

Patient:

Date:

Monday 26th November 2018

Comments:

- When we met to establish a medical file, you said that you “*feel quite healthy*” except for skin issues, i.e. psoriasis (shared by your mother), “*goosebumps-like pimples on arms and back*”, rosacea and easily flushed red cheeks, plus warts. Flush also comes with “*cloudy head*” and badly shaking hands when you are anxious or stressed, for example if speaking in public. You would like to address it with better diet.
- Well, that sounds possible indeed, at least to a certain point, which may sound pretty pretentious from a mainstream perspective. In fact, it appears that your FUT2 genotype (exactly same issue as brother Max), which is called homozygous variant due to inheriting the weak gene copy from both parents, does not allow you to express enzyme called *fucosyl-transferase 2*, which should protect gut wall with *fucose*.
- Such a situation increases odds to develop an imbalanced intestinal microbiota, which we immediately address with powerful probiotics (EDMOB) plus monthly one-week berberine cleansing courses (BBSKY).
- You have no other choice than showing more cautious with diet, at least for a while until we manage reducing intestinal permeability. “*Leaky gut*” manifests through increased level of zonulin, which must be addressed by starting **gluten-free diet** (for some time) anyhow compulsory given immune reactions: IgG antibodies against **wheat** and **barley** (forget about **beer!**), as well as IgA antibodies against **gliadin**.
- Unfortunately, you besides must refrain from consuming two other food groups contributing to intestinal porosity: **alcoholic beverages** and **hot & spicy foods**. In order to recover full intestinal and skin health, further dietary changes will have to occur from moving a lot of your **red meat** and **dairy products** into **oily fish**. It means switching pro-inflammatory omega 6 arachidonic acid from **red meat** and **butter** to anti-inflammatory omega 3 EPA from **oily fish**. Besides, I prescribe powerful fish oil capsules (QFODL).
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- You will find additional support from the 4-month programme aiming at replenishing missing nutrients, such as vitamin D already too low even before winter starts (D10LPE); several critical thyroid cofactors (selenium/SEOSJ, zinc/ZNRPY, copper - iodine/TRKTR); and major metabolic actor vitamin B12 (B12OV). Vitamin B12 deficiency tells a lot about your upset gut and obvious malabsorption, the only possibility to explain low blood level in an individual consuming high amount of B12 through **beef, pork and lamb!**
- Very high levels of stress from demanding job and long-haul flights deserve compensation through two daily capsules of respectively adrenal/AV3PN and thyroid/GTAEN glandulars, the latter being triggered by slightly faulty DIO2 genotype ‘TA’, not allowing optimal conversion from prohormone T4 in active T3.

Georges MOUTON MD