

Patient:

Date:

Tuesday 27<sup>th</sup> November 2018

**Comments:**

- You have booked an appointment because you have been inspired by an acquaintance who mentioned that adapting her diet according such comprehensive assessment was a “*life changing experience*”. You also mention belly fat that you want to lose, sleep disrupted by waking-up after 3 hours, and acid reflux.
- Well, if you were looking for dietary changes that should deliver dramatic improvements, you will like these findings, but implementing such modifications will show challenging... still perfectly manageable.
- Not surprisingly given your ethnicity, you present genetically driven **lactose** intolerance, which basically limits your choice to **hard cheeses**: see **lactose list**. Removal of **gluten grains** will show more upsetting, especially because you should not liberally replace them with other **grains** (e.g. no corn!). Worse than that, you should refrain from consuming too many **starches** due to your “*hunter*” E3/E3 apoE genotype.
- These patients perform much better on **high-fat / low-carb** diets. It does not imply that all fats should fit perfectly: you must restrict **dairy products** and you should switch a large chunk of **red meat** towards **seafood** and **pulses**. This will address unfavourable cholesterol ratio, too much LDL and too little HDL!
- Let us come back to the reasons for **gluten** exclusion. Rather high IgG antibodies against multiple foods reflects an increased intestinal permeability, which explains first round of autoimmune attack on your cells’ nucleus: not a nice path to follow! In fact, major **gluten** protein called **gliadin** makes gut lining “*leaky*” while other food groups should be avoided to heal your gut: **grains, hot & spicy foods, alcohol**.
- We besides detect a moderate **fatty liver**, which should be blamed not only on excessive **alcohol** intake, but also on consuming too much **fructose**, probably the most relevant trigger to accumulation of belly fat and more generally deadly visceral fat. **Processed fruit juices, coconut water, high-fructose** fruits such as **banana, apple, pear, and dates** now appear on your blacklist... but please increase **vegetables**.
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- My 4-month treatment aims at: a) correcting few deficiencies such as low vitamin D3 (D5LPY & D2KNS) that is besides connected to belly fat); b) improving sleep quality with natural means such L-theanine (THOPY), GABA (GADPY), and magnesium (MGDPY); c) supporting thyroid function challenged by stress and by partially faulty DIO2 genotype ‘TA’ with gentle glandulars (GTAEN), cofactors and herb (TRFBD); d) supporting adrenal function also challenged by stress with natural adrenal prohormone pregnenolone.
- Finally, my intestinal treatment targets chronic diarrhoea with special probiotics (BS26BI) and berberine cleansing (BBSPY), which will besides fight visceral fat in conjunction with R-alpha-lipoic acid (RLAQE).

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