

Patient:

Date:

Tuesday 2<sup>nd</sup> April 2019

## Comments:

- You present a number of health issues and complaints that I am willing to help you address thanks to a 4-month program combining dietary modifications and natural treatment aimed at correcting identified deficiencies, plus addressing two major issues detected: huge LDL cholesterol oxidation and '*leaky gut*'.
- I believe these are connected, because excessive gut endotoxins expressed by lipopolysaccharides/LPS reflect not only an increased intestinal permeability, but also gut inflammation and *intestinal dysbiosis* (imbalanced microbes with overgrowths of bad bacteria or yeast, or more likely of both). Oxidized-LDL cholesterol reflects what we call "*oxidative stress*", which you can compare to the process of "*rusting*".
- We are going to tackle both issues, which I believe feed many complaints, including the ones related to mood, anxiety, and stress, because of the prominent importance of 'gut-brain axis' and of inflammation.
- Our most potent tool to stop the intestinal wall being porous consists in removing **gluten** from the diet. This results from intrinsic activity of **gliadin**, sub-protein from the **gluten** complex, which opens tight junctions that normally seal the gut lining and provide so-called "barrier function". Unfortunately, its disruption also ruins the other key gut function, i.e. absorption of nutrients, which explains a number of deficiencies that we must fix with numerous foods supplements during this initial stage of the program.
- Another problem hampers your gut absorption plus exacerbates inflammation: severe lack of omega 3 anti-inflammatory EPA from **oily fish**, which we supplement with two daily capsules of EPA6. You must eat much more **fish** and **vegetables** while you avoid **red meat** and **dairy products** bringing cholesterol.
- Your apoE genotype includes one 'E4' allele that makes you overreact to high cholesterol foods, whereas those patients really thrive on **fish**, **crab**, **mussels**, **clams**, **scallops**, **oysters**, **vegetables**, and **olives**. To help manage such changes, I suggest you speak with my nutritionist who will provide an [eating-plan](#).
- While replenishing good bacteria with powerful probiotics (EDMOB), cleansing gut microbiota will show critical as well. I rely on two excellent phytonutrients sharing antioxidant, anti-inflammatory, and anti-microbial properties: curcumin (CQHPY) and berberine (BBTPY). The latter besides displays multiple beneficial metabolic effects: it reduces glucose, insulin, triglycerides, and total cholesterol altogether!
- Another promising move consists in supporting your thyroid and adrenal functions showing paramount for energy levels, mood, immunity... We will achieve that with strictly natural means, i.e. glandulars (GTA) to support active thyroid hormones T3 depleted by stress, plus pregnenolone compound capsules (food supplement in the US but needing a prescription in Europe) to support adrenal glands. These are also drained by anxiety, which weakens you and therefore initiates a vicious circle that we must break.
- Finally, you see I recommend foods and supplements tackling oxidized-LDL: please follow relevant [lists](#)!

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