

Patient:

Date:

Sunday 4th November 2018

Comments:

- You have requested an appointment to help you with numerous symptoms that have developed after having undergone hemithyroidectomy in following the identification of suspicious nodule. Those complaints may reflect a low thyroid function: tiredness, bad memory, hair loss, “cannot lose weight”, brittle nails, anxiety, cold hands and feet. I ran comprehensive assessment of blood and urine biology.
- Results come back showing poor conversion from thyroid hormones T4 into active hormones T3, despite normal DIO2 genotype (that regulates that conversion). We then have to blame “high stress”, which is known to block the conversion. We also identify deficiencies in thyroid cofactors such as iodine (IDWPY) and vitamin A (XA4SJ), plus suboptimal levels for specific thyroid converting factors (ZNRPY and TRFBD).
- I fully agree with your L-thyroxine dosage (75 mcg) to which I recommend adding 10 mcg of L-thyronine (T3) split between morning and evening due to short T3 life. We will have to adjust this dosage and we may even find out that replenishing missing cofactors together with T3 support will restore capacity to better convert. This usually happens soon or late with patients who fortunately have normal DIO2 gene.
- Thyroid and adrenal glands work in close synergy, hence importance of addressing adrenal function at the same time, which we aim to achieve with pregnenolone support. This natural adrenal prohormone, seen as food supplement in the US, needs prescription here, thus is scheduled from compound capsules.
- We detect moderate autoimmune attack on your cells’ nucleus, well in tune with increased intestinal permeability manifested through globally raised IgG levels towards multiple and, in fact, most foods. I ask you to exclude all **gluten grains** for 4 months and make sure you besides avoid other **grains** such as **rice** and **corn**. You should also refrain from **alcoholic beverages** (no beer!) and from **hot & spicy foods**.
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- Interestingly, restoring physiological T3 levels could immediately improve sleep quality. Low urinary melatonin metabolites justify taking natural mix comprising melatonin but also GABA, L-theanine, and several calming herbs (SLWPY), plus magnesium (MGDPY) around 10 pm. That should fix the sleep issue.

Georges MOUTON MD