

Patient:

Date:

Sunday 3<sup>rd</sup> February 2019

**Comments:**

- Given the variety of complaints, we expected to find a complex biological situation. Yes, I can confirm our suspicions. Good news is thyroid weakness that was anticipated given numerous complaints (such as dry skin, cold feet, weight gain, weak memory, high prolactin - not seen here, personal history of pre-eclampsia, family history of hypothyroidism) does manifest, but nothing really alarming. We can easily compensate for low levels of active hormone T3 with gentle glandulars GTA. Stress and your suboptimal DIO2 'TA' genotype do not favour the conversion from thyroid prohormones T4 into active hormones T3.
- Stress further alters your adrenal function with very low pregnenolone level. This natural prohormone represents global precursor to all human steroids including stress hormone cortisol, anti-inflammatory and relaxing progesterone, and DHEA. We can fortunately prescribe pregnenolone compound capsules, as Europe does not consider it as a food supplement, oppositely to the US. Your endocrine support also comprises herbs (*Commiphora mukul*/CMNPY to better convert T4 in T3) and cofactors (selenium/SEOSJ and zinc/ZNIPY also to convert; vitamin A/XA4SJ for the thyroid; coenzyme Q10/CR6PE for the adrenals).
- We did not expect to find an autoimmune manifestation, which remains very moderate, but I still dislike you showing antinuclear antibodies. Functional Medicine sees autoimmunity as the result of increased intestinal permeability allowing multiple antigens to harass your immune system. Confirmation comes from globally excessive IgG immune responses against multiple staple foods, as well as from LPS-Binding-Protein far too high. This signs abundant gut endotoxins and what is usually called '*leaky gut*'.
- Our best tool to address these issues relies on dietary modifications: strict **gluten grains** exclusion plus avoidance of **grains** and **hot & spicy foods** ("*what burns the mouth burns the gut*"). You will besides temporarily refrain from consuming foods triggering high IgG reactions: **dairy products, beef, cucumber**. Fatty acid profile shows the need for more unsaturated fatty acids (omegas 3-6-7-9): see all my quotes!
- I truly expect that such profound changes will get you rid of bloating. However, we have identified a reduced capacity to metabolize histamine due to low *diamine oxidase*. Before worrying too much with this additional source of restrictions, I will further explore the topic from a genomic point of view. In this field, your apoE 'E3/E3' genotype clearly indicates that you must follow a high-**fat** / low **carb** diet!
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- Despite low level of 'bad' LDL cholesterol, we spot its significant oxidation, not great news for cardiovascular disease prevention. Thus, we implement a sophisticated strategy to fight such oxidation based on super foods (see ***anthocyanins*** [list](#)) and key supplements: quercetine, resveratrol, and coenzyme Q10.
- Two additional compounds appearing in crucial intestinal treatment will contribute to our anti-oxidative stress crusade, i.e. curcumin/CQHPY (also highly recommended in all anti-autoimmune protocols) and berberine/BBTPY. We use this amazing plant alkaloid in monthly cleanses to tackle *intestinal dysbiosis*.

Georges MOUTON MD