

Patient:

Date:

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

**Comments:**

- You have wished to see me rather within a preventive strategy than regarding formal complaints, even though you mention reduced energy levels since you were diagnosed with *Lyme's disease* in . You have been taking bio-identical HRT since and, by the way, I have no issues with your readings.
- Generally speaking, we cannot complain about your results, but we should address a few concerns. The first one lies in excessive iron stores, which do not amount to such an overload that you would suspect hemochromatosis, the genetic condition leading to huge iron excess. In your case, high ferritin results from consuming too much alcohol and red meat. Blood donation or bloodletting would fix it pretty fast.
- High level of endotoxins revealed by LPS-Binding-Protein (LBP) must be addressed by diet and intestinal treatment. Lipopolysaccharides (LPS) reflect a Gram-negative bacteria overgrowth and trigger a strong immune system response; they are associated with metabolic syndrome and with cardiovascular disease.
- Gram-negative bacteria thrive on diets too high in **fats** and in **sugars**, which indeed corresponds to our criticisms based on multiple biological results (and not on general principles), as shown throughout my handwritten notes in front of relevant results. You will certainly benefit from reducing **beef** (to which you react) or more generally **red meat**, as well as **dairy products** and more specifically **butter** or **ghee**.
- I reckon that you do not indulge on **fast sugars**, but you must take into account **alcoholic drinks**, high-**fructose** fruit such as **apples & pears**, **biscuits**, and **crisps** affected by alarmingly high glycaemic index.
- Finally, as both markers evaluating intestinal permeability demonstrate, we must implement a dietary strategy to reduce the gut leakiness, which consists in eliminating **gluten grains**, refraining from eating other **grains** (**rice & corn**) and **hot & spicy foods**, plus significantly reducing **wine** and **spirits**; no **beer**!
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- Our intestinal treatment also aims at fixing gut inflammation. It relies on powerful probiotics in sachets (6826SJ) besides capable of easing bowel movements, together with magnesium (MGDPY). We add two daily capsules of GIPE to fight your leaky gut, plus two 10-day courses of antimicrobial allicin (ALMAM).
- Stress seems significant, despite you not having commented this particular topic. However, you manage remarkably well from the adrenal point of view and no support shows needed there. Conversion from thyroid prohormones T4 into active hormones T3 appears less effective, another consequence of stress. We therefore support T3 levels with gentle glandulars (GTA), which should help optimize energy levels.

Georges MOUTON MD