

Patient:

Date:

Wednesday 6th February 2019

Comments:

- Mother has brought her almost 2-year old son to my consultation regarding two concerns. In first, he has experienced an upset digestion since taking antibiotics two months ago for a chest infection, but he is now improving thanks to probiotics. In second, he has dropped from 90th percentile for height, which he was born with and has kept for more than one year; now, only manages around 60th percentile.
- In order to better understand reasons for such drop in his growth curve, I have initiated a comprehensive biological assessment that provides several clues. Main finding consists in intestinal permeability (aka 'leaky gut') that is known to alter nutrients absorption and lead to multiple deficiencies as we see here.
- We base this diagnosis on two types of results: a) globally excessive IgG responses to staple foods, which show even more unusual for this age; b) high LPS-Binding-Protein reflecting presence of gut endotoxins, themselves associated with intestinal inflammation, leaky gut, and *dysbiosis* (= imbalanced microbiota).
- Our priority to address the problem relies on introducing a strict **gluten-free** diet for next 5 months, plus making sure he does not indulge on alternative **grains** such as **rice** or **corn**. Please consider alternative sources of starch such as: **tubers**, **roots**, **starchy vegetables**, **pulses**, and **pseudo-grains** (see my list).
- As we want decreasing gut lining upset, elevated IgG foods will have to be avoided, but not necessarily suppressed except for bananas: see my instructions page 5/6. Besides, refrain from **fast sugars** harmful for cognition plus feeding the wrong microbes: **biscuits**, **cakes**, **honey**, **syrup**, and **high-fructose fruits**.
- Finally, we spot catastrophic lack of anti-inflammatory, super-lubricating, and key cognitive long chain omega 3 fatty acids, namely EPA & DHA from **oily fish**. That triggers malabsorption; so, we rely not only on his diet, but also on supplementation from drinkable oils rich in omega 3 fatty acids (FSOBA & EDLOV).
- To help you manage such changes, I suggest you seeing my nutritionist to obtain a balanced **eating-plan**.
- Intestinal treatment will show paramount to heal the intestinal ecosystem. We replenish "good guys" with powerful kids-friendly probiotics (PBMNS) and we fight "bad guys" with monthly courses of allicin.
- Another critical task to repair the mucosal wall consists in addressing all identified nutrient deficiencies by intensive supplementation scheduled for 4 months but not further because we will update blood and urine values by then. That is also how we can expect to favour growth and hopefully climb back curves.

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