

Patient:

Date:

Wednesday 6th February 2019

Comments:

- I like to quote my patients, because I feel it gives me the best guidelines for establishing the programs. Let me share some quotes from our initial encounter: you “*live a healthy life*”; you “*want to look good*”; you are “*very health conscious*”; you are “*quite aware about what to eat*”; but you are also “*running a business*”, which makes you feel “*drained*”. I like this exercise given that it delivers best clues to help.
- The truth is these results look pretty satisfying as well, but of course I never find perfect assessments. I am adamant that my treatment will make you feel stronger, especially considering a regular physical activity that necessarily consumes nutrients, above all antioxidants (as confirmed by antioxidant status).
- In fact, what I label as “*stress*” should be seen as the combination of pressure from work plus from your frequent workouts. It typically drains adrenal function and you do not escape that rule, with depleted blood levels in adrenal prohormones pregnenolone and DHEA (that we supplement with daily compound capsules) and low urinary cortisol metabolites/17-OH-steroids (whereas pregnenolone is their precursor). Low adrenal activity classically manifests through a drop of energy around 3 or 4 pm, as you complain...
- Thyroid and adrenal functions work in close synergy. Thus, no wonder that I insist about optimizing the thyroid activity, especially as you do not present the best DIO2 genotype (‘TA’). We therefore boost T4 into T3 conversion with Ayurvedic herbs and specific cofactors. Natural mix SKNOV provides *Withania somnifera* (ashwagandha) plus numerous thyroid cofactors including iodine. We add *Commiphora mukul* (CMNPY) known to help conversion, as well as two conversion cofactors zinc (ZNIPY) & selenium (SEOSJ).
- This 4-month program also covers any nutrient showing low or even suboptimal in the biological results. You already take vitamin D, but I recommend increasing its dosage up to 5,000 IU daily given that you struggle with low light in Nordic winter, what I call *Seasonal Affective Disorder* or SAD. Taking sunny winter holidays surely constitutes the best antidote together with pushing vitamin D high into the range.
- Diet-wise, I certainly cannot complain too much compared to my average patient. As usual, your fatty acid status provides numerous important guidelines (see [chart](#)). As you will read from my handwritten notes in front of biological results, I am not big fan of **grains**, **gluten** or **no-gluten (rice and corn)**, even more for patients presenting ‘E3/E3’ apoE genotype for whom high-**fat**/low-**carb** diet fits much better.
- You clearly drink too much **alcohol (beer besides contains gluten from barley)** and eat too much **beef!**
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.

Georges MOUTON MD