

Patient:

Date:

Saturday 16th March 2019

Comments:

- The main reason for consulting me comes from severe hands eczema and, more generally, from dry skin and hair. Otherwise, you feel healthy and energetic. You are still breastfeeding a 1-year old daughter.
- I have of course researched reasons that could contribute to skin dryness, keeping in mind a Functional Medicine paradigm that sees human beings as ‘donuts’ where skin covers the ‘outside’ but is prolonged ‘inside’ through digestive tract’s mucosal lining. Expect this to show dry as well, which leads to cracks and therefore leakiness. Unsurprisingly, two biological markers demonstrate increased gut permeability.
- It brings us to the next logic step, which relates to your immune system overexposed to external triggers that make it hyperactive and unhappy with staple foods (huge increase of all IgG food antibodies) and with self-proteins. We see antibodies targeting cell nucleus, though still moderate autoimmune attack.
- We clearly must address global dryness, but we must be aware about the vicious circle implied by loss of intestinal barrier function (*‘leaky gut’*) that cannot be dissociated from the other fundamental role performed by gut mucosa, i.e. absorption of nutrients. Besides, fat-soluble compounds will show even more sensitive to malabsorption given that they will only cross a friendly and well lubricated gut wall...
- Healing intestinal porosity starts from systematic dietary changes, strongly endorsed by your IgG levels: consume zero **gluten grains** and refrain from other **grains** (especially rice), **alcoholic beverages** (beer is banned as it contains **gluten** in the form of **barley**, severely flagged anyhow), and **hot & spicy foods**.
- In order to personalize your diet, we also must take into account two genomic results. You are **lactose** intolerant, as most Asians, which means no **milk** and no fake **fruit yogurt**, a pure **fructose**-loaded junk food anyhow. You also harbour an ‘E4’ allele in your apoE genotype that requests avoiding cholesterol-rich foods such as **dairy products** (again) and **red meat** (**beef & pork**). Fatty acid status confirms that!
- I hope that you don’t mind me saying that your diet should be more *Japanese* with more **small oily fish** and lots of **algae**. **Olive oil, avocado, nuts, seeds, vegetables** of all kinds are strongly recommended. To help you manage such changes, I suggest you see my nutritionist who will provide a nice [eating-plan](#).
- Additional biological markers confirm mucosal inflammation (high immunoglobulins A/IgA) and global inflammation (high us CRP). With all this going on, I was expecting to find what we call *oxidative stress* evidenced by LDL cholesterol oxidation. Very high level of oxidized-LDL justifies taking highly effective curcumin/CQHPY (safe when breastfeeding) and indulging on protective antioxidant foods (see my [lists](#)).
- Moving to what is probably a major culprit for general dryness, we must address obvious lack of active thyroid hormones T3 noticeable in blood as well as in urine. Reasons for that impairment show triple: a) suboptimal DIO2 ‘TA’ genotype reducing your capacity to convert thyroid prohormones T4 into active T3; b) stress that always block the T4 conversion; c) deficiencies in two crucial conversion factors zinc (ZNIPY) and selenium (SEMPE). I also rely on boosting two nutrients know to make skin oilier: vitamin B12 (B12CPY) and iodine (IDWPY) that besides must be absolutely replenished in case of breastfeeding...

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