doctors to teach them my method of healing.

I focus on **treating** the **individual**, not just the statistical results and disease. **Integrating modern medicine** with the **insights** and understanding of **functional and Chinese medicine** to offer and provide a **holistic treatment** to the clients I see.

Did you know that your **mindset** has a deep connection with your **subconscious** and your **genetics**?

Did you know that your **mindset** can have an **influence** of whether you stay ill or **transform** to a **healthy and fulfilled being**?

I first heard of **MTHFR** during my TCM studies in Australia in 2009. Later, a colleague in Zurich recommended to get tested, and found I and my husband had it – like 40% of humanity. But hey – not everyone has symptoms.

But I claim, that out of all chronic ill humans, at least 80% carry a mutation on the methylation gene MTHFR, and if it is not mutated, at least the enzyme is incapacitated.

Having some unexplained Symptoms at that time, tending to panic attacks and high stress levels, I was happy to hear a medical diagnosis black on white and in my smallest particle – my genes. So, I expected my GP to understand how to treat “it” and to explain what the Gene was. Unfortunately, he had no idea.

I started to research, visited online **summits**, courses at **University of Novosibirsk** about genetics and diseases, **read books** and **connect** with leading **experts** around the globe.

What I was shocked about was, that in the US and UK it was common to test for it, while in Switzerland it was far from being known or the test offered.

Such a crucial gene – which has so many crucial roles!

I have written so far this free eBook for clients and specialists who are interested “MTHFR & Friends” but the real book about “MTHFR” is going to be published end of the year / beginning of 2020.

This ignored MTHFR Gene, was my wake-up call.

I came to the conclusion that genes play a major role in our health. Not only on the **physical** spectrum, but also on a **cultural, emotional** and our **mindset**. We all have our story of our family and our body and biochemistry is reacting to that. Besides MTHFR has an impact on COMT, CBS, NOS3, PEMT, BHMT, MAO-A and on our entire **body – mind – and spirit**.

We need to understand **4 things**:

1. Everyone carries more than one mutation – it's perfectly normal and helps us cope with life and evolution
2. Every mutation has a positive and a negative side to it
3. Not every mutation we have, causes symptoms – and therefore needs attention in treatment
4. Mutations react towards other genes in a “**domino-effect**” so if one is mal-functioning and being treated badly, the pathway downstream will be affected. → therefore, **symptom relief** makes **no sense** at all – always treat the cause. Layer by layer...

So, I am here right now to **bring awareness about genes like MTHFR** that we ignore. Addressing these can truly help us expand the understanding of chronic diseases and improve healthcare. Monitoring these genes is a very promising way to diagnose and treat health issues that are not noticed on normal test reports.

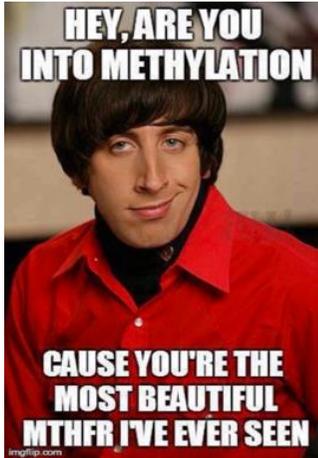
We can't change the genes we are born with, but with a **healthy work-life-balance, lifestyle** and a **healthy microbiome** we can **turn genes on and off** – this is epigenetics.

And we can make clients and human beings more aware and enable them to **take charge of their lives**, to eat properly for their bodies and needs, to conduct a healthy lifestyle and to **understand their health story and patterns**. Bringing back the responsibility to the patient improves their health tremendously.

[MTHFR is a gene that oversees methylation.](#)

Methylation itself is a wonderful process, complex and simple at the same time. It forms a part of everything in our body and if the MTHFR gene is normal, the body functions regularly and healthy.

Methylation is essential in:



- **Cellular repair**; where it is responsible for synthesizing nucleic acids and repairing DNA and RNA
- Interconversion of amino acids
- Maintenance of a **healthy immune system**
- Masters **Detoxification** in the cells
- Production and regulation of

histamine

- ...so on and so forth

For the purpose of this eBook, I want to elaborate on the importance of being able to detect mutations in the MTHFR gene for the **detoxification process**. But before I delve into that, a bit about why detoxification itself is important.

The importance of detoxification

Regardless of our efforts, we encounter toxins in our life daily and our body needs to detoxify its own internal waste

constantly. Our food, cosmetics and the environment contain at least traces of chemicals that can slow the MTHFR gene. This reduces our ability to detoxify and increases stress, which affects other genes/enzymes like CBS, GST, COMT, MAO-A, NOS etc., all of which result in depression, cardiovascular diseases, autism among others.

Where do these toxins come from?

You may or may not know it, but toxins creep into our lives stealthily.

BPA

BPA for example. It is incredibly helpful, isn't it?

Your Tupperware has it, the baby bottle, your cutlery is made of it and you even store water in BPA bottles. That's obvious. But **tetra packs**, parking ticket surfaces, shiny papers and **cash slips** all have BPA, and even when you open a tin of foods, you have it there.

While this may not seem like such a big issue, BPA is **chemically a xenoestrogen**. This means that it acts like estrogen but stops

metabolism from proceeding and is an **endocrine disruptor**, It can demasculinize men and male fetuses, making them develop feminine features.

Getting to know more about BPA can help you avoid it getting into your system.

Phthalates

Speaking of common household products, surely all of you have used **softeners**, **hair conditioners** and emulsifiers at some point. Did you know that they contain phthalates? Unfortunately, Europe does not require products to declare that they contain phthalate. And this means that it slips into our bloodstream without our knowledge, and secretly affect our hormone systems. They **clog pores**, increase the **risk of cancer** and can cause reproductive **toxicity**. Even the clothes you use can have phthalates, and it is a good idea to slowly replace these products to pure, organic cotton.

Toxins you don't know you have

These were some obvious ways toxins enter your system. But you may want to take a closer look. How many of you have had dental fillings, braces or retainers?

You might be surprised to know that they are made of heavy metals like nickel, or are amalgams. They slowly release toxins into your bloodstream, **especially when you drink a warm/hot beverage**. Even hip replacements, silicone implants and other foreign objects in your body can release toxins! Make sure you speak to your doctor and ascertain that they have a protective layer that prevents these toxins from leaching out.

Toxins in the air →

Let's admit it, we aren't going to be able to avoid toxins. There are toxins even in the air around us, that chemicals from airplanes, and other disturbances like 5G radiation, agriculture and industry are constantly pumping into it. You can't move every time you find yourself in a polluted area, can you? The best thing to do is depend on your detoxification system and clear your body of these toxins regularly.

What am I proposing?

Well, by now, I'm sure you can understand the deep impact that toxins can have on our health. MTHFR plays a crucial role in this situation since it works with the liver to detoxify our body.

Quite often, our healthcare providers cannot analyze our health in great depth. There is a limited amount of time they have per patient, and as a result, their diagnosis is based on a quick, superficial study of their patients. This is not enough to fully understand the medical history and complications that an individual might be suffering from.

In the current situation, we are exposed to more of everything: chemicals, work-related stress, disease-risk, etc. It is then essential that we rework our medical practices to include new approaches to treatment and enable practitioners to investigate cases deeper than they are right now.

I think that it is essential to do a functional medicine anamnesis. To understand the entire chronological medical history of a patient. Start with the antecedents and note the diseases or

ailments they may have. Note the microbiome and immunology of the person — their vaccinations, drugs or medications, substance abuse, emotional trauma, mindset etc. These factors play such an important role in epigenetics!

Knowing the entire history of a patient can help build a picture that reveals their health issues. And I believe that it can often help understand problems that traditional tests overlook.

Keep in mind that all aspects of our lives are interconnected and can influence each other. Our mindset, upbringing, experiences and traumas that we suffered have a deep impact on our physical health too.

The plan

Questionnaires

I start with a comprehensive questionnaire with a consultation that can tell whether the MTHFR gene is functioning normally or not. If the patient is on medication, then it is also essential to get a full genetic screening done. As there are some drugs that interact with the functioning of genes and enzymes, sometimes

slowing them down or masking their presence. In such cases, www.drugbank.ca comes in as a very handy resource, where you can learn more about these genes, their mutations and drug interactions.

In general, this helps understand what genes are involved in the functioning of the body and identify any mutations that prevent normal functioning. Sometimes we may not see the mutations, but they may be obvious from the symptoms or behavior of the person.

Dr Lynch coined these acquired mutations “dirty genes”.

Detoxification

Once this phase is complete, we try to get the MTHFR gene to start functioning properly and begin detoxification. The goal is to make it methylate again and increase cellular glutathione, through which the microbiome is addressed. The detoxification process begins in the liver, kidney and excretion and the lymphatic systems.

And just so you understand correctly: I get the MTHFR going

regardless if there is a mutation or not, because also a non-mutated MTHFR can be malfunctioning at stressful times.

The treatment → GenDetox®

For this, we change the clients’ diets and make up for dietary deficiencies through food & supplements, making them more aware of the impact of different toxins in their life.

Our **diet is our chronic medication**, both on a **conscious** and a **subconscious** level. The things we crave are not necessarily good for the body, and a part or the whole combination might not be tolerated well.

It is difficult to find the right supplements for a patient. And there are many factors and pathways to be considered about supplementation together with genetic mutations. Although in today’s time and especially in the US there are many bio-active or methylated vitamins on the market it is absolutely not a promise that a patient will tolerate it.

My strong opinion is, that there is NO protocol that goes along with a mutation and definitely not with a genetic screening – although there are certain practitioners in the US who write books and articles that consider this method. The reason there are no “protocols of supplementations” is, that every human being is an individual, and every individual with his mutations has his own story, comes from his culture, his food education and has his patterns and mindset. And all of those factors can create also acquired “mutations”- meaning alterations on enzymes that are being switched on – or of, besides and on top of the mutations.

You see that the matter of giving the right supplement the first time with a chronically ill patient, is not such an easy endeavor. And many times it is a journey together with the patient to figure out which supplement works best. In functional medicine we say **food comes first.**

Despite of the earth not giving us all the nutrients like 50 years ago, the **process of mastication** is more valuable than taking a supplement.

Single nutrients, minerals or vitamins are usually without their cofactors, and therefore when they enter the body, they are not absorbed and directed into the cell to do their job.

Another problem with supplements are the **many intolerances** towards **specific additives** like the make of the **capsule**, and other **ingredients** within.

I educate my clients and my students to carefully read and understand the ingredients, the co-factors and the form.

Even the most basic ingredients or capsules can be useless. However, with my experience and method, I have been able to help these patients overcome their deficiencies through diet and supplementation.

I sees with my Method within 15-30 days tangible improvements, the patient starts seeing the results and by learning to understand and listen to their body, they begin to

take responsibility for their own health. Knowing how the gene work also helps them slowly reduce their dependency on medication, and therefore frees them of chronic disease.

Genetic Testing

As mentioned before, in my opinion and for an experienced practitioner / specialist there is only needs to test the genetics, if medication is involved. Especially psychological medication.

There are different ways and firms to test. At your GP you can test for MTHFR alone via blood sample.

I recommend **23andme.com** to get the raw data and to feed it to **methfrsupport.com** or **StrateGene.com**

Other options are **Lifestyle Genomic Research Center in UK.**

Every practitioner needs to find the system that works for him.

An appeal for open minded holistic medicine

Although I appreciate and am grateful for all the advancements in modern medicine, I want people to remember that we pay very little attention to how much medication is required. When

we prescribe medicines, we must account for the differences between individuals and tailor the composition and dosage of the medication accordingly. So many times, practitioners prescribe medicines without needing to, and the condition can be handled with simple dietary modifications and awareness.

The road ahead

I firmly believe that Europe must prioritize testing for MTHFR and other SNPs as a part of conventional medicine to reduce chronic illness. I've been treating patients from around the world and found so many instances of these ignored mutations that I think it is important for me to spread the word.

In early 2020, I will launch the first course with my methods I has developed, and many experts will be giving their insights in biochemistry and genetics.

The course will take place either on-site in Zurich, or online, and everyone can participate. I look forward to meeting you in the course, and hope that you enjoyed my eBook!

Please inform your practitioner or GP about my course.



Bringing awareness about gene mutations one person at a time
– is a big step in the One-Health-Policy!

The road ahead

If you feel that my eBook has touched you, and you want to get
30 minutes free discovery call with me, press [here](#).

If you are a specialist and you are interested in learning more,
but also run a successful practice that is open minded and really
gets a great rate of healing patients, contact me through my
website www.ednaschur.com

Me and my experts team are looking forward to enhance your
way of treating patients ☺

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