

Patient:

Date:

Monday 4<sup>th</sup> March 2019

**Comments:**

- You have booked an appointment with me because you “*want to lose weight*”, plus you said that you are “*extremely determined*”! That is good news and we can start a fruitful collaboration together with my senior nutritionist Glen who will implement my biological findings and guidance into a nice **eating-plan**.
- We need establishing what is best to eat, but also when to eat it. In this view, I have tested your OGG1 genotype, which appears wild, which means normal. In such cases, considering the weight loss strategy, I recommend implementing moderate ***intermittent fasting***, i.e. two main meals per day with a healthy snack in between, making sure that you keep at least 14 hours between end of last meal and next one. When that gene shows variant, I push the fasting time much further and even encourage 24-hour fasts...
- Regarding what to eat, biological results demonstrate need to eradicate all **grains**, would they contain **gluten (wheat, rye, barley, spelt, oats)** or not (**rice and corn**). We find all the best reasons for that: autoimmune attacks on cell nucleus and on thyroid gland; mucosal inflammation; suboptimal insulin and triglycerides; fatty liver (ducks are force-fed **grains** to develop “*foie gras*”); high IgG immune reactions.
- We discover massively increased intestinal permeability, or “*leaky gut*”, and abundant endotoxins (LPS) that trigger worrying inflammation in the gut and everywhere, as manifested by high us CRP level seen as a cardiovascular risk on its own. The algorithm used to fix a *leaky gut* combines intestinal treatment and dietary advise. The latter consists in excluding **grains**, plus avoiding **alcohol** and **hot & spicy foods**.
- My intestinal treatment relies on powerful probiotics (EDMOB with 50 billion CFU per daily capsule) and on 2 phytonutrients possessing impressive antioxidant/antimicrobial properties, i.e. pigment curcumin (CQHPY) and alkaloid berberine (BBTPY). The latter besides helps with reducing insulin and triglycerides while it shows effective to fight liver steatosis as well as intestinal permeability; please take 6 per day!
- Our success will also depend on restoring optimal metabolic drive through two key endocrine functions, thyroid and adrenals. Both systems are easily weakened by stress or if you prefer, by “*pressure*”, given that you seem to manage it well. Don’t be fooled: every London patient involved in finance shows that!
- Lack of adrenal prohormone precursor of *stress hormone* cortisol and of *serenity hormone* progesterone justifies its supplementation through compound capsules, together with a touch of DHEA. These two natural prohormones are seen as food supplements in the US, but not in Europe. Pregnenolone presents very useful properties to boost gut immune defences and fight intestinal permeability (see references).
- Your DIO2 ‘TA’ genotype shows suboptimal, which contributes (aside stress) to lower your active thyroid hormones T3, as shown in urine. It therefore makes sense to partially compensate for genomic setting with gentle glandular GTA, to be taken twice a day given short T3 life. Zinc (ZNIPY), selenium (SEOSJ), and magnesium (MGTDL) represent critical cofactors for converting T4 into T3, while iodine (IDWPY), vitamin A (XA4SJ), and vitamin B2 (VB2TR) play fundamental roles in thyroid function. I support sleep quality with magnesium (to be fixed by taurine also in MGTDL) and highly effective natural mix (SLWPY).

Georges MOUTON MD