

Patient:

Date:

Sunday 10th March 2019

Comments:

- The main reason for this consultation relates to “*rapid and unexplained gain weight*” given that you did put on about 20 kilos since June 2018! We may blame to some extent psychotropic drugs, but we want to tackle the problem from a dietary point of view and through correcting your physiology/biochemistry.
- By the way, that corresponds to our Functional Medicine approach, which hopefully can also help you with your “*borderline personality disorder*”, most recent diagnosis that has replaced previous ‘labels’ of panic disorder & ADHD. You also mention high anxiety, water retention, weak nails, very poor sleep.
- In order to optimize your metabolic rate, but also to address some complaints and support pregnancy (now in second trimester), thyroid and adrenal support is fully justified, keeping in mind that we only use natural treatments fully compatible with pregnancy. Stress weakens adrenal function by depleting pregnenolone stores to convert it in cortisol, very low as shown by urinary metabolites (17-OH-steroids).
- We therefore supplement pregnenolone, seen as a food supplement in the US but not here, which will also help fighting increased intestinal permeability or ‘*leaky gut*’. Stress weakens thyroid function by blocking conversion from thyroid prohormones T4 into active hormones T3, something that the partially faulty DIO2 genotype ‘TA’ (from your father) does not already favour. We address very low T3 level in urine with gentle thyroid glandular GTA and three critical conversion cofactors: selenium (SEMPE), zinc (ZNIPY), and magnesium (MGTDL). Iodine (IDWPY) is an indispensable constituent of thyroid hormones.
- Magnesium will besides function as sleep aid together with L-taurine (MGTDL) to fix it, plus with natural mix SLEEP TIGHT that combines soothing herbs, melatonin, and L-theanine. Your 4-month program also includes missing vitamins: B2 (VB2TR), B3 (VC3PY), B12 (B12OV), D (D10LPE), and K (VL2PY). You should finish-off your vitamin B9 supplement (folate), but please do not pursue multivitamins on top of all this.
- One more section deserves comments, i.e. intestinal treatment combining probiotics (PBMNS) with two antimicrobial and antioxidant herbs, curcumin (CQHPY) and berberine (BBTPY). They aim at cleansing the intestinal microbiota that new-born will swallow at birth, plus at fighting *oxidative stress* reflected by highly oxidized LDL cholesterol. Excessive oxidation goes hand in hand with porous and inflamed gut.
- Two key markers for *leaky gut* show extremely abnormal, which automatically implies dietary changes: strict **gluten-free** diet, plus refraining from eating other **grains** and **hot & spicy foods**. You will reduce **dairy products**, **beef**, **fast sugars**, especially **ice cream**, and **colas**. Enjoy small ***oily fish***, ***vegetables***, and ***low-fructose fruits***. More globally, you must reduce **carbs** intake and increase good ***fats***, which I know sounds counter-intuitive. The reason comes from your apoE ‘E3/E3’ genotype, which corresponds to individuals thriving on high-***fat***/low-***carb*** diet. These people get fat because of **carbs**, not from ***fats***!
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.

Georges MOUTON MD