

Patient:

Date: Wednesday 21st November 2018

Comments:

- You are concerned about your prostate health, even more given that your brothers suffer from prostate cancer. Having just turned 60, you have also expressed the desire to remain as active as now until the final day, which stresses the importance of keeping a sharp brain. Well, I am afraid it implies reducing your glycosylated haemoglobin level (HbA1c = 5.7 %) far too close to the prediabetic threshold (= 5.8 %).
- Indeed, for all patients beyond 60-year old, higher the HbA1c, lower the memory! Besides improving your carbohydrate metabolism that also triggers excessive triglycerides, dietary modifications will have to address worrying cholesterol breakdown combining very high bad LDL with low good HDL cholesterol.
- I tend to blame two major groups of staple foods known to be often troubleshooting, i.e. **gluten grains** and **dairy products**. The latter can be seen as major contributor to excessive cholesterol, above all if we consider 3 specific biological markers on fatty acid profile: pentadecanoic, rumenic, trans-vaccenic.
- **Gliadin**, a sub-protein belonging to the **gluten** complex, increases intestinal permeability that we rate as too high because of blood reaction to endotoxins (LPS-BP). Plus, **gluten** triggers mild immune reactions and contributes to metabolic abnormalities, including decrease of HDL cholesterol: you must remove it!
- On the other hand, omega 3 fatty acids, especially powerful anti-inflammatory EPA from **oily fish**, should be favoured at the expense of **beef** and **eggs**, high in pro-inflammatory omega 6 arachidonic acid and to which you react. You should also emphasize mono-unsaturated fatty acids, i.e. omegas 7 and omegas 9.
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- Our 4-month treatment will help you achieve your goals, especially by increasing insulin sensitivity, as you would expect from taking R-alpha-lipoic acid (RLAQE) and berberine (BBTPY). This plant alkaloid is also known to directly reduce HbA1c besides its impressive antibacterial as well as antifungal activities.
- We support your metabolic drive affected by stress (that strains both thyroid and adrenal functions) and by partially faulty DIO2 genotype TA, which implies you do not optimally convert thyroid prohormones T4 into active hormones T3. To do so, we exclusively use natural means, i.e. glandulars & prohormones.
- Traditionally, I make sure my initial programme replenishes deficient nutrients, given their crucial roles in glandular functions, immune defences, and against oxidative stress - all relevant to prostate matters.

Georges MOUTON MD