

Case Histories

Case History – Adult Acne resolved with NT

Gender, Age, Occupation, Nationality, height and weight.	<p>Mrs G.N. is a 40 year old mother of 4 children. She works part-time and runs a busy household. She is 5 ft 2 tall and weighs 11 stone (157 cm, 68.45 kg).</p>
Presenting complaint – list and duration	<p>Mrs G.N. had always prided herself on the fact that as she grew up she ate well and she never had any trouble with spots and had unblemished skin.</p> <p>She had children very young – they are now 20, 18, 16 and 14. Through her 4 pregnancies and the hectic years of having 4 young kids she ate as well as she could and despite being exhausted for a number of years, she recovered and has been very well for some years.</p> <p>Suddenly, with no apparent trigger, she developed spots and acne for the first time in her life two years prior to meeting with me.</p> <p>She had tried all kinds of soaps and creams and had also taken antibiotics which had not worked and caused digestive problems, so had only complied for 2 months. She stated she was very frustrated and confused.</p> <p>G.N. had also gained a stone of weight over the past 5 years.</p>
Any Investigations	<p>G.N. had visited her G.P. who had suggested variously the pill (Dianette), then HRT, antibiotics and anti-depressants. The most recent suggestion was roacutane. The only one that G.N. had taken was antibiotics as described and only for 2 months.</p> <p>A standard blood test revealed nothing out of the range, including anaemia.</p> <p>No other tests were conducted.</p> <p>G.N.'s questionnaires revealed some digestive symptoms, some adrenal stress, a potential for under-active thyroid, but her female cycle was regular. The spots and boil-like hard lumps on her jaw-line remained the whole time but did worsen premenstrually.</p> <p>Essentially, the only health complaint she had was the spots on her face, and they were really getting her down.</p>
Strategy	<p>The initial Nutritional Therapy strategy was to support G.N.'s digestive function and general detoxification. The programme is detailed below and represents a standard approach rather than anything unique, and did not involve any lab tests.</p> <p>In addition to the supplements, it was recommended that G.N. reduce her wheat intake by about 70% and replace with oats, rice and gluten free options, but in addition, to reduce her carbohydrate intake by 40%. The intention</p>

Diet & Supplements: name and dose

behind this was to reduce the stimulation of insulin on the one hand, and on the other reduce the main food substrate for bacteria and yeast in her gut.

At the recent [IFM symposium in Seattle](#) - we were reminded that the swiftest way in which to alter gut bacteria was to reduce dietary carbohydrates.

The recent antibiotics did not appear to have caused a yeast overgrowth but this was also a consideration, which also should be aided by a reduction in carb intake.

G.N. ate pretty well anyway, so the shift in her emphasis was relatively straightforward for her.

The change in diet for her meant that she ate a similar amount of protein, with fish, eggs, meats but very little cheese. She ate more vegetables and snacked on nuts and seeds, and overall ate fewer calories than she had been. Her caffeine intake was restricted to one cup before 11 am.

The supplement programme to support her digestion, improve her resilience and mood, and support her overall detoxification (phase one and two hepatic pathways) and to provide broad-spectrum nourishment is shown below.

Product	Dose
NutriClear Powder (BRC)	2 scoops at breakfast
G I Flora (ARG)	2 with each meal
Betaine Plus HP (BRC)	1 with lunch & dinner
Stabilium (ARG)	4 first thing for 2 weeks, then 2 first thing thereafter

- [NutriClear Powder](#) (BRC) is a multi-vitamin and mineral with protein and some carbs specifically designed to support detoxification pathways which exist primarily in the gut and liver. It contains 160 calories per 2 scoops which typically means reducing the size of the meal at which it is taken for most patients. The protein is derived from rice.
- [GI Flora](#) (ARG) – a relatively low dose probiotic, that is dairy free. It contains 4 strains: lactobacillus casei 1.6 billion, lactobacillus rhamnosus 1.6 billion, lactobacillus acidophilus 0.4 billion, bifidobacterium longum 0.4 billion. The intention is to rotate the probiotics for G.N. as with most patients, and I would consider using Lactobacillus GG (AR), Lactobacillus Plantarum Rhamnosus Salivarius (ARG), & BioDoph-7 Plus (BRC) in due course.
- [Betaine Plus HP](#) (BRC) – with 700 mg of HCl, it is a higher dose product that I have found works most effectively in restoring stomach function. It is just as well tolerated as the lower dose products. In many cases, a [Gastro-Test](#) is worthwhile undertaking prior to using HCl acid supplements.
- [Stabilium](#) (ARG) – a traditional Gallic remedy derived from the fish

Garum Armoricum. Has been found to reduce anxiety, improve sleep and generally improve resilience. [Read article](#)

Duration

G.N. followed the programme for 6 weeks before her first follow up appointment. We arranged a brief conversation after 14 days, and brief email updates at days 21 and day 30.

The programme was revised and she then continued for a further 5 weeks before the next follow up appointment.

Outcome

G.N. reported some headaches in the first two weeks, which we believed were related to her reduction in caffeine – from 2-4 cups a day to 1.

She also reported that she gained weight at first, which felt like water weight, which also coincided with the week before her period. Her skin made no improvements at all in the first two weeks.

After 14 days, however, things began to change. When we met after 6 weeks, she told me she spent two days with a high frequency of urination – she said it seemed never to stop!. She not only lost water weight but also some fat weight too over the month and a half.

Her skin did not change by day 21. By day 30, she said that no new spots were appearing, as they had typically done to date.

At 40 days into the programme, there was a distinct improvement in her skin, and it was “glowing” like it had in the past. No new spots were forming, but there were still some hard, lumpy boil-like spots along her jaw-line, which she worried at with her fingers.

She had lost 8 lbs in weight in the 6 weeks too.

The programme was revised to this

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Betaine Plus HP (BRC)	1 with lunch & dinner
Stabilium (ARG)	2 first thing

G.N. followed the programme and continued to witness improvements in her skin, in that no new spots formed even during the week prior to menstruation when they usually appeared, angry and red. The hard lumps had diminished in size and for the first time in months, she needed no or less make-up (which was probably also good for her skin anyway).

At the second follow up appointment, G.N. was much happier than she had been in two years, she told me. Although her life was good, with no particular

stresses, the facial spots had made a significant dent into her overall sense of well-being.

She had now lost 12 lbs, weighing 10 stone 2 lbs. Her facial skin was noticeably improved, with only a residue of under-the-skin lumps on her jaw line.

She wanted to know how long she should follow the supplements, and I described a graded reduction in the programme to her to follow, so that she could be in charge of the dosing. If the skin worsened, she could always resume a higher dose. She, as with most patients, felt comfortable with this sense of control.

So that she would forever understand what had happened within her body, I reminded her how much the reduced carbs and likely reduced insulin production played a role in her improved skin and weight loss. Insulin the most pro-inflammatory hormone in the body, which can also upset the metabolism of other hormones.

Comments

G.N.'s case represents a straightforward case of improved nutrition with logical beneficial outcomes that can be visibly identified (skin & weight loss) and explained.

It is likely that her insulin levels reduced which would have benefited almost every aspect of her health; her ability to conduct the bio-transformative every day detoxifications within her body improved; her gut bacteria would have improved from the reduced carbs and the G I Flora would have helped reduce GI inflammation too. The HCl Acid may have contributed to improved protein digestion and diminished absorption of longer-chain peptides with potential antigenic effect. The Stabilium may well have helped improve her anxiety and resilience.

In time, G.N. will figure out the lowest dose of the supplements that help keep her skin clear and herself with a much improved sense of well-being and happiness.

Practitioner

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