

Patient:

Date:

Sunday 25th November 2018

Comments:

- _____'s parents have brought him to my consultation regarding two specific issues: he has become overweight since 2 or 3 years and he experiences some level of learning difficulties in the field of ADD and mild dyslexia. His mother has underlined how _____ was always rather '*thin*' during childhood.
- During our meeting, it immediately appeared that he suffers from hunger and is subject to "*cravings*", which lead him to buy **sweets, biscuits and junk food** "*as soon as he has some coins*". Not surprisingly, such behaviour quickly leads to metabolic abnormalities already materialized by increased insulin level.
- I consider that even what could be seen as a healthy habit, i.e. eating an **apple** before going to bed (as that brings loads of **fructose**, as much as from 27 passion fruits), simply reflects constantly fluctuating blood **sugar** levels. These logically trigger such "*cravings*" and compulsive quest for blood **glucose** hits.
- The solution consists in starting the day with protein-dominated breakfast and prohibiting any snack or drink between meals that would be **sugary** or even **carby**. **Nuts**, which we recommend, would suit well.
- _____ presents genetically driven **lactose** intolerance, as his sister, plus he reacts to **casein**, main protein found in all **animal milks**, which should be eliminated from his diet for now. Later on, he will likely recover capacity to tolerate **hard cheeses**, but we need repairing his gut lining in the first place.
- Our young patient reacts with IgG antibodies to multiple staple foods, which reflects a trend towards a "*leaky gut*" that we must address by suspending all **gluten grains** for next four months. Improved diet will help as well, because this constant assault with **fast sugars** feeds fungal and bacterial overgrowths.
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- We prescribe probiotics and 10-day gut cleansing in the New Year to improve his intestinal microbiota. We also replenish all missing nutrients in order to provide necessary building blocks for his gut wall, as much as for immune defences and for forthcoming growth. Correction of many severe deficiencies in thyroid cofactors (selenium/SEOSJ-zinc/ZNRPY-vitamin A/XA4SJ-iodine/IDWPY-iron/FEGPY) shows crucial.
- Dramatic deficiencies in omega 3 fatty acids, especially anti-inflammatory EPA, certainly contributes to cognitive dysfunction. It requests an urgent replenishment with **oily fish** plus drinkable fish oil (EDLOV)!

Georges MOUTON MD