

Patient:

Date:

Sunday 30<sup>th</sup> December 2018

**Comments:**

- Two main complaints about which you are seeking my advice are: a) migraines occurring twice a month and that seem to start from neck tension; b) eczema on hands and fingers thriving on globally dry skin. Additional issues have been raised: slow digestion and bloatings; “*very low deep sleep*”; varicose veins.
- Interestingly, you qualify eczema as being “*wet*”, in the sense that you can identify “*small blisters that pop*”. When I hear about such blisters, I am tempted to think about *dermatitis herpetiformis*, the skin condition typical of celiac disease. That is certainly not your case but moving into **gluten-free** diet will show even more relevant when you know that 60 % of chronic headaches disappear on **gluten-free** diet.
- Besides, numerous biological findings support removing **gluten grains** and even other **grains** from your diet: you just need to read throughout your results to be convinced, I think. More generally speaking, it appears that you consume too much **sugary foods, grains, and carbs**, whereas the apoE genotype E3/E3 indicates you could thrive on high-**fat**/low-**carb** diet, or at least something close to Mediterranean diet.
- You are pretty far from that: too much **dairy products** and **red meat**; insufficient **fish** and **vegetables**. To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- Another genotype deserves our comments and intervention: heterozygous variant DIO2 means that you have inherited one variant gene copy from one parent, which reduces your capacity to convert thyroid prohormones T4 into active hormones T3. It shows-up well in urinary levels, plus we besides know that stress blocks T4 to T3 conversion. Low T3 will necessarily lead to dryness and it might trigger migraines.
- We therefore support thyroid function with different natural means: 1°) non-prescriptive and gentle T3-supporting glandular GTA (take twice a day due to short T3 life); 2°) thyroid converting cofactors such as zinc (ZNRPY), selenium (SEOSJ), and magnesium (MGDPY); 3°) global thyroid cofactors such as iodine (IDWPY) and vitamin A (XA4SJ); 4°) synergistic adrenal support based on the prohormone pregnenolone.
- Any initial 4-month Functional Medicine program, to show effective, will include nutrients selected to address identified deficiencies or suboptimal levels. In this case, special attention is given to cofactors needed to optimize skin health and nervous system function. I include GABA (GADPY) to deepen sleep.

Georges MOUTON MD