

Patient:

Date:

Wednesday 5<sup>th</sup> December 2018

**Comments:**

- Main reason for consulting me comes from multiple issues with your digestive system. It all started with stomach cramps in August ; then diverticulitis in May ; Shiga-toxicogenic Escherichia coli (STEC) retrieved from stool culture in October (after normal colonoscopy realised in the previous month); more severe stomach cramps relapsing lately, but in a different area than before. You have done your best to self-manage all this with “*better diet, juicing, probiotics*” and achieved less frequent flare-ups.
- I have run two specific genomic tests related to possible triggers, i.e. lactose intolerance or incapacity to secrete fucosyl-transferase 2 (FUT2), but they came back heterozygous variant. This means you have inherited only one weak copy from one parent, which for those genes does not really alter the function.
- We therefore have to look elsewhere, e.g. in your diet. We should systematically suspect **gluten grains** as potential culprit for gut inflammation, which then leads to autoimmune reactions. One is showing-up here, as you suffer from positive (increased) antinuclear antibodies. Autoimmunity develops following an excessive exposure of one’s immune system to antigenic harassment, which occurs in case of “*leaky gut*”. Two markers for intestinal permeability appear borderline high: LPS-Binding-Protein and zonulin.
- Your best response to it consists in excluding all **gluten**, avoid other **grains** (mostly **rice & corn**), refrain from eating **hot & spicy foods** such as **black pepper** and **ginger**, plus from drinking **alcoholic beverages**.
- DIO2 genotype, in your case E3/E3 (that I like to label as “*hunter*”) strongly influences balance between macronutrients. Given your type, high-**fat** / low-**carb** diet suits much better; thus, your fatty acid profile shows you consume insufficient amounts of **good fats**. Please follow my guidance and supplementation!
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- Resetting your intestinal microbiota represents a critical arm of our strategy. We will combine strong probiotics (EDMOB) and monthly one-week long cleanses based on plant alkaloid berberine (BBSPY). We also implement an anti-autoimmunity approach with N-acetyl-cysteine (NCKPY) and curcumin (CQHPY).
- Severe lack of vitamin B12 (B12OV) suggests intestinal malabsorption, because you cannot be seen as a vegetarian. We will correct that with 4-month supplementation, which besides aims at replenishing all identified deficiencies or suboptimal levels, especially in nutrients essential for immune defences (fat-soluble vitamins D/D5LPY-K/VL2PY; zinc/ZNRPY) or for energy (B complex/BCPPE; coenzyme Q10/CR25PY).

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