

Patient:

Date:

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

**Comments:**

- You have been booking an appointment in order to obtain my advice regarding several ailments, namely because you “*feel like intolerant to some foods*” (and you suspect **gluten**); you recently struggle to fall asleep; you have been experiencing anxiety in past 3 months; you have gained 5 kilos during last autumn.
- Taking into account that you do not eat lots of **gluten**, you still react (modestly) to **gliadin**, sub-protein belonging to the **gluten** complex that tends to upset gut lining because of making it leakier. Very low vitamin B12 level despite consuming **meat & fish** demonstrates intestinal absorption does not work well.
- You should temporarily embark on a strict **gluten-free** diet, plus make sure you do not replace it with other **grains**, especially **rice** against which you already react with IgG antibodies. Not surprisingly, your immune system flags **hot & spicy foods**, according to principle: “*what burns the mouth burns the gut*”.
- Excessive levels of insulin, triglycerides, and myristic acid confirm what I suspected according your food questionnaire. Your **fast sugars** intake shows toxic, which disrupts your intestinal microbial community by feeding the wrong microbiota, plus triggers elevated testosterone that will soon or late lead to acne.
- Shockingly high ratio between bad LDL cholesterol and good HDL cholesterol, especially given your age, will immensely benefit from dropping **gluten** and most **grains**, dramatically reducing **fast sugars**, plus consuming more **oily fish**. You miss all produce from the sea: **fish, sea vegetables-algae**, and **sea salt!**
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- Dietary modifications will have to address the significant LDL cholesterol oxidation, once again unusual for someone 20-year old: please see my **LIST**. We fight it as well with treatment, especially resveratrol (RSXPY) and quercetine (QCWPY), but also allicin (ALMAM) to be implemented in April to cleanse the gut.
- Stronger thyroid function should benefit your immune system, boost intestinal defences, and lift mood. Stress and lack of cofactors, above all selenium (SEOSJ), reduce conversion from thyroid prohormones T4 into active hormones T3. We support conversion with Ayurvedic herb *Commiphora mukul* (CMNPY), selenium, and zinc (ZNIPY); we also give gentle T3 glandulars GTA and critically needed iodine (IDWPY).
- Anxiety could be linked to poor sleep as well... We rely on synergistic herbs and natural compounds to address those issues. You clearly lack melatonin (SLWPY), which explains difficulties to fall asleep. We complete that superb natural mix (including GABA, L-theanine, and calming herbs) with magnesium. In fact, L-theanine (THOPY) should relieve you within half an hour in case of anxious thoughts, but do not hesitate to take up to 6 capsules daily of this extremely safe amino acid. Several adaptogenic herbs will complete our strategy thanks to STNPY that combines ashwagandha, *Rhodiola rosea*, and magnolia bark.

Georges MOUTON MD