

Patient:

Date: Wednesday 28th November 2018

Comments:

- You have booked an appointment with me to check your thyroid function due to suffering from *subacute thyroiditis de Quervain*. I can immediately confirm the absence of autoantibodies and close to normal thyroid function. Modest concern arises from suboptimal levels of active thyroid hormones T3 seen in both blood and urine, which we blame on your partially faulty DIO2 genotype with one weak gene copy.
- In this initial programme, I choose not to support T3 levels, even with non-prescriptive glandulars, but to use Ayurvedic herb *Commiphora mukul* a.k.a. guggul (CMNPY) known to boost conversion from thyroid prohormones T4 into active hormones T3, plus to replenish the missing or suboptimal thyroid cofactors, i.e. iodine/IDWPY, zinc/ZNRPY, selenium/SEOSJ, magnesium/MGTDL, iron/FEGPY, and vitamin A/XA4SJ.
- Thyroid and adrenal glands should always remain balanced and we notice slightly low adrenal markers such as pregnenolone and urinary cortisol metabolites (17-OH-steroids); thus, I rely on glandular ADCTR.
- I have carefully studied Dr [redacted]'s reports about your cardiological treatment. I confirm low potassium, which you should address to some extent by consuming much more **vegetables** of different colours ('rainbow diet'). Besides, you must favour what I call "**sea vegetables**" (*algae*) to bring missing iodine.
- You cannot be seen as a vegetarian, even though I consider that you should eat much more **oily fish** as unique source of anti-inflammatory omega 3 fatty acid EPA. Significant vitamin B12 deficiency must be understood as evidence for intestinal malabsorption. Elevated levels for both LPS Binding-Protein (LBP) and zonulin demonstrate increased intestinal permeability linked to presence of excessive 'endotoxins'.
- Interestingly, *lipopolysaccharides* (a.k.a. *LPS* or *endotoxins*) trigger hypertension and atherosclerosis as explained in joined recent [article](#). I highly recommend changing your diet to fix the problem. Our best means consists in fixing the "*leaky gut*" by excluding **gluten grains**, reducing other **grains** such as **rice & corn**, avoiding **hot & spicy foods**; all are anyhow flagged by your immune system with IgG antibodies.
- You obviously consume large amounts of **gluten-rich bread**, which I see as very detrimental to patients expressing an E3/E3 apoE genotype who best thrive on high intake of **fish, vegetables, and plant fats**. To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- In parallel, we will work at improving corresponding *gut dysbiosis* (see [article](#)) with powerful probiotics (EDMOB) and monthly one-week long herbal cleanses based on berberine (BBSPY). This plant alkaloid is also known to boost insulin sensitivity, which level appears high for effective cardiovascular prevention.

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