

Patient:

Date:

Monday 5<sup>th</sup> November 2018

**Comments:**

- I confirm that you are in good health, except for a few metabolic markers mostly linked to an excessive intake of **carbs, grains, sugars, fructose, and alcoholic beverages**. The worst consists in the significant excess of triglycerides, which precisely reflects an indulgence that upsets much more easily individuals whom I like to label as '*hunters*' because they harbour E3/E3 apoE genotype, thus better thrive on **fats**.
- In fact, I think we spoke about that when we met: you seem to eat as a '*gatherer*', but your DNA blue-print disagrees. This will harm on the long term, plus discrepancy between fuel your 'engine' deserves and what it gets contributes to intestinal inflammation (manifested by increased gut wall permeability).
- That can lead to inflammatory and especially autoimmune conditions, even though none shows-up for now. Because the main protein belonging to **gluten** complex (called **gliadin**) triggers intestinal porosity, our best strategy to heal your leaky gut consists in strict **gluten-free** diet, very easy to follow in London.
- **Alcohol** and **hot & spicy foods** represent the two other major offenders for the tight junctions keeping enterocytes sealed together. Besides, as predicted, you show intolerance to **lactose** from genetic make-up like most Asians, and you severely react against **casein** with IgG antibodies: sorry, no **dairy products**!
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- During our initial encounter, we also came to the conclusion that numerous complaints (low mood, "*not enough stamina*", procrastination, pollakiuria, dry skin, low immunity...) could come from a sluggish thyroid function. Indeed, you show low levels of active thyroid hormones T3 especially in urine, despite normal DIO2 genotype, a gene in charge of converting thyroid prohormones T4 into active hormones T3.
- Stress explains the blockage, as much as it strains adrenal glands. We therefore support T3 levels with gentle glandular GTA, plus specific cofactors and Ayurvedic herb *Commiphora mukul* through TIRFORM, both to be taken twice a day. Adrenals will benefit from taking the natural prohormone pregnenolone.

Georges MOUTON MD