


## MR. F'S STAGES OF HEALTH



**Impressions:**

- Chronic inflammatory response?
- B-complex and Mg depletion?
- Food allergic responses?
- Dysbiosis endotoxins?
- Delayed food reactions identified
- Reduced endotoxins
- Normal immune response restored
- Now nutrient related metabolic effects manifest.
- B-vit's and AA's low
- Insidious poison detected
- Nutrient levels raised to meet individual requirements
- New opportunist growing

### Stage I

At the age of 34, Mr. F had experienced soft tissue pain for 12 years and joint pain for the past two years. The pain was being controlled with Flexeril and NSAIDs. For many years, he had experienced difficulty with sleep and multiple symptoms of inflammatory bowel syndrome. The onset coincided with the start of a stressful business after graduating from college.

A lactose/mannitol test showed normal carbohydrate assimilation with hyperpermeability. Hydrogen breath test and stool cultures revealed bacterial overgrowth. Very high levels of IgG class antibodies to milk, eggs, and chicken, all of which were frequently consumed, were found.

The bowel symptoms were improved with regular consumption of steamed vegetables, supplementing antioxidant vitamins, and avoidance of challenging foods. The favorable organisms, *Lactobacilli* and *Bifidobacteria*, were also supplemented and within ten weeks the joint and soft tissue pain was virtually absent without medication, and bowel and sleep habits became normal. Over the next year he also noticed fewer upper respiratory infections.

### Stage II

After several months of decreased pain, Mr. F started experiencing increasing bouts of profound fatigue and persistent lethargy. Testing of organic acids in urine revealed very low levels of citrate and fumarate with simultaneous low VMA, the neurotransmitter catabolite, and elevated 3,4-dihydroxyphenylpropionate the *Clostridium* metabolic marker. Simultaneous profiling of trace elements in hair showed elevation of mercury, while mercury was undetected in 24-hour urine. The organic acid profile also revealed a low sulfate, indicating depletion of hepatic conjugation pathways. A fasting plasma amino acid analysis revealed multiple low levels of the essential amino acids plus low tyrosine and taurine.

The supplement program was shifted to include a customized free form amino acid powder fortified with tyrosine and taurine. N-acetyl cysteine (NAC) was added to boost glutathione production and assist in the mobilization of mercury. This routine, with careful control of meal size, reduced his fatigue. A final effort to identify endotoxin sources with fungal testing led to the finding of greatly elevated IgG levels to *Pullularia pullalans*. Treatment with the antifungal agent, Lamisil, while maintaining probiotic organisms, resulted in remission of persistent musculoskeletal pain.

### Notes: