

Blood Chem Impaired Methylation Action Steps

1. Use the PDF generator to create the websites and apps for getting healthy and tools for getting healthy handouts with your clinic's branding so that you can share it with your patients.
2. Add the recommended supplements for treating impaired methylation including 5-MTHF and folinic acid by Seeking Health to your clinics supplement list or to your electronic health record, and include dose instructions from this week so that you can easily provide these to your patients.
3. Methylation can be a complicated subject to discuss with patients. Practice explaining general concepts of what methylation is and how impaired methylation can impact health using the information from this week to a patient, a colleague, a friend, or a family member.
4. Add urine MMA to your electronic health record so you can easily order it for patients. For example:
 - a. Marker with LabCorp test code
 - i. Urine MMA: Code 83921