

Patient:

Date:

Tuesday 6th November 2018

Comments:

- You have come to see me in order to seek help regarding “*very poor health over past 5 years*” with “*gut dysbiosis, diarrhoea alternating with constipation, severe cramps when not on strict diet, abdominal pain, exhaustion, low mood and low motivation*”. You also mention high levels of stress and of anxiety (mentioning very traumatic childhood), severe allergies, dry skin, and memory that is “*cloudy at times*”.
- We immediately notice your homozygous variant FUT2 genotype, which implies that you have inherited weak gene version from both parents not enabling you to secrete protective enzyme *fucosyl-transferase 2*. This increases the odds for intestinal inflammation and imbalanced microbiota, the reason why we immediately start powerful probiotic sachets course (6826SJ), plus monthly berberine cleanses (BBSPY).
- Intestinal upset manifests biologically through an excess of lipopolysaccharides (LPS) known to express intestinal permeability. In any case of leaky gut, dietary manipulation shows paramount: **gluten grains** exclusion, trying not to replace them by other **grains rice & corn**, plus elimination of **hot & spicy foods**.
- Still regarding your diet, the presence of an E4 allele among apoE genotype implies putting aside foods high in cholesterol, i.e. **red meat** (above all **beef** to which you react), **dairy products** (especially **butter** full of pro-inflammatory arachidonic acid), and **coconut oil**. You lack beneficial omega 3 fatty acids, in particular human body’s most powerful anti-inflammatory compound that is EPA from **oily fish** (EPBTR).
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- Intestinal immune defences as well as energy levels should directly benefit from our natural support to thyroid and adrenal functions, respectively based on gentle non-prescriptive thyroid glandulars MV1PN and on adrenal prohormone pregnenolone (a food supplement in the US, not in Europe). The latter will help you secrete more relaxing and anti-inflammatory progesterone while we supplement œstradiol gel.
- Good for the mood and against depression, bio-identical œstradiol shows much safer from transdermal route, plus we will make sure the balance always favours progesterone. Let’s not forget help obtainable by refuelling missing thyroid cofactors: selenium/SEOSJ, zinc/ZNTPY, vitamin A/XA4SJ & iodine/IDWPY.

Georges MOUTON MD