FunMedDev Ltd
Your health today and tomorrow

Patient:		Date:	Saturday 3rd November 2018

Comments:

➢ You have already moved remarkably well into your quest for reaching optimal health, loosing excessive weight, and preventing cardiovascular conditions. You have desired to book an appointment with me in order to help you moving further, which represents the typical principle of Functional Medicine strategy.

➢ We identify low level of immunoglobulins A (IgA) playing a major protective role for the mucosal system, which includes the largest of all, i.e. your intestinal mucosa that totally unfolded approximates 500 m^2.

➢ This implies a certain gut fragility, which we retrieve in exaggerated us CRP likely reflecting intestinal inflammation. I therefore prescribe a 4-month intestinal treatment combining probiotics (FM12SJ) and berberine (BBTPY 3x/day). This amazing plant alkaloid hits two birds with the same stone: excellent antibacterial and antifungal on one hand, insulin sensitizer plus metabolic modifier on the other hand…

➢ We can besides help by supporting your metabolic drive thanks to optimization of adrenal and thyroid functions. That is where significant stress levels (which you declare) intervene, as they strain adrenals and block conversion from thyroid prohormones T4 into active hormones T3. This critical regulatory step gets already compromised, but only to a certain point, by your partially faulty DIO2 genotype 'TA'.

➢ I therefore rely on gentle T3-supporting glandular GTA (twice a day given short T3 life) and on thyroid converting cofactors such as selenium (SEOSJ), zinc (ZNRPY), and magnesium (MGTDL). Adrenal support will come from compound capsules replenishing the two missing prohormones, pregnenolone and DHEA.

➢ Finally, I advocate further dietary modifications to address two metabolic pitfalls: fluctuating glucose levels expressed by high glycosylated haemoglobin (HbA1c) and mildly elevated bad LDL cholesterol. To help you manage such changes, I suggest you see my nutritionist who will provide tempting **eating-plan**!

Georges MOUTON MD

Clinic: 7 Park Crescent - W1B 1PF LONDON - mobile: + 44 7949440893
gmouton@gmouton.com / office@gmouton.com / website: www.gmouton.com
Office: 107, rue du Village - 4460 - Velroux - BELGIUM