

Patient:

Date:

Wednesday 30<sup>th</sup> January 2019

**Comments:**

- You are consulting essentially to seek my advice regarding significant weight gain (20 kg) in the last 3 years, but you also complain of high blood pressure, gout, and numbness in finger and in quadriceps. You confess drinking heavily, including **soft drinks** and **alcohol** cocktails, and you have reduced sports...
- I will not hesitate in stating that your health situation shows seriously worrying with: catastrophic lipid profile (very high triglycerides and 'bad' LDL cholesterol contrasting with low 'good' HDL cholesterol); massive oxidation of LDL cholesterol, the genuine promoter of cardiovascular disease; fatty liver (high transaminase SGPT) becoming damaged by alcohol (high gamma-GT); severe hyperuricaemia leading to gout, which will dramatically worsen in the future; and huge iron toxicity expressed by excessive ferritin.
- This 4-month program is not about wellbeing or cosmetics, but rather health-saving... if not life-saving. Fortunately, your mother has told me that you were going to show very compliant. That represents an essential asset for the success of our enterprise based on natural treatments (only food supplements and nothing prescriptive at this stage) and on profound dietary changes. These exclusively result from tests!
- Our first big finding consists in major **gluten** sensitivity with IgA antibodies against deamidated **gliadin** approaching coeliac disease threshold (5.3 compared to 7). **Gliadin** represents a sub-protein within the **gluten** complex that besides increases intestinal permeability, aka '*leaky gut*'. Two blood markers, LPS-Binding-Protein and zonulin confirm that issue closely associated with gut inflammation and endotoxins.
- These are typically lipopolysaccharides (LPS) resulting from an overgrowth of Gram-negative bacteria in the intestines, themselves resulting from excessive intake of **fats** and **sugars**. No wonder given that our tests flag not only **dairy products & beef**, but also **alcoholic drinks**, **fructose**, **sugary drinks**, and **grains**.
- Your apoE 'E3/E3' genotype implies that you must follow a rather high **fat/low carb** diet, but that will include much more **plant fats** than high-cholesterol **animal fats** in which you indulge. I can still allow you to frequently consume **eggs**, **poultry**, **game**, **fish**, and **crustaceans/shellfish**, but do not forget **olives**, **avocados**, **nuts**, and **seeds**. Include **pulses** and above all 'rainbow' **vegetables** in huge amounts.
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- My treatment consists in supporting thyroid and adrenal functions: thyroid with an Ayurvedic herb that boosts conversion from thyroid prohormones T4 into active hormones T3, made sluggish by your DIO2 genotype 'TA' (*Commiphora mukul/CMNPY*); and adrenal glands with 'Peruvian ginseng' (maca/BMEOV).
- I consider that taking 6 daily capsules of berberine (BBTPY) constitutes our best tool to obtain metabolic improvements together with your new diet. Indeed, this amazing and very safe alkaloid should tackle diarrhoea in synergy with powerful probiotics (EDMOB), curcumin (CQHPY), and other herbs (PRCBD). I besides rely on the combination of berberine together with R-lipoic acid (RLCPY), quercetine (QCWPY), and resveratrol (RSXPY) to fight oxidized LDL-cholesterol and to activate AMPK: see my two lists joined.
- AMPK activation likely represents the most powerful and effective strategy to fight *metabolic syndrome*.

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