

Case Histories

Case History – Lifelong Sore Throats Resolved

Gender, Age, Occupation, Nationality, height and weight.	<p>Mr. S.T. is a 46 year old businessman. He lives in London and works close to home. He travels abroad every month.</p> <p>He is 5 foot 10 tall, and weighs 12 stone 8 lbs (180 cm, 76 kg).</p>
Presenting complaint – list and duration	<p>Mr. S.T. presented with recurrent sore throats that he had been suffering with since childhood. He had 5 to 6 infections a year, together with antibiotics when really needed (his choice).</p> <p>He had to wear ear plugs in the shower and if he went swimming, otherwise he would succumb to an ear infection.</p> <p>His blood pressure was raised at 135 / 90, but this was mainly when he was busy with a deadline at work. Otherwise, it remained at 120 / 80. His cholesterol was also raised at 6.3 total and 3.6 LDL.</p> <p>He also had a “jock” itch when playing sport, which he made time for each week now, having been very much a workaholic for 25 years previously. Seeing an NT was also part of a move away from his previous full-on existence in order to bring about a positive change in his life.</p> <p>Lastly, he had apparent sense that 6 bowel motions a day was overly frequent.</p> <p>From the age of 4, he can remember having to take antibiotics for sore throats and he suffered from 5 to 6 infections that lasted about 2 weeks each for every single year since.</p> <p>His diet had recently improved significantly, and he now ate what was almost an exemplary diet. He had effectively avoided chocolate which he used to consume in extraordinary amounts (sometimes 10 Mars Bars a day!), and no refined sugar and whole food too. The changes were nothing short of revolutionary, and no doubt related to the sense of mortality often perceived in the 4th or 5th decade in life.</p>
Any Investigations	<p>S.T. had never engaged in his health with any practitioner, and the Medical Doctors he had consulted with had simply provided him with antibiotics when needed.</p> <p>His cholesterol had been shown to be elevated, and his BP too, in insurance medicals over 10 years ago, but he never took the medications that were recommended. I advised him that his BP was of particular importance to normalise and that this needed attention in the first instance. I recommended he did have this monitored regularly and if elevated to meet with his GP.</p> <p>I recommended 2 functional tests: A comprehensive adrenal stress profile test and an anti-candida antibody saliva test. Both results confirmed marked functional imbalances with low cortisol for all 4 samples (a total of 15.4 for the whole day) and the antibody level of IgA to candida was 34 (0 – 10).</p>
Strategy	<p>S.T.’s diet was so much improved, there was little to focus on here, except to emphasise the avoidance of juices and fruits in order not to provide easy nutrients for the Candida albicans.</p>

Diet & Supplements: name and dose

The remedial aspect of the Nutritional Programme I recommended was in the supplements. It was decided to focus on his innate immunity and the candida albicans situation and review the changes that occurred with his cholesterol and BP.

He had already lost over a stone with the change in his diet, and probably had another stone to go.

So, with minor modifications to his diet, S.T. was recommended these supplements in order to restore balance to his mucosal immunity and reduce and then prevent his persistent sore throats, amongst other things.

An anti-yeast supplement, Caprin, was recommended but only at the smallest dose in order to avoid potential issues with die-off symptoms. These Herxheimer symptoms are not always due to one set of triggers and in the case of any programme that causes lysis of cell walls, some of these will bind to TLR's in the macrophages of the gut and promote an innate defence response rather than a detoxification response.

His symptom profile, including the cholesterol, included many classic sub clinical hypothyroid signs and symptoms. Given the close anatomical association of his throat and the thyroid, the relationship between altered mucosal immune activity and altered thyroid function as well as possible candida related inflammation and stress affecting this gland, a thyroid specific supplement was recommended.

Supplements were recommended, with a review fixed for 4 weeks later.

Supplement Programme One – September 2010

Biotics Research – Immuno-gG	– 2 at night time
Allergy Research – S. Boulardii >> View details	– 2 with breakfast & 2 with dinner
Biotics Research – Caprin	- 1 with lunch
Biotics Research – GTA Forte >> View Details	– 2 with breakfast, 2 with lunch

- **Immuno-gG** – provides bovine colostrum with Lysine & Arginine to support innate immune function.
- **S. Boulardii** – supports innate immunity and helps to counter yeast overgrowth.
- **Caprin** – contains caprylic acid, a natural anti-fungal agent.
- **GTA Forte II** – is Dr Brownstein's recommended thyroid glandular product with accessory nutrients for thyroid hormone production and function.

We met 4 weeks later, and whilst he suffered a week of feeling like he had flu, S.T. did not have a sore throat and had then felt clearer headed. His bowel frequency had halved and he had lost more weight. His energy had improved too. People had commented on how much better he was looking, which is always encouraging and helps with compliance too. Since he was engaged now in big changes in his life, this simply served to inform him he was on the right track.

Duration

The dose of Caprin was increased but still kept to lunchtime, at first to 2 caps and then to 3 caps. Otherwise, the programme remained the same for the next 6 weeks.

The programme was followed for over 12 weeks, and this was an interesting case in that the supplements did not vary much at all, whereas normally, one of the keys to ongoing improvements is the recognition of what is needed for the next phase and adjustments to the programme are then applied.

We plan to meet in 4 weeks' time, being end of February 2011, when we can look to reduce the supplements.

Outcome

When we met in early 2011, S.T. was not only looking like a different man, but he felt like one too. He reported that he did not know that he could feel so well. There have been many changes in his nutritional status and his life too, so it was a combination of factors, but we both believed that addressing the candida and supporting his innate immunity had a critical role to play in this.

Here is a list of his improvements@

- He had not suffered from a sore throat.
- His BP was stable at 120 / 78.
- His cholesterol was now 5.1, with LDL of 2.8.
- His weight was 8 lbs less than September 2010.
- His bowel movements had reduced to twice daily and were no longer loose.
- His 'jock itch' (Tinea cruris) hadn't appeared in the past 4 weeks.

Comments

Unlike some of the Case Histories reviewed in Nutri-Link's eNewsletters, this case was a classic for NTs.

S.T. had suffered for so long with less than ideal health that he had no knowledge of what it could be like to feel well. He had no frame of reference. Today he is living in a state of health he had never imagined, because he was aiming at having a lack of the unpleasant signs and symptoms as opposed to an abundance of well-being.

Certainly, he had woken up to his health, or lack of it, some months before meeting me, which had a major role to play in the ability of his body to respond to the supplement programme. I do have patients who have not made such dietary and lifestyle changes for whom the going is a lot tougher.

This case serves for me, as a potent reminder of how important it is to address stress, lifestyle and fundamental dietary changes in order for remedial actions of supplements to have their greatest effects.

As a final note, the use of **Immuno-gG** (colostrum) is a supplement that has tremendous value in support of the host immunity and it is recommended that NTs consider this as part of any programme designed for this purpose.

Practitioner

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