

Patient:

Date:

Sunday 7th April 2019

Comments:

- You came to my consultation with your mother complaining about “*a lot of issues with [your] stomach*”. You have been thoroughly explored for severe vomiting and diarrhoea since a food poisoning episode in _____, which seems to have started all your gut issues with *Giardia* infection. Most recent diagnosis consists in “*gastro-entero-colonic dysmotility with an allergy basis*”, as you did react to **wheat (bagels)**.
- Two other concerns have recently emerged: mild ADHD treated with methylphenidate since last October; random finding of *polycystic ovaries*, but you keep normal periods. In this field, you also present some *acne* and I notice relatively elevated testosterone blood level. You must refrain from eating **fast sugars!**
- I confirm allergic reactions not only against **wheat** (high IgG antibodies), but also towards **gliadin** (with IgA antibodies). **Gliadin** is a sub-protein belonging to the **gluten** complex known to increase intestinal permeability - for everyone, would you be allergic or not. I will therefore instruct you to exclude not only **wheat**, but all other **gluten grains**, namely **rye, barley, oats** (never “*gluten-free*”), **spelt, kamut...**
- You also react with IgG antibodies to **bananas** (to be eliminated), **beef** (to be reduced), and **hot & spicy foods** (to be avoided). Likely because of losses through vomit and loose stools, you suffer from multiple nutrient deficiencies, above all among fat-soluble compounds, e.g. cholesterol and all fatty acids appear severely low. This raises concern given that massive depletion of certain poly-unsaturated fatty acids, such as omega 6 GLA and omega 3 EPA, automatically leads to intestinal malabsorption, a vicious circle!
- Please do not be surprised when finding out the number of food supplements that I am recommending for the next 4 months. Let us call it a ‘*reloading phase*’, which sounds inevitable if we want to break a vicious circle where you need missing nutrients to repair your gut lining responsible for absorbing them. I just hope you will manage to ‘*keep them*’, but I can reassure you that all come as easy to swallow and digest capsules that should always be taken with food, in the middle of all meals and for sure not after.
- As you can see, you have significantly depleted most of your antioxidants (pages 3/8 & 4/8), certainly because of excessive losses and malabsorption, but also because I do not consider you consume enough **vegetables** and **low-fructose fruit**; **sugary fruits** must be avoided because **fructose** triggers androgens.
- Not surprisingly, despite very low ‘bad’ LDL cholesterol level in blood, profound antioxidant depletion has triggered significant LDL cholesterol oxidation, which reflects *oxidative stress*, a sort of “*rusting*” if you want, not nice when 17-year old! I am attaching specific food lists to help you fight back oxidation.
- To help you manage dietary changes, I suggest you see my nutritionist who can provide nice eating-plan.

Georges MOUTON MD