

Patient:

Date:

Thursday 24<sup>th</sup> January 2019

**Comments:**

- I have met a 10-year old bright little girl in “*generally good health*” but “*small*” according her mother. Indeed, height and weight percentiles were respectively under 25 and under 10. Other complaints have been raised: morning nausea that can lead to vomiting (water only), poor concentration, hyperactivity, and motion sickness. It seems that                      shows “*very picky, very fussy*” with foods, “*a poor eater*”.
- That is unfortunate, because we absolutely must reform profoundly her diet if we want her to recover better growth pattern and to address cognitive as well as digestive issues. In the first place, she cannot keep eating huge amounts of **junk food: stop candies, popcorn, crisps, croissants, biscuits, and cakes!**
- Excessive levels - considering her young age - of triglycerides, glycosylated haemoglobin, and myristic acid demonstrate excessive intake of **fast sugars and fructose**. This should not surprise us given largely exaggerated consumption of **jam, honey, syrup, chocolate, bananas, and fruit juices** (industrial ones).
- Natural fruit and vegetable juices sound better than **processed juices**, but what our patient needs are **vegetables** and low-fructose **fruits**, but zero **bananas** to which she massively reacts with IgG antibodies.
- Another major issue results from genetically driven lactose intolerance that completely rules out **milk and ice cream**. Hard cheeses and live yogurt could be eaten in moderation, but not on a daily basis as she reacts moderately to **casein**, the major protein found in all **animal milks**. **Fruit yogurts** represent another shocking source of **fructose** if they are bought: please carefully read all the labels for ‘**sugars**’.
- Besides, we also detect several adverse reactions against **gluten grains**, would that be IgA antibodies against deamidated **gliadin** or IgG antibodies towards **wheat**. We need temporary elimination of **gluten** that should not be replaced by other **grains** given that                      also presents IgG against rice and corn.
- Finally, she needs eating much more **oily fish** and supplement EPA capsules (EPA6) because that omega 3 fatty acid shows powerful anti-inflammatory properties, plus makes wonders for the brain. Hyperactive kids generally benefit immensely from the withdrawal of **fast sugars** and the replenishment of omega 3s.
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- Let us not underestimate the importance of optimizing the intestinal ecosystem to boost gut-brain axis. We rely on strong probiotics plus two 10-day courses of powerful and safe natural antimicrobial allicin.

Georges MOUTON MD