

Patient:

Date:

Sunday 7th April 2019

Comments:

- You have been willing to obtain my views, obviously from a Functional Medicine approach, regarding your complaints, especially tiredness that has worsened since the end of last year. You also mention a lack of memory and concentration, anxiety, stress, and skin issues. These consist in *acne* on your back, pimples on your face, and “*pigmentation*” that in fact likely reflects low thyroid and adrenal functions.
- Such endocrine weaknesses could clearly explain the other problems and above all fatigue. Results do not confirm any adrenal weakness, rather the opposite with high testosterone level directly responsible for *acne*. I blame **carbs** and **sugars**, even though I do not pretend that you take huge amounts but still enough to explain high triglycerides. We must put things in perspective by taking into account your apoE genotype ‘E3/E3’, which implies following high-*fat* / low-carb diet that does not seem the case for now.
- Interestingly, you present significant immune reactions against **gluten** (IgA antibodies against **gliadin** and IgG antibodies against **wheat**) as well as against other **grains** (IgG antibodies against **rice** and **corn**), as if your immune system was flagging those **starches** that you must avoid. Given that **gliadin**, a sub-protein belonging to the **gluten** complex, automatically increases intestinal permeability, getting rid of **gluten** will help tackling multiple food sensitivities seen pages 5/6 & 6/6. In the meantime, please reduce the intake of **eggs**, **beef**, **garlic**, **cucumber**, plus exclude **Brazil nuts** (as selenium shows excessive anyhow).
- On another hand, we must tackle your elevated cholesterol readings and, above all, annoyingly high LDL cholesterol oxidation - the real cardiovascular risk factor. Sophisticated strategy has been put in place with: a) several supplements that you anyhow need (glutathione precursor N-acetyl-cysteine/NCKPY and coenzyme Q10/CR25PY excellent for energy); b) three crucial phytonutrients (quercetine/QCWPY, plus curcumin/CQHPY and berberine/BBSPY both also indicated for their antimicrobial properties to cleanse the gut); c) several antioxidant foods providing *anthocyanins*, *ellagitannins*, *gingerols*, etc. See the [list!](#)
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice [eating-plan](#).
- Having dismissed adrenal fatigue as the potential cause for tiredness, let us look at thyroid data, which offer much more ground given low levels of active thyroid hormone T3, especially in the urine. We can explain it easily: conversion from thyroid prohormones T4 into active T3 is blocked by your huge stress, plus you present a slightly unfavourable DIO2 genotype ‘TA’ that does not allow for optimal conversion.
- A logic response consists in supporting T3 levels with gentle and non-prescriptive glandular GTA (to be taken twice a day given short T3 life), as well as boosting T4 to T3 conversion with specific Ayurvedic herb *Commiphora mukul* (CMNPY, another way to fight oxidized-LDL) and with key cofactor zinc (ZNIPY).

Georges MOUTON MD