

Patient:

Date:

Tuesday 19<sup>th</sup> March 2019

**Comments:**

- You have wished to see me in order to receive advice regarding stomach aches and an uncomfortable digestion especially “*after drinking alcohol and eating a lot on weekends*”. You also mention frequent urinary tract infections (4 times per year), which in fact could reflect an upset digestive mucosal lining.
- These *cystitis* episodes may sometimes lead to antibiotherapy, which could contribute to some vicious circle due to negative impact antibiotics have on gut microbial community aka *microbiota*. You have to look at mucosal system as one entity where intestinal mucosa dominates due to its gigantism ( $\geq 400m^2$ ).
- Interestingly, our comprehensive biological assessment has uncovered digestive lining upset manifesting through globally increased IgG readings for staple foods. This typically reflects intestinal permeability (or ‘*leaky gut*’ if you prefer), but at very mild stage in your case. Effective solution consists in dietary management: banning **gluten grains** (which includes zero beer), plus avoiding other **grains** (mainly rice and corn), refraining from consuming **hot & spicy foods**, and significantly reducing **alcoholic beverages**.
- Anyhow, you react against **gliadin** (major protein from **gluten** complex) as shown by celiac serology and we keep in mind that your younger brother suffers from *celiac disease*. You also react against all **grains (gluten or no gluten)**, as well as against all **hot & spicy foods** we have tested, with IgG antibodies.
- **Alcohol** makes the gut wall leaky, plus it contains loads of **histamine**. Your DAO (*diamine oxidase*) blood level shows slightly low, which raises the possibility of **histamine** intolerance that we will explore more in depth with genomic DAO testing. In the meantime, you must limit **wine** consumption, plus zero beer.
- **Dairy products** make you react through IgG antibodies against **casein**, major protein present in **animal milks** but that is removed when processing **whey**, rendering **ricotta** a great high-quality protein option. To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- I presume that digestive upset explains the existence of oxidative stress expressed by LDL cholesterol oxidation, which reaches unusual level for your young age. I have largely focused my 4-month treatment on reducing oxidized-LDL thanks to an array of powerful phytonutrients. Some of them are included in your program on purpose, such as: resveratrol (RSXPY) and quercetin (QCWPY). Others show necessary for other reasons, such as: Ayurvedic herbs guggul (CMNPY to better convert thyroid prohormones T4 in active hormones T3) and ashwagandha (ASHJF to support adrenal function and relaxation); glutathione precursor N-acetyl-cysteine (NCKPY) and coenzyme Q10 (UBQJF) because you lack such crucial nutrients.
- Finally, we rely on two additional phytonutrients displaying impressive antioxidant properties combined with antimicrobial activity designed to improve gut microbiota, always upset in such cases. Curcumin (CQHPY) makes wonders to reduce LDL oxidation; berberine (BBSPY) will enable monthly gut cleansing. We also boost intestinal immune defences with vitamins D (D2LPY) and K (VL2PY), plus by addressing sluggish T3 levels with necessary cofactors: selenium (SEOSJ), iodine (TRKTR), zinc and copper (TRFBD).

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