

Patient:

Date:

Thursday 10th January 2019

Comments:

- You have booked an appointment to find out if my Functional Medicine approach could help you with the following complaints: 1° tiredness (“*always exhausted*”); 2° constant nausea; 3° feeling cold, which has started only in last November (however, you have been known to suffer from *Raynaud’s syndrome*).
- You also come with four ‘labels’: *Ehlers-Danlos Syndrome/EDS* (2012); *Postural Orthostatic Tachycardia Syndrome/POTS* (2012); *Mast Cell Activation Disease/MCAD* (2014); *Undifferentiated Connective Tissue Disease/UCTD* (2016). The latter clearly represents an autoimmune condition; POTS is possibly another.
- I always ask my autoimmune patients to remove **gluten grains** from their diet. In your case, that advice gets strengthened by strong immune reaction against deamidated **gliadin** (based on IgG antibodies, but not on IgA antibodies that would characterise coeliac disease). Besides, rather high LPS-BP level shows presence of endotoxins (lipopolysaccharides) directly associated with increased intestinal permeability.
- Because major **gluten** protein called **gliadin** triggers a ‘*leaky gut*’, which allows multiple allergens to penetrate the organism and push the immune system in overdrive, you must go **gluten-free**. Two other food groups are known to worsen intestinal permeability: all **grains (rice & corn)** and **hot & spicy foods**. To help you manage such changes, I suggest you see my nutritionist who will provide a nice [eating-plan](#).
- Mechanically improving your gut wall implies replenishing two most critical fatty acids for lubrication: omega 6 GLA abundant in borage seed oil (BSOKF) and omega 3 EPA from ***oily fish*** (EPA6). The latter is also the most powerful anti-inflammatory compound in human body; thus, we supplement EPA6 2x/day.
- Feeling cold and *Raynaud’s* suggest your thyroid function struggles, which indeed manifests through low urinary level of active thyroid hormones T3. Despite normal DIO2 genotype, we temporarily support T3 with gentle glandulars GTA (twice a day given short T3 life) and with missing thyroid cofactors such as iodine (included in hormones; IDWPY/please consume more ***algae***), zinc (ZNIPY), and vitamin A (XA4SJ).
- Stress, feeling unwell, and steroids all contribute to your adrenal insufficiency manifesting through low blood pregnenolone level and very low urinary cortisol metabolites (17-OH-steroids). In order to fight negative impact on energy levels, we can easily reload pregnenolone (food supplement in the US) with daily compound capsule. It represents precursor molecule to progesterone (immediate) and to cortisol.
- I do not really understand your very high oestradiol level, given that you have been fitted with a MIRENA coil. It may express oestrogenic dominance and we will explore it further next time (2-16a-OH-œ ratio).
- I hope this intestinal treatment, together with dietary changes, will improve nausea: strong probiotics (EDMOB) also helpful to move bowels daily and 10-day cleanse with allicin (ALMAM) scheduled for March.

Georges MOUTON MD