



February, 2019

Positive for the MTHFR Gene Mutation?



MTHFR Genetic Snips

Those who suffer from ADHD, Alzheimer's, atherosclerosis, autoimmune disorders, autism,

anxiety, depression, schizophrenia, or have neural tube defects may have a MTHFR mutation causing these problems. Inadequate amount of folate and B vitamins can contribute to all of the above conditions and a mutated MTHFR gene causes low absorption of these essential nutrients.

An MTHFR mutation can be managed with proper diet and supplements. Foods rich in folate include leafy, green vegetables, beans, lentils, asparagus, romaine, broccoli, and avocado. Supplementing with B vitamins and methyl-folate are beneficial in treating conditions related to the MTHFR mutation. Minimizing stress and environmental toxins are also very important when considering the best way to manage symptoms.

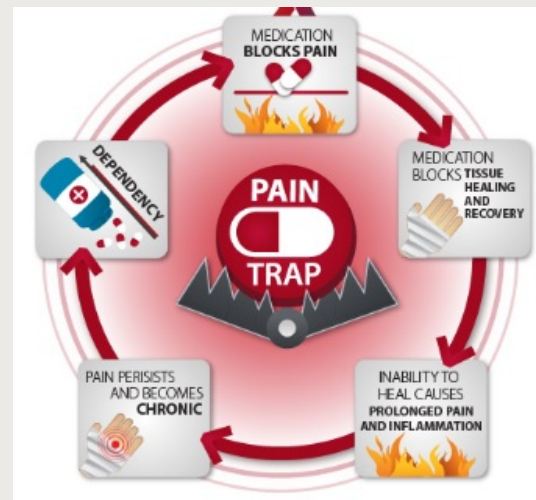
For more detailed information about MTHFR, access the [READ MORE](#) link below. For more information on supplement suggestions for managing an MTHFR mutation, check out Jeanne's video.

Jeanne Greisen Pharm D, RPh

[Read More - MTHFR](#)

Coming in March!

Holistic Pain Management Series
Watch for Sign-up information!



March 19th, 26th, and April 2nd

The \$10 registration fee gets you a seat in the 3-part series, handouts, and prizes!

MTHFR Supplement Suggestions



20% off Liquid Vitamin B, Methyl Folate 1mg and 5mg, and Methyl B Complex
(Expires February 28th)



ANNUAL EVENT
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You belong here.™

You, our awesome customers have nominated us for Lincoln's Choice Award: **Best Pharmacy in Lincoln**. Now we are asking you to help us win! Being voted the best pharmacy is a reflection of having the best customers, and WE DO!

Watch for an email next week with the link to vote!

Motivation + Accountability = Results

February is National Heart Health Month

Ideal Protein offers a weight loss protocol that reduces fat mass (that can build up around the heart and other organs) while maintaining healthy muscle. This can benefit the general health of your heart.

Your heart deserves it!

\$50 off your Initial Consult

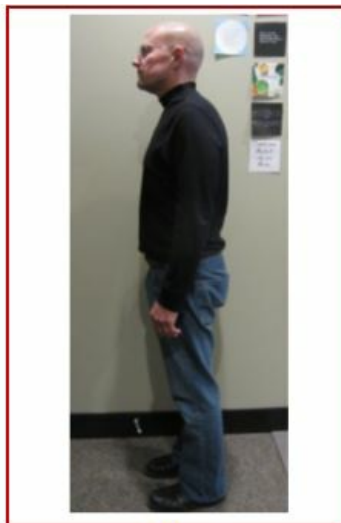
when you mention this newsletter and sign up before March 31st



Ideal Protein is a normal protein, low carbohydrate protocol designed to help lose weight and keep it off. Find out more by visiting our website!



Before



After

Curt lost over 30 pounds on Ideal Protein and has enjoyed maintaining his new healthy weight for almost a year!

Visit our website



Pharmacy Solutions
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