

Patient:

Date:

Friday 1<sup>st</sup> February 2019

**Comments:**

- You have come to see me with several complaints including what you describe as “*gastrointestinal track problems*” and that includes “*loud*” mushy or liquid stools, bloating, gas, heartburn, and slow digestion. Besides, you mention urinary track issues stated as “*prostate hyperplasia and more*”, plus low immune defences leading to multiple common colds. Finally, you are looking into a change towards ‘better life’.
- From a Functional Medicine perspective, we consider that the intestinal lining represents the ‘master’ mucosal system and that fixing corresponding 600 square meters (its surface for a man your built) will automatically help ‘minor’ mucosal systems such as urinary tract (*pollakiuria*) or mouth (*mouth ulcers*).
- I cannot dispute you the fact that your intestines are a mess: excessive LPS-Binding-Protein reflects the abundance of endotoxins (lipopolysaccharides or LPS) themselves linked to inflammation and leaky gut, perfectly in tune with highly abnormal stools. It gives us clear dietary guidance based on classic **gluten** exclusion accompanied by the avoidance of other **grains (rice & corn)**, **alcohol**, plus **hot & spicy foods**.
- Interestingly, you already flag **grains** and **hot & spicy foods** with IgG antibodies, which unfortunately but not surprisingly target staple foods such as **eggs**, **dairy products**, **beef**, and **bananas**. Please ban these due to their huge IgG reading and high **fructose** content, but I am not asking to remove all of the others.
- This being said, restricting **red meat** and **dairy products** becomes even more relevant when we look at your apoE ‘E3/E4’ genotype. Presence of one E4 allele makes such high-cholesterol foods much trickier regarding cardiovascular or neurodegenerative risks. On the top of that, another genomic result shows primary **lactose** intolerance from genetic origin. Attached list limits your intake to some **hard cheese**...
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice eating-plan.
- We must address *intestinal dysbiosis* and loose stools with specific probiotics *Saccharomyces boulardii* (SB6SJ known for anti-diarrhoeal efficacy) and amazing plant alkaloid berberine (BBTPY also known for anti-diarrhoeal, anti-leaky gut efficacy). Simultaneously, berberine plus curcumin (CQHPY), resveratrol (RSXPY), quercetine (QCWPY), and honokiol (MAIPY) will altogether fight your LDL-cholesterol oxidation.
- I am sure you will not dislike the fact that berberine, resveratrol, curcumin, and quercetine all activate AMP-activated protein kinase (AMPK), which is seen as the Holy Grail for mastering *metabolic syndrome*.
- Stress clearly does not support your metabolic drive, given that it affects two main endocrine systems in charge of metabolism, i.e. thyroid function (by blocking conversion from thyroid prohormones T4 in active hormones T3) and adrenal function (by exhausting pregnenolone reservoir). The latter is a global precursor to all human steroids, plus this natural prohormone (seen as food supplement in the US) leads immediately to the serenity hormone progesterone and after many steps to the stress hormone cortisol.

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