

Patient:

Date:

Friday 19th April 2019

Comments:

- You have requested an appointment within the scope of Functional Medicine because you “*want to be healthier*”. You feel that your “*weakest link is stomach*”, which is sensitive, plus you often feel bloated and you are **lactose** intolerant. You also complain about waking-up too early (5am) and you suffer from **mercury** toxicity, maybe because you had fillings (removed) or you indulged on sushi/sashimi (stopped).
- I confirm that you should avoid **dairy products**, not only due to **lactose** intolerance, but also because you show hypersensitivity to **casein**, major dairy protein present in all **animal milks**. You have recently reduced **meat** (perhaps for ethical reasons) and indeed you react to **beef** with IgG antibodies. However, you have also avoided **fish** given the mercury issue, which leads to a global lack of quality proteins and to low intake of corresponding **fats**, among which strongest anti-inflammatory omega 3 fatty acid (EPA).
- Importantly, your apoE genotype ‘E3/E3’ implies high-**fat**/low-**carb** diet and you cannot escape the DNA blueprint: you must adapt your fuel to what the engine requires. Recent dietary changes lead to global lack of good **fats** (see fatty acid chart) that also show essential for lubricating the gut lining in the view of absorbing nutrients. I blame lack of vitamin B12 on low animal protein intake, plus on malabsorption.
- Anyhow, in this initial 4-month program, we are going to address every single nutrient deficiency. That includes some critical thyroid cofactors, i.e. iodine (IDWPY, a thyroid hormone constituent); vitamin B2 (VB2TR); selenium (SEOSJ) and zinc (ZNIPY) indispensable to convert thyroid prohormones T4 into active hormones T3. This activation of crucial hormones is easily blocked by stress, as shown by low urinary T3 level, the reason why we boost conversion with Ayurvedic herb *Commiphora mukul* (CMNPY/guggul).
- Unsurprisingly, stress and pressure also compromise adrenal function through overproduction of stress hormone cortisol, which urinary metabolites appear low (17-OH-steroids). This depletes pregnenolone, also steroid reservoir for DHEA (severely deficient) and progesterone, the so-called ‘serenity hormone’ showing depleted; that alters sleep quality. Thus, I prescribe daily compound capsules mixing DHEA and pregnenolone (food supplements in the US), plus sleep aids from magnesium (MGDPY) & GABA (GADPY).
- Coming back to digestive issues, we spot strong immune reactions made of IgG antibodies against **wheat** and **oats**, which rule out **gluten grains** from your diet, at least temporarily. You also fight, even though less, other **grains** such as **rice** and **corn**. Anyhow, I would not recommend **grains** to ‘E3’ allele carriers!
- You really have to curb macronutrients balance away from **carbs**, especially **grains**, in favour of good **fats** and of **proteins** that come together. It includes plant proteins from **seeds**, **nuts**, **avocado**, **olives**. To help you manage such changes, I suggest you see my nutritionist who will provide a nice eating-plan.
- Let us conclude with what I see as the only health concerning result, an excessive oxidation of ‘bad’ LDL cholesterol to be understood as an upsetting marker of *oxidative stress* - nothing to do with emotional stress but rather a sort of internal ‘rusting’. We fight brutally against such a cardiovascular risk factor: superfoods and major antioxidant phytonutrients quercetin, resveratrol, curcumin, berberine (see lists)!

Georges MOUTON MD