

Patient:

Date:

Sunday 3rd February 2019

Comments:

- You suffer from *polymyalgia rheumatica* for which you are treated with decreasing prednisolone dosage (recently reduced to 3 mg daily) and etoricoxib (itself leading to digestive protection with omeprazole). You come with significant complaints, “*I need to feel better*”, especially regarding exhaustion (worse at 4 pm, which strongly suggests adrenal insufficiency) and digestion from bloating. You besides mention “*terrible memory*”, bad concentration, “*very thin and dry skin*”, “*mood having gone flat*”, weight gain.
- You admit that taking prednisolone has helped a lot, but you are now frightened by the consequences on your long-term health and you are currently weaning off. My Functional Medicine approach does not provide any magic bullet to replace steroids, but it is believed - and I see that happening regularly in my practice - that fighting intestinal permeability and inflammation soothes immune system aggressiveness.
- Interestingly, I rely on exactly the same algorithm to address autoimmune conditions while we identify positive antinuclear antibodies, which sign autoimmune activity besides the inflammatory condition. It immediately implies strict **gluten grains** exclusion and refraining from eating other **grains (rice & corn)**.
- Another crucial biological finding confirms your digestive issues: excessive LPS-Binding-Protein reflects gut endotoxins directly connected to inflammation and what is called a “*leaky gut*”. Our major priority will consist in healing the intestinal ecosystem with treatment and with dietary changes. These include **alcoholic beverages** and **hot & spicy foods** avoidance, besides restrictions already explained for **grains**.
- Your fatty acid profile and the fact that you take statins (rosuvastatin 5 mg only) demonstrate need to reduce **dairy products** and **red meat**, which provide lots of pro-inflammatory omega 6 arachidonic acid.
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- Intestinal treatment combines specific probiotic mix in sachets (IS26BI), plus monthly gut cleanses based on the remarkable plant alkaloid berberine (BBTPY) displaying antifungal and antibacterial properties, as well as powerful anti-inflammatory activity. I add two daily capsules of highly bio-available curcumin (CQHPY), though I underline potentially very good pain relief obtained by taking up to **6** capsules daily!
- Exhaustion can be easily explained by your endocrine system struggle. Unsurprisingly, adrenal function shows almost suppressed by steroids combined with chronic stress. Prescribing pregnenolone, seen as a food supplement in the US but not in Europe, will allow you to progressively replenish missing adrenal compounds: from stress hormone cortisol (17-OH-steroids hitting the burnout threshold of 1 mg/24H) to androgens (DHEA & testosterone) crucial for energy, and serenity hormone progesterone good for sleep.
- Stress also blocks conversion from thyroid prohormones T4 into active hormones T3, plus you deal with homozygous variant (two weak gene copies inherited from both parents) DIO2 ‘AA’ genotype. It leads to inefficiently low T3 levels in blood and urine justifying support with gentle glandulars GTA. We further help you to produce more T3 with Ayurvedic herb guggul (CMNPY) and two cofactors, selenium and zinc.

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