

Patient:

Date:

Tuesday 25<sup>th</sup> December 2018

**Comments:**

- You have been willing to book an appointment with me regarding several complaints dominated by bad sleeping and struggle to overcome weight gain, especially around the waist. You also express numerous other symptoms that could be related to low thyroid function, such as tiredness especially in mornings, cold hands and feet, dry skin, thin hair, brittle nails, and trend towards constipation helped by triphala.
- I have therefore explored your thyroid function in depth and found suboptimal DIO2 genotype 'TA' that does not allow you to effectively convert thyroid prohormones T4 into active hormones T3. Biological readings confirm that struggle with very low urinary T3 level, plus several surrogate markers for low T3.
- The concern remains moderate and I thus opt for gentle thyroid glandulars GTA (3x/day due to short T3 life) combined with thyroid cofactors (zinc/ZNRPY, vitamin A/XA4SJ, iodine/TRKTR) and herbs (TRKTR).
- I am almost most concerned by your adrenal function, which works in close synergy with thyroid, badly affected by stress. Severe lack of cortisol urinary metabolites reflected by 17-OH-steroids combined to low blood levels in all adrenal prohormones (pregnenolone & DHEA) and hormones (testosterone) justify prescribing daily combined capsules based on the two prohormones seen as food supplements in the US.
- My natural endocrine corrections should benefit sleep quality, but we must address obvious melatonin deficiency (MELPE). Correcting a lack of magnesium (MGDPY) should also increase nocturnal relaxation.
- Together with improved thyroid and adrenal functions so important for metabolic drive, dietary changes will play critical role in addressing visceral fat. You already knew from bloating when consuming **wheat** that **gluten** does not fit you. Multiple results confirm your feeling, especially presence of autoimmune hassle (positive antinuclear antibodies) and mucosal inflammation showing through a higher level of IgA.
- Not only do I ask you to move into strict **gluten**-free diet, but you will also refrain from consuming other **grains** such as **rice** and **corn** to which you already react. You clearly consume too much **wine** that does not help with intestinal permeability seen as direct trigger to autoimmunity. Beware of **hot spicy foods!**
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- Upset gut leads to nutrients malabsorption, which explains several concerning deficiencies, such as B1 (BFWPY) and B2 (VB2TR) vitamins - also affected by **wine** intake - that we replenish together with many other elements. I confirm that coenzyme Q10 helps you, but only in its reduced form ubiquinol (CQHNE).

Georges MOUTON MD