

Patient:

Date:

Saturday 3rd November 2018

Comments:

- You have requested a consultation regarding your ongoing *rheumatoid arthritis* diagnosed in _____, which triggers joint pain “*slowly deteriorating*” despite taking steroids and methotrexate on continuous basis.
- When we first met, I mentioned that I could not guarantee we would find issues that can be addressed from a Functional Medicine approach, in which case you could not expect much improvement from the programme. In fact, I am pleased to say your results provide multiple paths to be exploited for helping.
- Many of such therapeutical tools will come from profound dietary changes. In the first place, you must thoroughly exclude all **gluten grains** (and rather not replace them by other **grains**) because we spotted two autoimmune attacks (antinuclear and anti-GAD autoantibodies) beyond RA that is also autoimmune.
- Besides, we see moderate IgA & IgG reactions against **gliadin**, the exact protein within **gluten** complex that increases intestinal permeability, i.e. the fundamental pathophysiological phenomenon leading to immune system wrath against your self-proteins. Our main tool consists in healing intestinal ecosystem.
- **Dairy products** have to go as well, because we have identified significant IgG immune reactions against main proteins present in all **animal milks (casein & beta-lactoglobulin)**. This cannot come as a surprise given that **grains & dairy products** should be banned on theoretical evolutionary principles for patients who suffer from autoimmune and inflammatory diseases (keeping in mind *rheumatoid arthritis* is both).
- IgG results displayed on page 6/7 deliver some additional concerns, especially **bananas** (to be excluded) and **beef** (to be avoided). The latter uncovers another major biological finding: a dramatic imbalance between excessive pro-inflammatory omega 6 arachidonic acid (abundant in **butter**) and severely low anti-inflammatory omega 3 EPA (abundant in **oily fish** + EPBTR 2x/day). See the 8 times too high ratio!
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice eating-plan.
- Importantly, our intestinal treatment will team with your diet to improve the gut: specific probiotics (IS26BI), large amounts of highly bioavailable curcumin (CCNPY also designed to reduce joint pain), plus three one-week long, monthly gut cleanses based on super-concentrated allicin (ALMAM). I also consider that supporting all hormonal deficiencies (thyroid-adrenal-sexual hormones) will show paramount. We notice: a) disadvantageous DIO2 genotype weakening thyroid function (low T3); b) adrenal insufficiency due to long-term steroid intake; c) ineffective artificial HRT that I replace with bioidentical hormones.

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