

Patient:

Date:

Wednesday 30<sup>th</sup> January 2019

**Comments:**

- You have been struggling with digestive issues for numerous years now, mostly manifesting by severe stabbing pains and abundant diarrhoea, even though moving **lactose**-free a while ago has represented “*a big step in the right direction*”. Situation remains problematic, despite episodes occurring on weekly basis instead of daily, just because of stomach pains and up to 15 loose bowel movements per morning.
- The problem has been thoroughly explored by several gastroenterologists without no other solution than **lactose** removal, which helped but keeps you distressed because you cannot work on such days, given that crisis is followed by huge fatigue in the afternoon. “*The illness has such large impact on my life!*”.
- Besides **dairy products**, **gluten grains** constitute major offenders to the digestive system, but a **gluten**-free trial has not helped. That typically illustrates a common issue with complex and unresolved cases, i.e. given that multiple triggers contribute to the issue, addressing one is ‘*necessary but not sufficient*’.
- I confirm the need to strictly exclude **gluten** from your diet, given that you react to a family of proteins belonging to the **gluten** complex (**gliadins**). On the top of that, I strongly disagree with you consuming **grains** such as **rice** and **corn**, because altogether, they trigger mucosal inflammation shown by high IgA.
- An inflamed gut generally leads to increased permeability of its mucosal lining, which is reflected by rather high LBP resulting from gut endotoxins. The classic dietary response consists in zero **gluten**, plus refraining from consuming all **grains**, **hot & spicy foods**, and **alcoholic beverages**. **Beer** represents an absolute no-no because it contains **gluten** from **barley**, oestrogens from hops, **alcohol**, and lots of **sugar**.
- Fighting inflammation implies addressing excessive pro-inflammatory oestradiol (no **beer!**) and correcting obvious imbalance between high pro-inflammatory omega 6 arachidonic acid (abundant in **beef**, **pork**, and **butter**) and low anti-inflammatory omega 3 EPA (abundant in **oily fish** and supplemented by EPA6).
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- We will accompany your dietary efforts with an intestinal treatment focused on fixing diarrhoea, as it contains specific probiotics (*Saccharomyces boulardii*/SB6SJ), permeability factors including L-glutamine (GIPE), plus intense 10-day long monthly cleanses based on hugely effective alkaloid berberine (BBSPY).
- Intestinal immunes defences will improve by optimizing endocrine functions, both thyroid and adrenal glands. The latter will benefit from taking adaptogens in the form of Peruvian ginseng or maca (BMEOV). We address suboptimal levels of active thyroid hormones T3 with Ayurvedic herbs such as *Commiphora mukul*/CMNPY and ashwagandha/SKNOV, plus cofactors (zinc/ZNIPY, selenium/SEOSJ, vitamin A/XA4SJ).

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