

Patient:

Date: Wednesday 21st November 2018

Comments:

- 's parents have consulted me about his severe and worsening eczema for which they search advice through global approach, which includes diet and Functional Medicine management, well beyond relief that topical treatments could bring. has been reacting to **cow's milk** (in breastmilk) since infancy.
- Given that he consumes small amounts of **goat's milk** and **cheese**, I have checked his lactose tolerance. In fact, the issue comes from strong IgG reactions against two major proteins found in ALL **animal milks**, **beta-lactoglobulin** and **casein**, which definitely demonstrate whatever amount of **goat's milk** is wrong.
- doesn't consume **gluten grains** and I confirm that appears the safest path for the moment, as they typically upset gut lining already fragilized by significant deficiency in immunoglobulins A (IgA) due to largely genetic cause. Low IgA ruins our best tool for evaluating gluten sensitivity (see page 6/6) and it increases the odds for developing allergies, *atopy* being evidenced by highly excessive IgE level in blood.
- Not surprisingly in this context, besides severely reacts to **eggs**, especially **whites**, which implies they must be suspended. I understand that will make his diet more restrictive and difficult to balance, but I cannot see his gut wall inflammation recover if still consuming hugely offending foods, which list also includes **bananas** (very damageable given extreme IgG level) and **pineapple** (known to upset him).
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**. He will focus on balancing macronutrients in favour of good fats, in tune with his apoE E3/E3 genotype. Low omega 3 fatty acids (and to some point mono-unsaturated fatty acids), especially anti-inflammatory EPA from **oily fish**, largely contribute to general dryness and inflammation of his gut lining and of skin.
- Our 4-month treatment prioritizes gut lubrication (EPA6 and FSOBA) and replenishment of fundamental fat-soluble vitamins D (D5LPY) and K (VL2PY), so important for the immune system. Interestingly, lack of vitamin B12 (B12CPY) and iodine (IDLEN) have been linked with dry skin. Not surprisingly, coenzyme Q10 (CQ25PY) shows deficient because of its fat-soluble nature: we must succeed in lubricating this gut!
- Unfortunately, likely struggles to optimize his intestinal microbiota as he misses FUT2 (*fucosyl-transferase 2*) due to homozygous variant genotype inherited from both parents. It implies less capacity to attract friendly bacteria with desirable **fucose**, 5-carbon sugar edible to them plus able to repel 'bad guys'... We help by supplementing strong probiotics (EDMOB) and two allicin-based cleansings (ALMAM).

Georges MOUTON MD