

Patient:

Date:

Tuesday 26<sup>th</sup> February 2019

**Comments:**

- Despite feeling “good”, you have taken an appointment with me in order to check menopausal status (I see it as normal), address “*sugar addiction*”, improve diet (e.g. “*cake with coffee*”), and improve sleep.
- You suffer from an *autoimmune thyroiditis* for which you are not treated, but you have been recently offered treatment based on NDT (natural desiccated thyroid). I notice several signs and symptoms that could be seen as consequences of suboptimal thyroid function: dry skin, dry and brittle nails and hair, a trend towards constipation, and memory lapses. Even sleep and (counter-intuitively) bone density could benefit from improved levels of active thyroid hormones T3, and these do not appear satisfying in urine.
- We identify two additional reasons for it: a) I confirm a *Hashimoto’s disease* with huge autoantibodies against thyroperoxidase (TPO), which weaken thyroid function as suggested by TSH level close to grey zone starting 2.5 mU/L and above; b) your homozygous variant (weak gene copies inherited from both parents) DIO2 genotype implies difficult conversion from thyroid prohormones T4 in active hormones T3.
- Given these issues and the existence of complaints compatible with low thyroid function, I agree with the suggestion of implementing gentle thyroid support from natural extracts, e.g. MV1PN taken twice a day due to short T3 life. I can’t see any reason for not launching such a safe trial for next four months.
- Regarding adrenal support, given that stress clearly affects adrenal function through increased demand for stress hormone cortisol (obtained from its initial precursor pregnenolone), you have been given 10 mg of DHEA, but you feel that makes your breasts more sensitive. I therefore suggest rather using DHEA precursor, i.e. prohormone pregnenolone (a food supplement in the US!) with somewhat higher dosage.
- There is no way you can keep consuming **gluten grains** in the context of an *autoimmune thyroid disease* and increased intestinal permeability, which shows-up through IgG reactions against many staple foods. Anti-leaky gut diet always includes the following: zero **gluten**; avoid **grains, alcohol, hot & spicy foods**.
- I notice you indulge on **dairy products** (leave all that **milk** to the calves), which bring loads of ‘bad’ LDL cholesterol, pentadecylic acid & rumenic acid (see your fatty acid profile), while immune system flags two major proteins present in all **animal milks**, i.e. **casein** and **beta-lactoglobulin**, with IgG antibodies.
- As you rightly suggested when we met, you should reduce your **fast sugars** intake, especially as it feeds the wrong microbes in the gut. My intestinal treatment combines 2 daily sachets of specific probiotics designed to combat constipation (6826SJ) and two antioxidant/antimicrobial phytonutrients. Pigment curcumin (CQHPY) and alkaloid allicin (ALMAM) will besides fight severe LDL cholesterol oxidation, which represents an annoying cardiovascular risk factor on the long term. This explains why I besides address the problem with two additional powerful antioxidants, i.e. quercetin (QCWPY) and resveratrol (RSXPY).
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.

Georges MOUTON MD