

**Cathy D comments:**

Oh my gosh.... So far you are on point... I'm not sure what MTHFR IS tho... But my last blood test was horrible liver included. Both parents were diabetics my father insulin shots. But all my father siblings were diabetics and my mother mother died from being a diabetic... I have type 2 and have had it under control until about a year ago...working on it now.. My Dr. Was my mother and Father family Dr. So he has me test every 3 mths... Not sure of if anyone on moms side had any heart related issues. I will ask my sister. Thank you soo soooo much

I am so expressed with this... I thank you so much..

The only medicine I take is for my thyroid. I do not take any medicine over the counter. I havent taken a aspirin in years. I use oils

Blood pressure is fine... Honestly my cholesterol was high the last time .... But I think when my thryoid is not working or my medicine is low. Everytime goes whacky... I havent felt wonderful for months... I just started a 15 day detox cleaning my intestines. I rather eat meat or chicken tuna as when I do I feel terrible for days..... I do alot of veggie beans .... Down fall pasta, rice & pizza.... I'll go thru a stage of eating as healthy as I can. avocados are my favorite. Then I stop and start eating terrible until I feel as I can't move... Like now....either I have tons of energy or none at all. I dont want to get out of bed. I am logging when this is napping to me to see if there is a pattern.. Exercise... I dont get enough...

I meant to say I do not eat Meats... Etc..

Brenda... Thank you gor this information.. Thank you for helping me. By the way. Could / Can you tell my age thru my eyes also?

Actually. No energy... It comes and goes... I work at home 6am to 3pm doing Child Support then I go to the school and clean for 4hrs... Then on Friday afyer I get finished at the school I go into child support office and clean.... Now these jobs are not hard labor at all. My energy level will come and go.. Usually on Saturday and Sunday I do mostly nothing but la/ on the sofa wishing I felt like getting up and clean my house.. Then around 4-5 pm. I get a "little " energy to do laundry ... Wash dishes then back to the sofa... I sleep well mostly all thru the night... I'll wake up to ise the bathroom and then I go right back to sleep... Breakfast mostly egg avocado. "Sandwich" lunch it depends. Mostly tomato avocado onion. My favorite food..

I love spinach small tomatoes onion mushrooms blueberries strawberries. All fruits.. I did start adding Turkey to give me protein..salad... I've been drinking green tea with cut up ginger in it.... I usually do not eat out anymore. Having in a restaurant in 6mths..

I do not eat chicken... And every three months or so. I will have a rib eye steak... I love sweet potatoes... My nails will good great for a couple of weeks then be brittle and break for a couple of weeks. I love all green leafy items not much I dont like pinto beans. " pototoes" not much on fried foods...but will eat it.. Not a fan of as sea food because of the Mercury..

Not much I dont like..... \* I love all beans.

I eat one bite size candy at the school... But I crave oranges and fruit more than chocolate..