

HOW TO KNOW IF YOU SHOULD HAVE GENETIC TESTING

By the time you're reading this, you've likely worked pretty hard to regain your health. You've been focusing on the roots of your problems through the traditional, foundational healing of the GAPS diet. You've probably had some successes—maybe you've even healed yourself completely. But maybe you've got some issues still lingering that seem to be a little more confusing. Maybe you even feel like you're chasing your tail in circles.

This may manifest as continuing food or nutrient sensitivities, such as histamine intolerance (difficulties with cultured, cured, and fermented foods), sulfur sensitivity (such as a non-allergic egg aversion), glutamate sensitivity (difficulty tolerating bone broth and gelatin), or nightshade intolerance. It may be persistent anxiety or depression. It may be that you are simply continuing to feel fatigued, ill, or run-down. Addressing your health through a nutrient-dense diet has given you the raw materials to rebuild your health, but sometimes your body needs a little extra help in putting it all together.

Enter genetic testing.

Take comfort in the fact that you are not doing anything “wrong”, in a general sense. The GAPS diet is a wonderfully healing diet for many people, but we are bio-individual creatures - each of us a little different from the other. Something in your genetic code that makes you the special person that you are, may also require you to make special adaptations to GAPS, or any other healing protocol that you undertake.

Many genes can be tested, but most important are the ones that govern our epigenetics, or our ability to switch genes on and off. The most important of these is a gene known as MTHFR. It plays a critical role in our body's ability to “activate” the B vitamin known as folate, which is part of something called the “methylation cycle”.

MTHFR Associated Symptoms

The following is a list of symptoms associated with MTHFR genetic mutations. If you have one or more of these conditions, it may be a good idea to have your genes tested and analyzed by a trained professional:

Autism	Down's syndrome	Addictive behaviors
Frequent miscarriages	Male and female infertility	Blood clots
Depression	Anxiety	Schizophrenia
Bipolar disorder	Fibromyalgia	Chronic fatigue syndrome
Chemical sensitivity	Parkinson's disease	Irritable bowel syndrome
Stroke	Cleft palate	Tongue tie
Migraines	High homocysteine levels	Breast cancer
Atherosclerosis	Low T or NK cells	Alzheimer's
Multiple sclerosis	Heart attack	Methotrexate toxicity
Nitrous oxide toxicity	Histamine intolerance	Diabetes
Chronic Viral Infections	Cancer	Seizure disorders
Insomnia	Bipolar disorder	Allergies
Spina Bifida/Neural Tube Defects	Autoimmune disorders	Hashimoto's or hypothyroidism
Autoimmune disorders	ADD or ADHD	Dementia
Neuropathy	Lyme disease*	

How do I have my genes tested and what do I do with the results?

- 1.** First, order a testing kit from [23andme.com](https://www.23andme.com). They provide mostly genetic ancestral data, with a small amount of more general health information.
- 2.** Once you receive your results, upload them to an analysis app, such as [MTHFR Support](#) or [Livewello](#). This will give you a list of about 300 gene mutations and whether or not you have any copies of them.
- 3.** Take those results to a practitioner qualified in addressing MTHFR and other genetic defects in a *foundational* and *holistic* fashion. I qualify that because many practitioners aware of the MTHFR defect will recommend supplement or pharmaceutical versions of methylfolate and/or vitamin B12 and send you out the door. This is short-sighted and irresponsible, as nutrient deficiencies and inflammatory issues should *always* be addressed first.
- 4.** Find trained practitioners at [MTHFR.net](https://www.MTHFR.net) and [MTHFRsupport.com](https://www.MTHFRsupport.com). I highly encourage you to interview any practitioner before signing on to their services. They should be taking a nutrition and nutrient-based approach to healing, addressing inflammatory, environmental, and lifestyle-related issues before attempting to heal the methylation cycle.

Best of luck on your journey...