

Patient:

Date:

Thursday 29<sup>th</sup> November 2018

## Comments:

- You complain of “shooting abdominal pain” that has been explored though an US scan without finding any explanation. I understand that you are interested in adapting your diet to your needs, which in fact hopefully should fix the pain. This assessment intends to deliver rather long-term dietary strategy plus 4-month replenishment of missing elements with food supplements, glandulars and natural prohormones.
- You told me that you had started to eliminate **gluten grains** from your diet and I encourage you doing so for next 4 months, but you must exclude them radically if we want to address your trend towards leaky intestinal lining expressed by endotoxins presence (LPS) and by IgG reactions towards many staple foods.
- Without **gluten**, we can be hopeful for recovering tolerance to all the foods mentioned in front of IgG results on pages 5/6 & 6/6, which should be reduced but not eradicated. Besides precise changes, you must take into account apoE genotype “blueprint” finding, i.e. E3/E3 implying **high-fat / low-carb** diet.
- Consuming largely excessive levels of **starchy foods** likely represents your fundamental dietary mistake! No **gluten**, much less **grains** (beware of **gluten-free bread's** high glycaemic index) and even less **quinoa**. They should be replaced with **vegetables, pulses, good oils** (see FA status), **seeds, nuts**, and **oily fish**.
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice eating-plan.
- Upset gut has triggered multiple deficiencies in critical nutrients. Some of them become concerning, such as severe vitamin D deficiency (D5LPY + D2LPY) even before winter has started, plus uncommon lack of selenium (SEOSJ 2x/day). Both compromise your immune defences and need a quick correction.
- Stress appears significant and it has weakened thyroid and adrenal functions. The latter deserves our support with two missing natural prohormones, pregnenolone and DHEA, seen as food supplements in the US but not here in Europe. Suboptimal DIO2 genotype justifies taking gentle thyroid glandular (MV1PN).
- Intestinal treatment will show paramount to help with abdominal pain. We rely on anti-inflammatory probiotics (FS26SJ) and on monthly one-week long herbal cleanses based on alkaloid berberine (BBSPY).

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