

Patient:

Date:

Thursday 22nd November 2018

**Comments:**

- You have booked an appointment mainly to find some local solution in order to transfer your Functional Medicine programme initiated in [redacted], US in May [redacted], which satisfies you except for chronic headaches that have only partially improved. You admit your workload shows extremely demanding: “*never stops*”!
- Your recent email focused on “*connecting the wagons*”, i.e. relate your new results to the ones done 6 months ago, identify why I don’t run the same tests, and continue certain supplements while explaining why I wouldn’t continue the others. I was willing to cope with such demands, but I now find out I can’t.
- There are too many fundamental differences between Dr [redacted]’s approach to Functional Medicine and mine, would it be in testing (I mostly rely on blood, much less on urine markers), in treating (I use much less supplements while not hesitating to use glandulars and prohormones), and in dietary management.
- Let us start with the latter: I am adamant that complete exclusion of **gluten grains** (and elimination of other **grains** such as **rice** and **corn**, as much as possible) will radically change your health. Indeed, you present very significant **gluten** sensitivity expressed by IgA antibodies against deamidated **gliadin** closer to coeliac threshold than to normal (if we look at the whole range as continuum from normal to coeliac).
- I really believe strict **gluten**-free diet will stop headaches, as it does in 61% of cases according published science. You seem to love breakfasts made of cappuccino, croissants and *pain au chocolat*... but that is not my way of providing good and long health to my patients. You will find out what you are willing to do or not. Let me say that you also should move into much higher **fat** and lower **carb** diet, as suggested by your fatty acid profile and as imposed by your DNA blueprint: apoE genotype E3/E3 or ‘*hunter*’ type.
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice eating-plan.
- Not surprisingly, stress affects your endocrine system, both thyroid and adrenal glands. These suffer most as demonstrated by deficient pregnenolone level, which in turn negatively impacts progesterone, major relaxing and anti-inflammatory hormone. In fact, pregnenolone represents direct precursor for progesterone, thus we should improve both just by prescribing the first one (food supplement in the US).
- Thyroid active hormone T3 shows low in urine, which likely results from suboptimal DIO2 genotype ‘TA’, not enabling you to fully convert thyroid prohormones T4 into active hormones T3. Stress can block it as well, plus stress increases the conversion of T4 into reverse T3, inactive and jeopardizing receptors. Thus, we support T3 levels with gentle glandular GTA and converting cofactors (zinc-selenium-copper).

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