

Patient:

Date:

Sunday 30th June 2019

Comments:

- Since several months, you have suffered from severe inflammation manifesting itself mostly at mucosal level (throat, nose, ears, lips, genital area; also around finger nails and toe nails) that has not received any clear diagnosis yet. This sounds like Behçet's disease, but has not been labelled as such, rather as an *undifferentiated inflammatory disease*. You have been receiving anti-inflammatory (prednisolone) and immune suppressing (azathioprine, hydroxychloroquine) treatments, and recently trying infliximab.
- You have booked an appointment with me in order to seek help from the Functional Medicine approach; thus, I have made clear that neither I nor my program would interfere with your mainstream treatment.
- We address inflammatory and/or autoimmune conditions by restoring gut health mainly through dietary manipulation, but also by correcting biological imbalances and by improving intestinal ecosystem (both lining and microbial community aka microbiota). Your mucosal inflammation also affects the bowels, as you complain about frequent "*yellow and bloody stools*" since November 2018, plus constipation trend.
- Not surprisingly, we find multiple markers for gut inflammation and increased intestinal permeability: very high endotoxins (lipopolysaccharides/LPS), elevated zonulin, massive immunoglobulins A increase. You significantly react to **gliadin** (proteins belonging to the **gluten** complex and triggering a '*leaky gut*') with IgA antibodies, which confirms the compulsory eradication of all **gluten grains** from your diet ([list](#)).
- I am even more concerned about an exceptionally high level of oxidized LDL cholesterol, classic marker of what is called '*oxidative stress*', which I like to compare to iron rusting occurring inside your system. The truth is that you present very high 'bad' LDL cholesterol for your young age, which I largely blame on shocking **dairy products** and **beef** consumption that your immune system flags ferociously (with IgG).
- Further dietary mistakes arise from indulging on **junk food** loaded with **fast sugars: croissants, biscuits, cakes, pastries, candies, jam**. You also pick the fruits showing worst **fructose** load, e.g. **apples, dates, and bananas!** Not surprisingly, insulin and triglycerides show totally unreasonable for your young age...
- I am very impressed by your motivation to fight disease, you have provided me with an amazing report reflecting your detailed medical history, but I am shocked by your diet that literally feeds inflammation. To help you manage such changes, I suggest you see my nutritionist who will provide a nice [eating-plan](#).
- My 4-month treatment aims at replenishing all missing nutrients, which include key players in immune balance (vitamins D/D2LPY & K/KRGJF, N-acetyl-cysteine/NCLPY as glutathione precursor, zinc/ZNIPY, selenium/SEOSJ, and iodine/IDMPY) plus important B vitamins (vitamins B3/VC3PY & B12/B12AOV). You have been taking steroids that have considerably weakened adrenal function, which does not help with gut health. It justifies taking compound capsules with depleted adrenal prohormones (PGLN and DHEA).
- I have managed to include eight different antioxidants mostly in the form of phytonutrients, to tackle exceptionally high *oxidative stress*, which must act in synergy with many antioxidant foods among which anthocyanins: see all [lists](#)! Curcumin (CQHPY) and berberine (BBSPY) will start cleansing gut microbiota.

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