

Patient:

Date:

Sunday 17<sup>th</sup> March 2019

**Comments:**

- You have been diagnosed with hypothyroidism in last September and you have been prescribed 50 mcg of L-thyroxin. You feel that your thyroid function remains too low and that corresponding “*treatment should be improved*”, as you are under the impression that such move would help you lose weight given that you have put on “*14 kilos in 18 months*”. You also complain about painful joints, acne, and anxiety.
- I have prioritized a comprehensive review of your thyroid hormones, genomic setting (DIO2 genotype), cofactors, and surrogate markers. It appears that taking 50 mcg of L-thyroxin (T4) delivers satisfying T4 readings and that your DIO2 genotype shows ‘wild’ (which basically means normal). However, active T3 hormones show less favourable, especially in urine, which we can blame on stress and lack of cofactors.
- Cofactors enable conversion from prohormones T4 into active hormones T3: selenium (SEOSJ), zinc and copper (TRKTR that also brings a bit of iodine and two Ayurvedic herbs boosting conversion), magnesium (MCOSJ). We add gentle glandular GTA (three times per day given short T3 life) and ashwagandha, an adrenal adaptogen with calming properties (Latin name being *Withania somnifera*) good for conversion.
- You present very strong adrenal function partially to blame for acne. Not uncommon feature for women from East Mediterranean, I have to underline that excessive consumption of **fast sugars** renders it worse!
- I am indeed unhappy with your diet, which I largely blame for weight gain, even though the suboptimal thyroid function does not help (and hypothyroidism before your L-thyroxine treatment started clearly triggered putting on weight). What I consider as shocking intake of fast sugars-fructose-grains-carbs explains not only weight issue, but also high insulin, very high triglycerides, and *fatty liver* (high SGPT).
- But what to expect when you indulge on **bread, pasta, pizza, rice, corn, crisps, French fries, candies, chocolate, jam, honey, ice cream, fruit yogurt**, and (likely the worst of all) **processed orange juice**?
- Your hypothyroid condition results from an autoimmune attack expressed by elevated autoantibodies (anti-TPO or thyroperoxidase, though slightly elevated), what is called *Hashimoto’s disease*. Such cases cannot consume **gluten grains** and embarking on strict **gluten-free** diet could get you rid of antibodies...
- You besides react with IgG antibodies against other **grains**, namely **rice** and **corn**, also to be banned. We must take into account apoE genotype: ‘E3/E3’ always indicates that you would thrive on a high-**fat/low-carb** diet, whereas you seem to have adopted the opposite. You become fat on **carbs**, not **fats**! To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- My program includes an anti-autoimmune strategy with glutathione support (N-acetyl-cysteine/NCKPY), vitamins D/K (D5LPY/VL2PY), curcumin (CQHPY), specific probiotics (IS26BI), 10-day herbal gut cleansing (GIMAN), and fish oil (OEPDL). Dramatic pro-inflammatory imbalance comes from lots of **meat**, no **fish**!

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