

Patient:

Date:

Tuesday 12th March 2019

Comments:

- You are consulting with the aim of addressing weight gain (+ 10 kilos in one year despite exercising on a regular basis), water retention, feeling “*very tired in the mornings*”, low energy, dry skin, brittle hair, dry & brittle nails, bladder urgencies, foggy brain, procrastination, slow digestion with severe bloating...
- You will agree with me that you make dietary mistakes, which must be addressed in priority. However, let us start with optimisation of your endocrine system, thyroid and adrenal glands. Significant stress from work impacts your thyroid function by blocking conversion from thyroid prohormones T4 in active hormones T3, and your adrenal function by depleting pregnenolone and DHEA through ‘cortisol stealing’.
- Lack of T3 and of adrenal prohormones contributes to fatigue. Low T3, especially noticeable in urine, also results from suboptimal DIO2 ‘TA’ genotype, which does not favour conversion from T4. Thus, we recommend compensatory intake of gentle glandular GTA (twice a day given short T3 life), plus boosting conversion with specific cofactors (selenium/SEOSJ, zinc/SKNOV) and two Ayurvedic herbs (*Withania somnifera* & *Commiphora mukul*/SKNOV). Iodine (SKNOV), vitamin A (XA4SJ), and iron (FELPE) will help.
- Adrenal support will consist in pregnenolone compound capsules (food supplement in the US, not here). This prohormone represents common precursor to cortisol (very low urinary metabolites 17-OH-steroids), DHEA (insufficient), and progesterone needed to balance œstradiol excess (reason for giving DIM/DIOPY).
- We besides fight lack of energy with two nutrients playing a major role in the field, such as vitamin B12 (B12CPY) and coenzyme Q10 (CR25PY), while we support deeper sleep with magnesium taken at 10 pm (MGDPY). However, fixing inflamed and leaky gut shown by endotoxins (LPS) excess constitutes the key.
- In such cases, I strongly rely on monthly berberine cleanses (BBTPY) because this powerful antimicrobial also helps reducing insulin and triglycerides, both too high especially for your age. Curcumin shares its antimicrobial and antioxidant properties, plus lies at the root of anti-autoimmune algorithms together with probiotics (6826SJ) and fish oil (EPWPE). Indeed, we have spotted positive antinuclear antibodies.
- Autoimmunity results from intestinal permeability and makes **gluten-free** diet absolutely compulsory. In your case, I would like you to move **grain-free** for multiple reasons explained by my handwritten notes throughout results: immune reactions made of IgG antibodies; mucosal inflammation; metabolic upsets.
- Do not be surprised that **fast sugars** share your blacklist, would they come from **junk food** (croissants, cakes, pastries, biscuits, popcorn) or from reputed foods (apples, coconut water, vegetable juices). The latter bring useful phytonutrients but should not be consumed in isolation, plus such high intake of **spinach** triggers an **oxalate** overload probably responsible for irritable bladder and pollakiuria (see [list](#)).
- Finally, OGG1 ‘SC’ genotype imposes implementation of **intermittent fasting**: eat within 8-hour window! To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.

Georges MOUTON MD