

Patient:

Date:

Thursday 23rd May 2019

Comments:

- You have come to me seeking a “*functional approach*” to your complaints: you are desperate to lose weight; your energy levels are better at night; you suffer from a left lower quadrant pain (but ovaries have been scanned as normal); you may take up to 40’ to fall asleep; thyroid scans show a ‘growing benign nodule’; your latest blood test (07.03.2109) uncovers elevated liver enzymes gamma-GT (74 U/L).
- In this complex case, let’s start with your liver readings, which now show more concerning with modest increase of transaminases but severe excess of gamma-GT (155 U/L). We need to understand reasons for such fast liver deterioration. Despite normal liver US scan performed in March, I wish repeating the test and we will profit by the occasion to check your thyroid nodule evolution. This thyroid US scan is also justified by elevated level of **thyroglobulin** compatible with a big nodule, but also tumoral marker.
- Coming back to the liver issue, we take into account your mild *autoimmune thyroiditis* (elevated anti-thyroglobulin antibodies, borderline anti-TSH receptor antibodies or TRAb) that may suggest you suffer from a liver autoimmune attack. I have therefore requested several additional liver autoimmunity tests.
- Of course, liver damage can come from your regular consumption of **alcoholic drinks**, which must stop immediately and thoroughly. You were also indulging on **colas**, which **fructose** content triggers *steatosis* (fatty liver), but you have already stopped those recently. Beware of other so-called ‘healthy’ **fructose** sources, which are in fact not healthy at all, e.g. **dates**, **apples**, and **bananas**: keep **fructose** intake low!
- I request that all my autoimmune patients, especially in case of *autoimmune thyroid disease*, move to strict **gluten-free** diet, which tends to spectacularly help reducing thyroid antibodies. Unfortunately, in your case, we also have to ban alternative **grains** such as **rice** and **corn** due to significant IgG reactions.
- Good news is that **grain-free & fructose-low** diet should favour liver recovery if no other cause is found. Diet-wise, we will besides take into account your apoE genotype ‘E4/E4’, not the best one to be honest, because scientific evidence recommends avoiding high cholesterol foods, such as **dairy products**, **beef**, **red meat** in general, and **coconut oil**. Interestingly, your IgG immune reactions (food hypersensitivity) confirm the need to refrain from consuming **dairy products (casein)** and **beef (red meat)**. Likelihood that you are **lactose** intolerant, given your ancestry, besides condemn consumption of all **animal milks**. To help you manage such changes, I suggest you see my nutritionist who will provide a nice eating-plan.
- We have tested two other genotypes, which influence my program. Your OGG1 ‘SC’ genotype indicates physical activity (as much as your apoE genotype), which you clearly do already. It also implies moving into **intermittent fasting** plus supplementing powerful antioxidant phytonutrients such as resveratrol, honokiol, quercetin, curcumin, and berberine. The latter two (CQHPY & BBSPY) will help with intestinal management due to their antimicrobial and anti-inflammatory properties. Need for fighting *oxidative stress* appears paramount because of extremely high level of LDL cholesterol oxidation: follow the lists!
- Your DIO2 ‘AA’ genotype implies poor conversion from thyroid prohormones T4 into active hormones T3, something manifesting through several complaints and justifying a non-prescriptive T3 support with GTA.

Georges MOUTON MD