

Patient:

Date:

Sunday 7th April 2019

Comments:

- You suffer from *Samter's Triad*, which triggers lack of smell. You also present a number of complaints that you wish me to address from a Functional Medicine perspective: digestive issues that could be seen as IBS; foggy brain; bad memory and concentration; lack of motivation, negativity, anxiety, stress, and low libido; brittle nails; cold hands and feet; sensitive skin and spots; tiredness building-up in afternoon.
- This comprehensive assessment has uncovered autoimmune trends, including presence of antinuclear antibodies in small amount, and immune disruption materialized by anti-EBV Early Antigen antibodies. I always ban **gluten grains** for such patients given that **gliadin** increases intestinal permeability, which in turn feeds immune system hyperactivity leading to autoimmunity on one side and to atopy on the other.
- We also notice that you react against **gluten grains (wheat, oat)** as well as to other **grains (rice, corn)**. Besides, we must take into account apoE genotype, namely E3/E3, which requests a high-**fat**/low-**carb diet**. I am afraid you have not at all been using the proper fuel for your engine, rather diesel than high octane gasoline. This ends by disrupting your intestinal ecosystem and triggers imbalanced microbiota.
- We call it "*intestinal dysbiosis*", clearly reflected by alternating constipation and loose stools, gas, and flatulence. Your intestinal treatment combines specific probiotics indicated for autoimmune patients (IS26BI), plus two phytonutrients sharing antimicrobial, anti-inflammatory, and antioxidant properties - curcumin (CQHPY) and berberine (BBTPY), the latter being used to provide monthly 10-day gut cleanses.
- On the top of that, curcumin and berberine together with resveratrol (RSXPY) and quercetine (QCWPY) will fight excessive LDL cholesterol oxidation, a significant cardiovascular risk showing *oxidative stress*, which will besides benefit from avoiding **dairy products** (but not immune-supportive *ricotta*) and **beef**.
- I have designed highly sophisticated strategy to fight oxidized-LDL: above-mentioned four antioxidants; N-acetyl-cysteine (NCCPY) to support glutathione (indicated if autoimmunity); several foods shown on my list (but no need to further increase *cocoa*); Ayurvedic herb *Commiphora mukul* (CMNPY) prescribed to boost conversion from thyroid prohormones T4 into active hormones T3 (showing deficient in urine).
- I consider that low T3 levels may explain numerous symptoms suggesting underactive thyroid function. I rely on boosting T4 to T3 conversion with herb guggul plus with key cofactors zinc (ZNIPY) and selenium (SEOSJ). Supplementing non-prescriptive gentle glandular GTA (twice a day given short T3 life) results from my will to compensate for heterozygous variant DIO2 genotype 'TA' that reduces conversion ability. Thyroid support includes correcting severe iodine deficiency with IDWPY (on long-term by eating *algae*).
- Your OGG1 genotype 'SC' implies supplementing resveratrol and honokiol (MAIPY, excellent for mood), plus implementing **intermittent fasting** that may show as most efficient tool to fix your upset bowels.

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