

Patient:

Date:

Tuesday 26th February 2019

Comments:

- You have disclosed numerous complaints during our first encounter, which include digestive issues (gut bloating, loose stools, constipation alternating with diarrhoea), skin issues and bleeding gums. However, I underline that gums reflect the inflamed status of your digestive tract (already starting in the mouth), and that skin reflects inflammation outside because of the inflamed internal lining (“*you are a donut*”).
- You besides mention low immune defences and many throat / tonsils infections. You declare that you are considering conceiving and therefore want to prevent autoimmune disorders, which essentially implies restoring gut wall integrity. Rather high IgG readings suggest moderate intestinal permeability...
- As you know, the best protection against “*leaky gut*” consists in excluding **gluten grains**, which should include zero **oats** that always contain **gluten**, not as **gliadin** but necessarily from **glutenin** to which you may react (no European lab tests for that). It appears that a major mistake in your diet results from the huge intake of **grains, rice** and **corn**, to which you present colossal IgG reactions: to be eradicated!
- Other fundamentals to re-establish healthy intestinal mucosa are: eliminate **hot & spicy foods** (“*what burns the mouth burns the gut*”); lubricate the gut lining by correcting significant omega 3 deficiencies.
- This issue reflects global lack of good **fats** and excessive intake of **carbs** and **fructose**, which does not correspond at all to your apo3 ‘E3/E3’ genotype requesting “*high-fat/low-carb diet*”. You also need to increase **vegetables** and **low-fructose fruits** (but get rid of monstrously sugary **apples**) that will bring antioxidant phytonutrients. Severe *oxidative stress* is reflected by LDL cholesterol oxidation, which we must counteract also by supplementing quercetin (QCWPY), resveratrol (RSXPY), and curcumin (CQHPY).
- You are genetically intolerant to **lactose**, present in all **dairy products** except **hard cheeses** (see [list](#)). To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- My intestinal treatment represents a crucial tool to fight oxidative stress and to fix digestive problems. It comprises two types of probiotics (LXBNM bringing fibres and IS26BI targeting autoimmunity with soil-based organisms & *Saccharomyces boulardii*) and two potent antioxidant/antimicrobial phytonutrients, curcumin and berberine (BBTPY). The anti-autoimmune strategy includes additional effectors: vitamin D (D5LPY), vitamin A (XA4SJ), omega 3 fatty acids (FSOBA & QFODL), zinc (ZNIPY), and selenium (SEOSJ).
- By far the most effective tool against fatigue, which will besides boost intestinal immune defences, lies in optimizing thyroid and adrenal functions. The latter shows quite strong but will benefit from herbal mix STNPY, an impressive association of three adaptogenic herbs. Active thyroid hormone T3 levels are not optimal, especially in urine, hence prescribing gentle non-prescriptive T3 glandular GTA (twice per day given short T3 life). We boost conversion from thyroid prohormones T4 into active T3 with TRFBD (cofactors & Ayurvedic herb *Commiphora mukul*), plus big amounts of severely deficient zinc/selenium.

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