

Patient:

Date: Wednesday 28<sup>th</sup> November 2018

**Comments:**

- You have wished to see me and run a comprehensive biological assessment not only because of several family members suffering from cancer, but also because of some complaints. These consist in: tiredness, “*energy levels may not match motivation*”; “*extremely sensitive gut*”, stools sometimes hard to pass or episodes of diarrhoea; recently bad sleep cycles; memory not as sharp as you would like; bad PMS and periods getting longer; severe thrush before period; low libido; and suffering from *Barrett’s oesophagus*.
- I have elaborated a 4-month programme based on functional Medicine principles in order to help you. I have limited issues about your diet given that you have already drastically changed your eating patterns to address “*diarrhoea all the time*”. You have stopped **gluten grains, dairy products, soya & shellfish**.
- Taking into account your E2/E3 apoE genotype, I recommend further reducing **starchy foods** and favour more **good fats**, not only **plant fats** but also cholesterol sources such as **lamb, eggs, and coconut oil**. Please insist on **oily fish** because you still lack most desirable anti-inflammatory omega 3 fatty acid EPA.
- You seem to avoid **shellfish** due to having experienced skin reactions (hives), but you should indulge on **algae** to address dramatic iodine deficiency, aside taking daily capsules (IDWPY). In fact, you present multiple severe lows rather suggesting intestinal malabsorption than incorrect diet: vitamin B12/B12OV, vitamin D/D5LPY+D2LPY, glutathione/NCKPY, vitamins A/XA4SJ & B2/VB2TR, selenium/SEOSJ, zinc/ZNRPY.
- Last four nutrients mentioned plus iodine represent 5 critical thyroid cofactors. No wonder that we see some thyroid sluggishness amplified by your suboptimal DIO2 genotype (one weak gene copy out of two). I therefore compensate low T3 levels with gentle T3-supporting glandular GTA, to be taken twice a day.
- You have explained reasons for being exposed to significant stress, which also affects your capacity to convert thyroid prohormones T4 into active hormones T3, plus it obviously strains the adrenal function. We react with compound capsules associating two natural adrenal prohormones pregnenolone and DHEA.
- Our priority will consist in restoring intestinal health thanks to an intestinal treatment combining very powerful probiotics (EDMOB) and monthly 1-week long berberine cleanses (BBSPY). This plant alkaloid displays impressive antifungal and antibacterial properties, plus it suits diarrhoea cases especially well.

Georges MOUTON MD