

Patient:

Date:

Thursday 18th April 2019

Comments:

- You have wished to have an appointment with me about *eczema* issues having gone up and down in the last three years, which respond to steroid cream that you dislike, and therefore prefer using a natural moisturizing cream. You wonder “*what foods should be avoided, how to balance your diet, and what is causing certain things*”. Your attitude certainly fits perfectly well with Functional Medicine paradigm...
- The proof that we share certain values seems to come from my endorsement of most supplements you have selected to help yourself, i.e. vitamin D3 2500 IU (D2LPY), magnesium (MGDPY), selenium (SEMBC), and resveratrol (RSXPY). However, my prescriptions mostly result from blood and urine measurements, which explains I do not renew vitamin B12 due to blood level already excessive. You can take vitamin C.
- Generally speaking, I cannot complain about your nutrient levels, even though you need more of certain antioxidants, such as N-acetyl-cysteine (NCKPY) as glutathione precursor, and zinc (ZNIPY) consumed by stress. This seems to represent your main issue together with some dietary mistakes that I will develop.
- Indeed, stress weakens your thyroid and adrenal functions, whereas both contribute to lubricate skin. Any drop in active thyroid hormones T3, which is triggered by stress blocking conversion from thyroid prohormones T4, will generate global dryness, including skin of course. Adrenal prohormones DHEA and pregnenolone, two natural fat-soluble compounds seen as food supplements in the US, cause oily skin in excess and of course the opposite is true. No hesitation about the interest of supplementing them from compound capsules, especially as they will besides strengthen immune defences in intestinal ecosystem.
- That would show similar for T3, but I am reluctant to give you any type of T3 at this stage given your normal (‘wild’) DIO2 genotype suggesting that you could better convert T4 into active T3... if you were less stressed. What we can do for sure is boost the conversion with Ayurvedic herb *Commiphora mukul* (CMNPY) and optimize three conversion cofactors I have already mentioned: selenium, magnesium, zinc.
- Let us now speak about your intestinal health, apparently satisfying from your anamnesis, but obviously suspicious whenever we deal with eczema. You do not break the rule as demonstrated by excessive LPS (endotoxins) that reflect intestinal inflammation, imbalanced microbial community (*dysbiosis*), and also ‘*leaky gut*’. No surprise: such issues may not manifest anywhere else than at skin level (as in this case).
- In order to address increased intestinal permeability, you cannot escape **gluten-free** diet given that a major **gluten** component, i.e. **gliadin**, opens the tight junctions that normally seal the intestinal lining. Anyhow, because of your apoE genotype ‘E3/E3’, you should follow high-**fat**/low-**carb** diet that makes a lot of sense considering your “dryness issue”. To lubricate skin, you need more fat-soluble compounds! To help you manage such changes, I suggest you see my nutritionist who will provide a nice eating-plan.

Georges MOUTON MD