

Patient:

Date:

Tuesday 11<sup>th</sup> June 2019

## Comments:

- You have requested an appointment to obtain recommendations from a Functional Medicine approach regarding several concerns: bad memory and concentration, osteoporosis, feeling tired in the morning, too much stress and anxiety, water retention with edema in legs, frequent urinary tract infections/UTIs.
- When combining all those complaints, I conclude that you should benefit from supporting both thyroid function and oestradiol level. Hormonal measurements usually do not show reliable when a MIRENA<sup>®</sup> coil has been implemented, but we can see FSH reaching a menopausal level. Given that you besides “*feel menopausal*”, it is time to trial a small amount of bio-identical oestradiol gel that will necessarily benefit bone density, plus should support memory and help with anxiety. We will check its impact on blood level and explore how you detoxify oestrogens through urine test called 2-4-16alpha-OH-oestrone.
- Another interest of progressively optimizing oestradiol level comes from the link between insufficient oestradiol and bladder lining becoming susceptible to infections. Regarding sluggish thyroid function, it may seem contradictory at first sight to gently support it with non-prescriptive extracts (NTQNA), but in fact, active thyroid hormones T3 trigger bone growth and you don't want to be low as we see it in urine.
- Such low T3 levels can easily be explained by severe stress shown by all corresponding markers: see my handwritten notes in front of your biological results. Indeed, stress blocks the conversion from thyroid prohormones T4 into active T3 even when relevant DIO2 genotype shows normal or *wild*. DIO2 codes for the enzyme in charge of converting T4 into T3, which besides needs selenium (SEOSJ) and zinc (ZNIPY) as indispensable cofactors. Thyroid gland will also benefit from additional cofactors: vitamin A (XA4SJ), vitamin B2 (VB2TR), iron (FEGPY), and magnesium (MGDPY). We will follow-up the evolution not only of your T3 levels, but also of several surrogate markers. Taking NTQNA twice a day addresses short T3 life.
- Better thyroid function should improve memory, concentration, immune defences, pollakiuria (going so often to the toilet during the night), morning fatigue, water retention and, as I already explained, bone density as long as we make sure not to give excessive support, but highly unlikely with such gentle trial.
- Stress besides weakens your adrenal function with low prohormones DHEA and pregnenolone, the latter representing by far the best food supplement (but needing a prescription in Europe contrarily to the US) for improving memory. Our daily compound capsule aims at restoring better blood levels for DHEA, too.
- In terms of diet, I confirm the need to eliminate all **gluten grains** plus to stay away as much as possible from other **grains**, above all **rice** against which you strongly react with IgG antibodies (hypersensitivity).
- Very logically, you must refrain from eating **hot & spicy foods** because what burns the mouth inevitably burns the gut. You absolutely should consume much more **oily fish**, even though we supplement strong EPA fish oil capsules (EPBTR). Generally speaking, with apoE 'E3/E3' genotype, you should target high-**fat/low-carb** diet with a combination of animal and plant **fats**; don't forget usefulness of **nuts & seeds**.
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice eating-plan.

Georges MOUTON MD