

## **FACTOR V LEIDEN**

A mutation of the Factor V clotting factor is very common. It does increase the chance of abnormal blood clots (thrombosis). In particular, it increases the chance of deep venous thrombosis (DVT) --- mostly in the legs, but can occur in other blood vessels anywhere in the body, including the brain, the eyes, the liver, and the kidneys. The Factor V mutation also increases the chance that a clot, once formed in the blood vessel wall, will break off --- which can then lead to either an embolism in the lung, or a stroke.

However, most people that have this genetic mutation never even know they have it, and it causes no symptoms or problems.

People in families known to have this gene generally do not need to go through the genetic testing to see if they have the disorder. Research shows that taking a blood thinner for prevention does not significantly reduce risk. It is only when some other complicating factor exists that taking a blood thinner is wise.

The best course of action for those with relatives known to have this clotting disorder is to assume they have the mutation, and arrange their lives accordingly. That is to say, they want to avoid all the life style factors that increase their blood's tendency to clot. These include:

- Estrogen === No one with the risk of this disorder should consider birth control pills or hormone replacement with Estrogen. Also, all the estrogenic foods and herbs should be avoided.
- HOHUM PUFAs === Vegetable oils, and particularly vegetable oils that are used in cooking at high temperature.
- Excess salt, but particularly excess calcium supplementation.
- All multivalent cations --- particularly trivalent cations such as aluminum. That means total avoidance of aluminum containing anti-acids, and aluminum containing cookware, and aluminum containing antiperspirants.
- Alcoholic beverages except in very limited and occasional amount.
- And also --- anytime Nutri-Spec testing shows an indication for either Citrate, or Oxy Max, or Electro Tonic, or Oxy D+, Or Oxy D --- go for it.
- Also, any tendency to an Alkalosis must be avoided.