

Patient:

Date:

Sunday 26th May 2019

Comments:

- You have wished to see me to obtain advice within the Functional Medicine scope about several health issues including *multiple sclerosis* that has started in 2009 with *optic neuritis* and history of skin cancer (melanoma *in situ*). You also complain of a “funny tummy” with bloatings, trapped winds, plus bowel movements “a bit urgent and sore”. You besides mention itchy dermatitis, hair fall, always cold hands & feet, and disturbed sleep not helped by 4-year old daughter who has recently suffered from epilepsy.
- To begin with, I want to make clear that my program aims at restoring health through optimization of your physiology, biochemistry, and biology. I cannot agree by any means with some treatment leading to toxicity, as it now shows the case with vitamin D3 level of 141.2 mcg/L (upper limit for toxicity is 100).
- Just to make sure, I have asked the lab to measure your parathormone level (PTH), but I request you to suspend vitamin D intake for 3 months and hopefully resume it when coming out of toxic range. I do not mind you going high in vitamin D, but not this high. A similar approach will be taken regarding fish oil: an excess of omega 3 fatty acids shows detrimental to the omega 6 fatty acids GLA (crucial for intestinal lining lubrication and therefore for fighting leaky gut and autoimmunity) and DGLA (anti-inflammatory).
- Your diet has to favour gut wall health, given its paramount role to stop autoimmune attacks of which you suffer not only regarding central nervous system (*MS*) but also thyroid gland (*Hashimoto's disease*). Such gut-protective diet must show: a) strictly **gluten-free** (no **spelt** & no **oats** as these always contain **glutenins** belonging to **gluten** proteins complex); b) low in **grains** (inflammatory and not well tolerated by patients with your apoE genotype ‘E3/E3’ who thrive on higher-**fat**/lower-**carb** diets); c) much lower in **alcohol (wine)** and in **hot & spicy foods (black pepper)** that always increase intestinal permeability.
- However, I fully agree with the principles of Swank’s diet aiming at reducing cholesterol intake, which implies that your higher-**fat** diet will rather come from **plants fats** and **oily fish**; please also consider **crab** plus **bivalves** as they provide lots of non-cholesterol **sterols** with cholesterol-reducing properties.
- I understand that you indulge on **fruits** to help moving bowels, but that does not agree with microbiota balance. You suffer from *intestinal dysbiosis* suggested by urgencies and discomfort, plus gut-friendly diet must remain low in **fast sugars**, which include **fructose** and **xylitol** (easily converted in glucose by gut bacteria). Fighting constipation must rely on **vegetables** including **starchy** ones, but not on **grains**, plus will automatically benefit from supporting thyroid function weakened by *autoimmune thyroiditis*.
- To help you manage such changes, I suggest you see my nutritionist who will provide a nice **eating-plan**.
- Thyroid function struggles due to multiple problems: 1°) autoimmunity that we address through dietary modifications, intestinal treatment (specific probiotic mix/IS26BI, curcumin/CQHPY, monthly berberine cleanses/BBTPY), plus N-acetyl-cysteine/NCKPY, vitamin A/XA4SJ, vitamin K/VK2PY, lipoic acid/RLCPY; 2°) weak DIO2 genotype ‘TA’ that reduces your capacity to convert thyroid prohormones T4 into active hormones T3; 3°) severe stress that also blocks T4 to T3 conversion, plus boosts production of reverse T3; 4°) lack of compulsory conversion cofactors consumed by stress, magnesium/MGDPY and zinc/ZNIPY.

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