

Patient:

Date:

Saturday 2<sup>nd</sup> March 2019

**Comments:**

- You have wished to see me despite self-rating as “*in good health*” and “*very fit*”, which I surely cannot dismiss at first encounter. Your main complaints consist in “*general anxiety all the time*”, “*degrading eyesight*”, and “*lately getting stress headaches*” mostly when overtired and dehydrated. You “*used to drink a lot*” explaining severe iron overload shown by very high ferritin level deserving **blood donations**.
- I immediately identify a very significant immune reaction made of IgA antibodies against **gliadin**, major protein belonging to the **gluten** complex. It amounts to *positive celiac serology*, which we will explore by testing your HLA alleles to further comment about suffering from celiac disease or not. But anyhow **gluten grains** consumption must be definitively totally eradicated, and that could help tackling anxiety.
- However, I believe your low levels of active thyroid hormones T3 may also explain anxiety. These occur despite normal DIO2 genotype, but then stress blocks the conversion and triggers a sort of vicious circle where low T3 aggravates feeling unwell, and so on. Our best strategy consists in supporting T3 levels with gentle glandular GTA (twice a day given short T3 life) and in boosting T4 to T3 conversion with all needed cofactors (SKNOV & TRFBD), plus Ayurvedic herbs (*Withania somnifera* and *Commiphora guggul*).
- Interestingly, you also react - to a lesser extent - to other **grains** such as **rice** and **corn**, which therefore should not be considered to replace **gluten grains**. The only additional food sensitivity expressed by IgG antibodies lies in **beef**, not surprisingly because of your apoE genotype ‘E3/E4’ where the E4 allele bans high cholesterol foods, i.e. **red meat**, **dairy products**, and **coconut oil**. The fatty acid profile confirms!
- Now, besides what to eat, let us come to when to eat... Here, your OGG1 ‘SC’ genotype does not leave you with a choice given that you must implement **intermittent fasting** to induce SIRT3 gene expression that protects from the degradation of OGG1. Other means to boost SIRT3 consist of: a) regular physical activity; b) supplementing resveratrol & honokiol (RSXPY/MAIPY); c) favouring foods from the SIRT3 list!
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**. I know that you have already tried unsuccessfully intermittent fasting for 3 weeks. My advice is rather to implement the new timetable more progressively because the system will rebel against any change, even a favourable one. I cannot imagine failure if you start slowly and persist for a few months. Make sure that you keep a balanced diet between macronutrients fats, proteins, carbs: compulsory for E4 guy!
- My Functional Medicine strategy always includes replenishing any missing nutrients in order to favour an optimal biochemistry, which basically translates in that I prefer relying on you functioning at your best, rather than blocking some enzymatic reaction with chemicals to stop any symptom. However, such goal can only be achieved on basis of precise and comprehensive testing leading to my personalized program.

Georges MOUTON MD