

Patient:

Date:

Friday 24th May 2019

Comments:

- You have sought an appointment with me to consider which options Functional Medicine could provide you regarding the following complaints: degenerative arthritis at multiple sites; spinal stenosis at L4-L5 level; gout; frequent urinary tract infections requiring many antibiotics; slow digestion and constipation; depression, anxiety, and insomnia. You suffer from low thyroid function treated by 1 grain of ARMOUR THYROID (as you reacted to L-thyroxine with urticaria). You receive bioidentical HRT and escitalopram.
- You sounded very depressed during our initial consultation and my action will focus in priority on that concern, taking into account that we must address insomnia, which you rate as “*so bad, suicidal bad*”. I recommend the following natural and safe cocktail to be taken at 10 pm: highly bioavailable magnesium (MGDPY) to be fixed intracellularly by taurine (TAUOV), plus two capsules of gamma-aminobutyric acid.
- I besides work naturally against depression with powerful phytonutrient honokiol (MAIPY, twice a day), as we see excellent results with this well-researched antioxidant (see references spreadsheet). Other nutraceuticals should help as well: fat-soluble vitamin B1 that accesses nervous system more easily than water-soluble form (benfotiamine/BFWPY); vitamin B12 (B12CPY); Ayurvedic herb ashwagandha (ASHJF).
- However, our most efficient anti-depressive tool might consist in a stronger correction of active thyroid hormones T3, which remain suboptimal in blood and very low in urine, despite taking 60 mg of natural desiccated thyroid that already provides 9 mcg of T3 aside 38 mcg of T4. The low thyroid function path still makes sense, even though TSH shows at the low end of the range, because of sluggish digestion and constipation. Low thyroid can also trigger insomnia, joint pain, dry hair & nails, low immune defences...
- Very carefully as an initial therapeutical trial, I recommend adding non-prescriptive and gentle glandular supporting T3 (GTA), three times a day given T3 short life, while keeping the same amount of ARMOUR THYROID. Because of T3 short span of action, you should split intake between ‘waking-up’ and evening. In fact, insufficient T3 during the night can trigger insomnia as much as excessive T3; thus, you can give a try at moving either GTA or 30 mg of ARMOUR THYROID around 10 pm, together with other sleep aids.
- Due to major importance of gut-brain axis, fixing the constipation issue will show paramount. More T3 must help, but I also rely on special probiotics (6826SJ) and allicin cleansing scheduled for July (ALMAM).
- Diet-wise, we will have to take on board the apoE genotype, which includes an E4 allele known to make cholesterol level very sensitive to **dairy products** and to **red meat**. Dairy should be restricted further with emphasis on ***oily fish, seafood*** (especially ***crab*** and ***bivalves***), ***vegetables, poultry, and olive oil***.
- Oppositely, you should refrain from eating **grains** to which you react, plus you really must reduce **wine** consumption, which in fact aggravates insomnia and contributes to disturbed carbohydrate metabolism. HbA1c reflects average blood glucose level for last 3 months and shows excessive glucose fluctuations. To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.

Georges MOUTON MD