

Patient:

Date:

Friday 21<sup>st</sup> December 2018

**Comments:**

- You have come for a consultation with few existing complaints (itchy skin, weight gain, belly fat) but rather concerned about two diagnosed autoimmune conditions, namely *lupus erythematosus* and *lichen planopilaris*. You also mention that you “*want to stay in good health*” but “*never see medical doctors*”!
- Well, you obviously should because we cannot tolerate several upsetting results, such as disastrous LDL to HDL cholesterol ratio of 4 (really concerning when above 3) and *leaky gut* expressed by two elevated specific markers (zonulin and LPS-BP). Given that increased intestinal permeability represents an initial mechanism leading to autoimmune conditions, we should fix the problem to prevent further disruptions.
- Priority goes to a complete removal of **gluten grains** because their major protein called **gliadin** triggers the release of zonulin and the opening of tight junctions that normally keep gut wall sealed. Besides, I recommend refraining from 3 food groups known to ruin gut lining: **grains, alcohol, hot & spicy foods**. **Beer** constitutes the absolute evil for you: full of **gluten (barley), alcohol, oestradiol (hops), and sugar!**
- Indeed, you also will have to reduce intake of **fast sugars** that directly feed visceral fat through insulin excess. Your apoE genotype E3/E3, which I like to brand as “*hunter*” opposed to “*gatherer*”, requests a high-**fat** / low-**carb** diet, which seems the exact opposite of what you have been doing. Those fats shouldn't come so much from **red meat** and **dairy products**, but rather from critically needed **oily fish**.
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- Another issue arises from complete absence of pregnenolone, likely the consequence of chronic stress. This prohormone leads to all human steroids, especially stress hormone cortisol and relaxing hormone progesterone, critical for sleep and possessing highly desirable anti-inflammatory properties. We can fortunately safely supplement progesterone (food supplement in the US, but needing prescription here).
- *Leaky gut* not only brings autoimmunity but besides interferes with nutrients absorption, which explains many deficiencies in fundamental vitamins (vitamin D/D10LPE already low in autumn and vitamin B12/B12AOV), trace elements (iodine/IDWPY indispensable to synthesize thyroid hormones and zinc/ZNRPY).
- We must improve your sleep, not only with progesterone: I recommend taking magnesium (MGDPY) and GABA (GADPY, a calming neurotransmitter effective for patients suffering from leaky gut) around 10 pm.

Georges MOUTON MD