

Patient:

Date:

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

**Comments:**

- Our long discussion during our initial meeting has identified eight complaints that you would like me to address through a Functional Medicine algorithm, which intends to identify culprits rather than treating symptoms, and then of course alter diet and lifestyle whenever relevant, plus correct any deficiencies.
- Let us list them: 1) weight gain and desire to lose belly fat without creating yoyo effect; 2) fatty lumps (far from sure I can help with this one); 3) trend to constipation with bowel movements not every day; 4) muscular cramps, especially when skiing; 5) eczema; 6) tiredness around mid-afternoon but getting a “second wind” late in the evening; 7) blepharitis and sties; 8) plantar fasciitis on left foot since .
- Starting with compulsory dietary changes, I have identified an unusually severe **egg** hypersensitivity manifested by very high IgG antibodies against both **whites** and **yolks**: no more **eggs**! Numerous results point at negative impact of **grains** in general, above all **gluten grains**. Most concerning is the presence of anti-thyroid autoantibodies (TRAb not far from pathological threshold), which I believe could vanish on **gluten-free** diet. Anyhow, you really need cutting down all **starches** and **sugars**, including **alcohol**.
- Too much **wine** brings excessive iron (toxic heavy metal) and boosts uric acid. Same can be said about **beer** that besides brings **gluten** from barley and **œstradiol** from hops, thus making it an absolute no-no!
- Your apoE genotype, namely E2/E3, corresponds to what I like to label “*super-hunter*”. Indeed, the E2 allele pushes even further the interest to follow high-**fat** / low-**carb** diet, as I regularly notice those are very sensitive to indulgence targeting **carbs**, **starches**, **grains (popcorn!)**, **sugars**, **fructose**, and **alcohol**.
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- Your heterozygous variant OGG1 genotype, i.e. one weak gene copy inherited from one parent, delivers an excellent tool to address complaint #1. You must progressively move into **intermittent fasting** with ideally two meals per day, skipping your catastrophic sugary breakfast. Fasting and taking berberine, impressive plant alkaloid (BBRPY 1 gram with each meal) should dramatically help shedding visceral fat.
- Strengthening thyroid and adrenal functions will definitely help with complaints #3 down to #7, as they reflect suboptimal activities for those glands critically important for metabolic drive, muscle function, global oiliness and lubrication, energy levels, and immune defences. Your thyroid suffers from stress and from suboptimal heterozygous variant DIO2 genotype, which lead to lower conversion of T4 into T3, hence supplementing gentle glandular GTA and many cofactors. Your adrenals pay the bill of stress and deserve daily pregnenolone compound capsules, a natural prohormone seen as a supplement in the US.

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