

Welcome to MTHFR Support Australia

Dedicated to supporting methylation and MTHFR mutations.

How we work:

- MTHFR Support Australia is a highly specialised clinic run by a team of health practitioners.
- Our approach is different to standard clinics because we are working with your genes.
- Although you cannot do anything about your genes, you can change the way your genes act - this is called epigenetics.
- The supplements, dietary and environmental advice we give you will help your genes act the way they should, and it is for this reason that you need a finely-tuned and targeted approach.
- Red blood cells in your body have a 120-day life cycle, so for us to change the cells and how they act, we need a minimum of 120 days.
- Therefore, our initial programme reflects this, and runs for 120 days.
- There are no shortcuts or quick fixes. It's important for your health and recovery that we take this time.

This 120 day plan ensures that you have best recovery possible and that you have continuous support and adequate face to face time to ensure your road to health is as smooth as possible.

During this time you will see two different practitioners, both dedicated to getting the best possible result. You have twice the support and twice the contact.

120-day Treatment Plan – Phase 1

Your 120-day treatment plan:

- Practitioner preparation – review of your health information, blood tests, gene tests etc
- Comprehensive initial appointment
- Analysis and report of genetic information, blood results and subsequent health-plan (discussed with you at your first follow-up appointment)
- Five subsequent follow-up appointments with your practitioners
- Six x 15min appointments with our patient liaison team
- Unlimited access and support from the patient liaison team throughout your 120 days

Appointments	Timing
Initial appointment	1.5 hours
Follow-up 1	2 weeks after initial apt – 1 hour
Follow-up 2	2 weeks after follow-up 1 – 45 mins
Follow-up 3	3 weeks after follow-up 2 – 45 mins
Follow-up 4	3 weeks after follow-up 3 – 45 mins
Follow-up 5	3 weeks after follow-up 4 – 45 mins

Your financial investment

- Initial appointment = \$350
- 17 weeks @ \$122.95 /week (taken as direct debits or from a credit card)

NOTE: Any supplements are an additional cost to the above. We do our best to keep your costs down, and will always recommend on-line places in order to keep costs down where possible.

What happens next?

At the end of the 17 weeks your goals/symptoms will be reviewed. Depending on what you and your practitioner decide you will have the choice to continue on Phase 1, or drop to Phase 2 of the programme.

120-day Treatment Plan – Phase 2

Your phase 2 120-day treatment plan:

- Review appointment – to see where you are at and provide a phase 2 treatment plan for the next 120 days
- Four subsequent follow-up appointments with your practitioner – every 4 weeks
- Four x 15min appointments with our patient liaison team
- Unlimited access and support from the patient liaison team throughout your 120 days

Appointments	Timing
Initial appointment	1 hours
Follow-up 1	4 weeks after review apt – 45 mins
Follow-up 2	4 weeks after follow-up 1 – 45 mins
Follow-up 3	4 weeks after follow-up 2 – 45 mins
Follow-up 4	4 weeks after follow-up 3 – 45 mins

Your financial commitment

- Review appointment = \$220
- 17 weeks @ \$77.65/week (taken as direct debits or from a credit card)

NOTE: Any supplements that our practitioners advise you need are an additional cost to the above. We do our best to keep your costs down, and will always recommend places you can go to order supplements at a cheaper cost whenever possible.

Another review appointment will be held following this 17 week programme to discuss if any further treatment is required.

A 6 monthly appointment will be set if no further on-going plan is required.

Agreement and Consent Form

Date: _____

Name: _____

Address: _____

Suburb/State: _____

Postcode: _____

I _____ agree to participate in the
MTHFR 120 day initial programme.

I understand the cost of the programme is \$122.95 per week for 17 weeks.

Signed: _____

Card Details: ☐ Mastercard ☐ Visa ☐ Amex

CVV No:

Name on Card (please print):

Card No.:

Expiry Date:

Amount: \$

Signature: _____