

Patient:

Date:

Tuesday 29<sup>th</sup> January 2019

**Comments:**

- You have sought an appointment with me regarding periods lasting up to two weeks and bleeding during intercourse. Given that you have been thoroughly explored from a gynaecological point of view without reaching any explanation, it makes sense to blame mucosal inflammation/hypersensitivity in both cases.
- We besides must keep in mind that your mother suffers from an autoimmune condition. It appears that you are indeed prone to mucosal issues because of insufficient protection from immunoglobulins A (IgA). Interestingly, your mother doesn't show this problem genetically triggered but also worsened by stress.
- Another complaint you have exposed lies in bloating and frequently upset stools, either loose or tending to constipation, which can be seen as IBS. The presence of significantly high endotoxins (LPS) confirms inflamed gut and increased intestinal permeability, which explains your globally upset mucosal system.
- Typical Functional Medicine approach in such cases consists in healing the gut in order to normalize all other mucosal problems, a strategy that I have successfully implemented so many times. You understand that adapting your diet to biological findings will show essential to control inflammation and bleedings.
- We have uncovered strong IgG reactions towards **gluten grains**, more generally to all **grains**, plus against **hot & spicy foods**. In fact, those foods together with **alcoholic beverages** are considered as commonest culprit for any *leaky gut*. You should also refrain from consuming too much **fast sugars**, not only from **wine** and **beer** (to be banned due to **barley** that contains **gluten**), but also from **croissants** and **biscuits**.
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- Your program includes repairing and protecting the mucosal lining by replenishing all missing nutrients. Thyroid optimization always shows compulsory to restore mucosal immune defences and we react to a severe lack of active thyroid hormones T3 in urine with gentle glandulars GTA (to be taken twice a day: T3 is short lived). We supplement 3 thyroid cofactors: iodine (IDWPY), zinc (ZNIPY), vitamin B2 (VB2TR).
- Finally, intestinal treatment consists in providing a lot of "*good guys*" with 2 daily sachets of probiotics (6826SJ) and fighting the "*bad guys*" with monthly courses of berberine (BBTPY). This potent but safe plant alkaloid can tackle both yeasts and bacteria, which growth will be evaluated later on by '**kit MOU**'.
- Do not expect an overnight miracle regarding your complaints, but I am confident this algorithm should improve mucosal health. Benefits on the long term would then go well beyond just addressing bleedings.

Georges MOUTON MD