

Patient:

Date:

Monday 5th November 2018

Comments:

- I confirm that you are in good health, except for a few metabolic markers mostly linked to an excessive intake of **carbs, grains, sugars, fructose, and alcoholic beverages**. The worst consists in the significant excess of triglycerides, which precisely reflects an indulgence that upsets much more easily individuals whom I like to label as '*hunters*' because they harbour E3/E3 apoE genotype, thus better thrive on **fats**.
- In fact, I think we spoke about that when we met: you seem to eat as a '*gatherer*', but your DNA blueprint disagrees. This will harm on the long term, plus discrepancy between fuel your 'engine' deserves and what it gets contributes to intestinal inflammation (manifested by increased gut wall permeability).
- That can lead to inflammatory and especially autoimmune conditions, even though none shows-up for now. Because the main protein belonging to **gluten** complex (called **gliadin**) triggers intestinal porosity, our best strategy to heal your leaky gut consists in strict **gluten-free** diet, very easy to follow in London.
- **Alcohol** and **hot & spicy foods** represent the two other major offenders for the tight junctions keeping enterocytes sealed together. Besides, as predicted, you show intolerance to **lactose** from genetic make-up like most Asians, and you severely react against **casein** with IgG antibodies: sorry, no **dairy products**!
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice eating-plan.
- During our initial encounter, we also came to the conclusion that numerous complaints (low mood, "*not enough stamina*", procrastination, pollakiuria, dry skin, low immunity...) could come from a sluggish thyroid function. Indeed, you show low levels of active thyroid hormones T3 especially in urine, despite normal DIO2 genotype, a gene in charge of converting thyroid prohormones T4 into active hormones T3.
- Stress explains the blockage, as much as it strains adrenal glands. We therefore support T3 levels with gentle glandular GTA, plus specific cofactors and Ayurvedic herb *Commiphora mukul* through TIRFORM, both to be taken twice a day. Adrenals will benefit from taking the natural prohormone pregnenolone.

Georges MOUTON MD