

Patient:

Date:

Monday 3rd December 2018

Comments:

- I appreciate all your dietary and lifestyle efforts, which achieve - together with a copious programme of supplements - satisfying fasting glucose and HbA1c levels. Insulin remains a bit too high, but you keep doing a few dietary mistakes, such as drinking **sugary beverages** (no **squash** and replace **juices** by real **vegetables**) and indulging on **honey** or **chocolate**, even though they still represent acceptable desserts.
- Consequently, you have started to escape from what looked like *metabolic syndrome* with visceral fat, fatty liver, high triglycerides, poor cholesterol ratio (high LDL contrasting with low HDL). You will agree that the job remains far from finished, especially regarding your lipid profile that still looks worrying...
- Hugely excessive triglycerides and bad LDL cholesterol could be triggered by polymorphisms, which we will explore next time. However, we observe they are increased by low thyroid function, itself resulting from an *autoimmune thyroiditis* manifested by raised anti-thyroid autoantibodies (anti-thyroglobulin & anti-TPO). The autoimmune trend gets confirmed by the (moderate) presence of antinuclear antibodies.
- Not surprisingly, because autoimmunity results from intestinal permeability, we retrieve several results suggesting borderline "*leaky gut*": too many IgG reactions against staple foods (promote rotations!), high LPS Binding-Protein (endotoxins) and zonulin. In such case, **gluten grains** must be totally excluded.
- In order to help healing your gut wall, **hot & spicy foods** as well as all **grains** (including rice and corn) should be avoided. Two other results will profoundly influence dietary habits on the long term, as you can't ignore DNA blueprint. E4 allele presence on apoE gene implies refraining from high **cholesterol** foods, i.e. **dairy products**, **red meat** & **coconut oil** that boost cholesterol levels. You will eat more **fish**!
- Another genomic polymorphism impacts when you eat, rather than what you eat. One variant copy of OGG1 reduces your DNA repairing capacity and best compensation will consist in **exercising** (what you already do) and in **intermittent fasting**. All the food should be consumed within an eight-hour window.
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- Our fight against metabolic syndrome, fatty liver, and poor lipids will besides rely on two remarkably efficient supplements: plant alkaloid berberine (BBTPY) and antioxidant R-alpha-lipoic acid (RLCPY). I add highly bioavailable curcumin (CQHPY) against LDL cholesterol oxidation that causes cardiovascular disease. Metabolic drive must also get support, which you already take for adrenal function with DHEA (I keep same dosage, but I complement with pregnenolone) and which I implement for thyroid (MV2PN).

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