

Patient:

Date:

Saturday 29th December 2018

Comments:

- You have booked a consultation with me in order to seek help about the following complaints: “*general status of weakness*” (stomach ache, headache, flu, catching viruses from your twin daughters); “*a lot of water retention*”; acne (on the chin); anxiety; paleness; constipation; irregular periods; inflamed gums.
- In order to help with persistent acne, you have been put on antibiotics (*lymecycline*) for two months (improvement noticed after two weeks), and on contraceptive pill GEDAREL (to which you react with swollen legs). My main recommendation to fight *acne* consists in massively reducing **fast sugars** intake, which equals to addressing skin inflammation through addressing its trigger, i.e. intestinal inflammation.
- Your oral hygienist stresses red and inflamed gums, which of course reflect an inflamed gut. Fixing the digestive system should benefit your skin as much as your anxiety given the critical importance of ‘*gut-brain axis*’. I have designed an intestinal treatment based on very strong probiotics (EDMOB) and on 10-day allicin course (ALMAM), both targeting unacceptable constipation: you need daily bowel movements!
- Dietary modifications will obviously play a fundamental role. Taking into account your apoE genotype, namely E3/E3, you would thrive on high-**fat** / low-**carb** diet, but you seem to indulge on **carbohydrates** (**potato, quinoa**), **grains** (**pasta, pizza, rice, corn**), high-fructose fruits (**apples, dates**), lots of **juices**...
- In short, you have opted for the completely wrong type of fuel mostly **carb**-based, whereas your engine can only thrive on high-**fat** fuel! This will request thorough dietary adaptation together with additional advice resulting from your biological results, in particular a spectacular increase of your **sea salt** intake.
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- You need loads of **salt** to support very low blood pressure that reflects very low adrenal function, as we see from a lack of prohormone pregnenolone related to stress hormone cortisol overuse that we evaluate through urinary metabolites (17-OH-steroids). Pregnenolone support from daily compound capsules (it is viewed as food supplement in the US, but not in Europe) will besides boost energy, immunity, mood...
- Another endocrine weakness shows-up in your thyroid function where stress as well as DIO2 genotype ‘AA’ (homozygous variant, which means inheriting slow gene version from both parents) reduce capacity to convert thyroid prohormones T4 into active hormones T3. This leads to insufficient T3 levels in both blood and urine that we compensate with gentle non-prescriptive glandular GTA (take with each meal).
- Intestinal disruption has triggered nutrients’ malabsorption manifesting through multiple deficiencies: vitamins A-B1-B12-D-K; trace elements (iodine-zinc); minerals (calcium-magnesium); coenzyme Q10 so important for energy supply. We correct them with our 4-month program also designed to deepen sleep.

Georges MOUTON MD