

Patient:

Date:

Saturday 1st December 2018

Comments:

- Your motivations for booking an appointment with me have been both prevention of neurodegeneration (as your mother suffers from Alzheimer's disease) and addressing several complaints such as: tiredness, bloatings ("*full of air*"), loose stools (a big deal, to my opinion), abdominal cramps, "*very light sleep*", bad memory and concentration ("*confused*"), weak nails and hair, rosacea, low libido, and weight gain.
- My ambition consists in addressing root causes for all these ailments and deliver a 4-month Functional Medicine programme based on food supplements, natural endocrine support for thyroid and adrenals (no change recommended for your artificial HRT for time being), intestinal treatment, and dietary changes.
- KLIOVANCE contains bio-identical oestradiol (through oral route, not safer transdermal), which leads to slightly high blood level, which justifies taking DIM (DIQPE) to improve oestradiol liver detoxification and make it safer. This artificial HRT also contains progestin but no bio-identical progesterone, a protective hormone that we support (low blood level creates an imbalance) indirectly by prescribing pregnenolone.
- This natural prohormone (seen as a food supplement in the US, but not in Europe) represents the global precursor for all adrenal compounds including cortisol, severely depleted by stress as we notice from a profound lack of urinary 17-OH-steroids, not so far from what is considered as burnout level/<1 mg/24H.
- Stress also affects thyroid by reducing conversion from thyroid prohormones T4 into active hormones T3 plus by boosting conversion from T4 into inactive reverse T3. This weakens your thyroid function as TSH level expresses, raised into what is seen as 'grey zone' between 2.5 and 4.5 mU/L (3 is the threshold for being diagnosed as hypothyroid in the US). Thus, we support thyroid function with glandulars (MV1PN).
- I besides strongly rely on optimizing corresponding cofactors: coenzyme Q10 for adrenals and selenium (SEOSJ) and zinc (ZNRPY) for thyroid. Your treatment includes a lot of vitamin D (D5LPY + D2LPY) given that you already present deficiency even before winter has started. Stronger vitamin D correction also helps preventing Alzheimer's disease together with aerobic activity, which you must therefore increase.
- Indeed, you have inherited one E4 allele within apoE genotype, likely inherited from your mother. That does not imply developing the condition because genes weigh for 30 % whereas environment (exercise, diet, supplements) counts for 70 %. You will have to refrain from consuming high cholesterol foods such as **dairy products** and **red meat**, which is anyhow confirmed by the fatty acid status. Please switch to a lot of **oily fish**, unique source of anti-inflammatory omega 3 fatty acid EPA that you considerably miss.
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.

Georges MOUTON MD