

Patient:

Date:

Monday 11th February 2019

Comments:

- If I understand well, you have booked a slot with me in order to receive personalized advice regarding your diet and mostly for disease prevention, because you consider yourself as “*very healthy*”. I reckon that you present very limited complaints, such as: an energy dip around mid-afternoon, dry skin in winter, and often suffering from cold hands and feet. All these little issues may reflect some level of thyroid weakness. I also confirm presence of positive antinuclear antibodies, which you had mentioned.
- Regarding this moderate but still blatant autoimmune trait, our best preventive move will necessarily consist in excluding all **gluten grains** from your diet. Because of its **gliadin** content, **gluten** will always trigger an increase of intestinal permeability. Results demonstrate such ‘*leaky gut*’ through globally exaggerated immune responses (with IgG antibodies) to staple foods. Unfortunately, you strongly react against alternative **grains** often used to replace **gluten**, i.e. **rice** and **corn**, which besides contribute to mucosal inflammation expressed by high immunoglobulins A (IgA), leading to **gluten-free/grain-low** diet.
- Very high IgG against **bananas** means they are banned, while I recommend temporarily refraining from drinking **milk** and eating too much **beef**. I anticipate that getting rid of **grains** will restore gut mucosal barrier function and that you will recover the capacity to consume those foods in moderation... later on.
- Interestingly, your apoE genotype ‘E3/E3’ strongly implies thriving on high-**fat**/low-**carb** diet. Looking at how you ticked your food questionnaire immediately demonstrates the mistake you unwillingly make by consuming lots of **bread**s, **cereals**, and **starches** (8 ticks in column ‘3’) compared to lower quantities of **meat** and **fish** (only 2 ticks in column ‘3’). This goes against your “*blue-print*” needs to favour engine fuel based on more **fats** (cholesterol level is too low considering sluggish thyroid function) coming along with more **proteins** (creatinine level is too low, as a metabolic waste coming from protein degradation).
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- Coming back to your thyroid sluggishness, another genotype gives us the clue. Your DIO2 ‘TA’ genotype reduces your capacity to convert thyroid prohormones T4 into active hormones T3, which manifests to some extent in blood as well as in urine. Given that I blame that for your afternoon lows, I would like you to trial gentle GTA supplementation around that time (or maybe with lunch) to see if it helps, one capsule and why not two if you do not feel any benefit. It may not work, but it is worth giving it a try.
- On the longer term, my strategy will not rely on glandulars, but on supporting T4 to T3 conversion with needed cofactors (natural mix SKNOV, selenium/SEMPE, zinc/ZNPOV) and Ayurvedic herb *Commiphora mukul* (CMNPY). By the way, this herb will participate to our big fight against LDL cholesterol oxidation that, as you can notice, has little to do with how much LDL cholesterol you have. I have included other herbs to reduce oxidized-LDL considered as main trigger to cardiovascular disease: resveratrol (RSXPY), quercetine (QCWPY), and curcumin (CQHPY). The latter alkaloid is besides a crucial player for any anti-autoimmune strategy together with our intestinal treatment (specific probiotics IS26BI and gut cleanse).

Georges MOUTON MD