

Case Histories

Gut healing resolves all symptoms

Gender, Age, Occupation, Nationality, height and weight.	<p>Mrs J.S. is a married 47 year old lady who works full time. She has no children. She weighs 8 stone and is 5 foot 4 inches tall (150 kg & 163 cm).</p>
Presenting complaint – list and duration	<p>Mrs J.S. presented with fatigue, a very sore thumb joint and some other moderately sore finger and knee joints and muscle pains (legs and arms), a facial rash, frequent colds, and sluggish bowels. As a global comment, she described her health as not feeling robust. She also had intermittent clusters of hot flushes, and a less frequent menstrual cycle.</p> <p>These signs and symptoms had begun 3 years previously, with the facial rash. In the previous year, the other symptoms had appeared and she described that she was feeling like she was aging rapidly. She did not know why this was happening, except that stress may have played a role somehow – she had been very busy at work for the past 3+ years.</p>
Any Investigations	<p>J.S. had visited her GP and taken pain-killers for the thumb joint which worked for the pain, but they caused digestive upset so she stopped them after a few weeks. For the other issues, there was nothing wrong in any of the blood tests so there was no course of action suggested medically, except a cream for her skin.</p> <p>J.S. had then applied herself to eating as healthily as she could and whilst she appreciated that her diet was very sound nutritionally speaking, she did not feel like she was getting the best from it. She stopped wheat and only had oats sometimes, and avoided all dairy products. She had also learned that the nightshade family and citrus fruits could also contribute to joint pains so she had stopped those as well. However, there had not been any change in her health.</p> <p>There was a family history of cancer and late-onset stomach ulcers but this was when her parents were over 75 years of age.</p> <p>I asked J.S. to go through her experience of stresses in her life in some more detail, and she admitted that there had been a number of events and circumstances that had meant she had been under more duress in the past 4-5 years than ever before, but at the same time she had been successful so she viewed this as something other than stressful, more as hard work from which she earned the rewards.</p>
Strategy	<p>The aim was to support J.S.'s gut lining specifically and for a limited time, in order to determine the connection with her gut lining, and permeability, with her varied symptoms. See: Leaky Gut May Be The Primary Mechanism For Autoimmune Activation?</p>
Diet & Supplements: name and dose	<p>J.S. already ate very well, as has already been said. She was aware of the need to balance proteins and carbohydrates with meals. She drank about 2 litres of water a day. She limited tea and coffee to one of each max per day. She rarely drank any alcohol, and she avoided some "usual suspects" in the form of wheat and dairy and nightshade foods. She also chewed her food well.</p> <p>The absence of any obvious commonly eaten food meant I did not, in the first phase,</p>

make any changes to her diet. We discussed intestinal permeability and J.S. preferred to engage in a clinical experiment for a month instead of testing. I advised that, if after a month with no improvement, that I would recommend one or more functional lab tests, to which she agreed.

The supplements recommended to J.S. for the one month trial were as follows:

Product (brand)	Dose
ButyrEn (AR)	3 with lunch & 3 with dinner
Immuno-gG (BR)	2 at breakfast, 4 at bedtime
Bio-Ae-Mulsion Forte (BR)	3 drops with breakfast & dinner for one month, then at breakfast only

[ButyrEn \(AR\)](#)

ButyrEn is an enteric-coated, extended shelf-life formulation of the calcium and magnesium salts of butyric acid, designed specifically for delayed release in the gastrointestinal tract. Butyric acid is a short-chain fatty acid (SCFA) produced by certain probiotic bacteria, and appears to support mucosal integrity. Butyric acid may support the integrity of the colonic mucosa by acting as a primary fuel for the colonic epithelium (colonocytes). Butyric acid (“butyrate” when in salt form) is an important SCFA for this reason. BA supports the integrity of the colonic mucosa by supplying a primary fuel for the colonic epithelium and also supports the maintenance of bifidobacterium in the large intestine.

Although more indicated for the large intestine, I find this product is a useful supplement for helping to support a healthy small intestines and correct altered intestinal permeability. It also helps to reduce ammonia, support probiotic growth and encourages bile flow.

Immuno-gG (BR) – colostrum formula

There is much to be said for colostrum in its role within the immune system, however, it also helps to manage inflammation both within the gut and systemically. It is one of the most effective natural agents for supporting a healthy barrier quality in the gut. It has a role to play in reducing both GI & systemic inflammation.

[Bio-Ae-Mulsion Forte \(BR\)](#)

Vitamin A plays a vital role for the structure and integrity of epithelial cells that comprise the skin, mucosal membranes, respiratory and reproduction passages, along with the lining of the intestine. This emulsified form is extremely well absorbed. The dose of 6 drops of 12,500 iu was for one month.

Duration

J.S. followed the programme of just 3 supplements for one month and attended a follow up appointment. She then followed a revised programme along similar lines for a second month.

Outcome

After 4 weeks, at the first follow up appointment, J.S. told me that she had no changes occur in the first two weeks. She continued with the programme and then after about 20-21 days, she noticed that the sharp pain in her right thumb joint was much less. The rash on her face diminished, and within the next week, the muscle pains also reduced noticeably. Her knee joints also became discomfort-free. Her bowels were working just fine, with no sluggishness. She had begun to feel more robust. Her hot flushes had not occurred in this time, but they may not have done anyway. Her energy also improved in the fourth week, and was noticeably better.

I recommended that she continue with the same programme, but with 3 drops of vitamin A for the next month instead of 6, and then to reduce to 1 drop thereafter.

After a further 4 weeks on the programme, we met again, and J.S. told me that she felt as if she was young again, and nothing troubled her at all, and she felt like the burden of stress on her was lifted. She had lost some water weight and her body shape had become more firm and distinct, she said. None of the signs and symptoms had been present at all for the entire 4 weeks.

I explained to her what I believed had occurred, and that was that the stress in her life had led to a compromised gut lining and that this, the increased intestinal permeability, was the root cause of the varied signs and symptoms including the thumb and knee pains. The simple NT programme of 3 supplements had helped to reverse this, I advised in my professional opinion, and this had resulted in a complete resolution of the health issues she had been experiencing.

Comments

This case highlights the varied signs & symptoms that can occur from impaired intestinal permeability, even in the face of a wholesome diet free of the most common foods to which one could develop an intolerance. That there were only a limited number of supplements gives a very strong indication of what remedial benefits they conferred to this lady. By helping to heal her gut and reduce inflammation she literally felt like she did some years before. This was achieved in spite of her being busy at work, and because of that, I have suggested she continue with a marginally reduced programme in the future, which she readily agreed to.

We learned just this last weekend (10th March 2012) of the utmost importance of the epithelial barrier within the gut on human health in the fascinating and truly eye-opening seminar presented by Dr Tom O'Bryan, entitled NutriGenomic Therapies for Autoimmune Disease - <http://tinyurl.com/7k52acc>. This case is a simple yet effective representation of this information, because by healing this lady's gut her systemic & multiple symptoms resolved.

Practitioner

Antony Haynes BA(Hons), Dip ION practices in London, W1.