

Patient:

Date:

Tuesday 29th January 2019

Comments:

- You have embarked on an ambitious quest for healthier diet and lifestyle since a couple of years and, as you say, you are “*on the improvement path*”. You have always enjoyed “*very high energy levels*” and you have practiced a lot of sports all your life and still today. I strongly encourage you to keep doing so because of the apoE genotype ‘E3/E4’, which implies increased risk for developing *Alzheimer’s disease*.
- Today, mainstream scientific publications encourage efficient neurodegeneration prevention through the following: regular exercise (done); increased vitamin D intake (D10LPE); optimizing HbA1c/glycosylated haemoglobin by limiting **fast sugars** (done); avoiding high-cholesterol foods (**dairy products, red meat**).
- Indeed, biological results confirm the need to refrain from **dairy products** and **red meat** for numerous reasons: too much LDL cholesterol, excessive pro-inflammatory omega 6 arachidonic acid, high uric acid, and IgG reaction against **beef**. Eating **poultry, eggs**, and small **oily fish** low in mercury is the solution.
- Recommended diet for patients harbouring E4 allele strongly relies on huge amounts of **vegetables** and of **olive oil, tapenade, guacamole**, plus **macadamia nuts**. I usually recommend crustaceans, but you seem to react to many of them; however, I will run IgG tests on others to find out optimal alternatives.
- This being said, your customized diet must address another health issue, i.e. an *autoimmune thyroiditis* confirmed by very high levels of anti-thyroid autoantibodies. According Functional Medicine perspective, autoimmunity results from increased intestinal permeability (see borderline markers page 5/7). That automatically rules out **gluten grains**, plus limits intake of other **grains, hot & spicy foods, and alcohol!**
- **Beer** must be eradicated given that it brings **gluten** from **barley** and oestrogenic compounds from **hops**, besides clearly undesirable **alcohol** and **sugars**. Among **grains**, please get rid of **corn**, allow some **rice**.
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- Our program goes well beyond dietary / lifestyle advice. We aim at fighting inflammation and boosting serenity by restoring decent progesterone level, as this anti-inflammatory and relaxing hormone shows totally suppressed, obvious consequence of chronic stress that has profoundly depleted pregnenolone by ‘cortisol stealing’. Supplementing pregnenolone, a food supplement in the US, shows safe and efficient.
- Another genotype finding helps fine-tuning your thyroid hormonal treatment. You suboptimally convert thyroid prohormones T4 into active hormones T3 because of ‘TA’ DIO2 setting, something aggravated by stress. I believe we should call it ‘*pressure*’, because you do not feel stressed. We besides address your suppressed TSH level, which may lead to heart arrhythmias. Practically speaking, this implies reducing L-thyroxine (T4) dosage by 25 mcg while we introduce 10 mcg of thyronine (T3), split given short T3 life.

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