

Case Histories

Mix of Conditions improves rapidly with Targeted Therapy

Gender, Age, Occupation, Nationality, height and weight.	<p>Mrs S.J. is 58 yrs old, with 2 grown children. She has a full time job. She is 5ft 4 ins and weighs 10 stone 4 lbs (162 cm, 64 kg).</p>
Presenting complaint – list and duration	<p>Mrs S.J. presented with a mix of conditions, none of which was particularly worse than the other. However, the combination certainly diminished the quality of her life. Since she represents a typical patient who seeks help from NTs, her case serves as a useful example.</p> <p>S.J. has had the digestive discomfort of abdominal bloating and wind, with some cramps for about a decade.</p> <p>She suffered from aches and pains in her hips, knees and lower back, and this affects her on a low grade level every day and worse about once a week.</p> <p>S.J. also had become increasingly tired and suffered from disrupted sleep. She told me that she only slept through on 2 nights a week. Sometimes she would be awake for hours.</p> <p>She was also the heaviest she had ever been and had found it increasingly difficult to lose fat, as she had in the past.</p> <p>S.J. had been menopausal for 2 years, and told me that her aches and pains had been worse since that time.</p> <p>Lastly, she told me that she felt dizzy had a ringing in her ears which she described as tinnitus.</p> <p>Summary S.J.'s 6 conditions: Bloating / Fatigue / Aches & Pains / Weight Gain / Insomnia / Dizziness & Tinnitus</p> <p>Her goals reflected each of these.</p> <p>She had been following a dietary programme of her own for some months and was taking 7 nutritional supplements: multi vit & min, probiotic, magnesium, flax seed oil, 5HTP for sleep, calming herbs, sage. However, whilst they had a marginal impact at first, they were not being successful in reducing her signs and symptoms.</p> <p>S.J.'s diet was quite sound with gluten free grains, fresh veg, but she only ate meat or fish twice a week. She did have 2 coffees a day but also drank water during the day. She had a good appetite, and managed to be relaxed before eating.</p>
Any Investigations	<p>There were no lab tests undertaken, but her questionnaire (NAQ) revealed that she scored moderately for many aspects of her health, with no single score highlighting an obvious focal point.</p> <p>S.J.'s thyroid signs and symptoms included difficulty losing weight, being more</p>

Strategy

sensitive to the cold now, as well as loss of the outer part of her eyebrows. Whilst there was a parity of scores with other aspects of her health, these drew my attention to the thyroid.

I was also aware that her existing supplements simply were not working and therefore there needed to be a different approach.

On the face of it, there was an argument for focusing on each of the 6 conditions, with the exception of the dizziness and tinnitus.

However, the chosen focus was on her digestive system, her thyroid and supporting her adrenals and neurotransmitter balance.

This was aimed at reducing her uncomfortable bloating, improving her sleep and helping to shed a few pounds. It was hoped that this intervention would lead to improvements in these conditions and then we could pay attention to the others.

Diet & Supplements: name and dose

Whilst there were diet strategies that we could have explored, such as food combining (separating all starches from proteins), avoiding all dairy products and citrus and the nightshade family (which could be relevant to her aches and pains, amongst other conditions), we agreed to have a trial period of simply altering the supplements she was taking. We came to this after discussing all of the options open to her and she identified that it was difficult to know what to do first.

I do find that making this choice is often the key to success, and it is the sort of decision we are faced with every day.

On the one hand, it was useful, to know that whatever she was taking simply was not having any perceivable benefit, and therefore a change was warranted.

On the other, in my clinical experience, when supplements are chosen from health food store brands, they are not typically as effective as those from practitioner-dedicated brands. This means that S.J. could certainly benefit from magnesium and 5HTP, for example, even though she was not from her existing brands.

The supplements recommended are shown here:

Biotics Research – Hydrozyme	– 1 with each meal
Biotics Research – Meda Stim -	2 with breakfast & 2 with lunch
Allergy Research – Calm / Recharge powder –	1 ½ tspns 2x daily, after breakfast & after lunch (30 mins)

- [Hydrozyme](#) - is a mix of low dose HCl acid with low dose pancreatic enzymes.
- Meda Stim is a vegetarian formula designed to help improve the most active of thyroid hormones, T3. The conversion of T4 to T3 requires a 5, mono-deiodinase enzyme, that is selenium dependent, and can be inhibited by a number of factors, including stress, inflammation as well as low levels of selenium. Meda Stim is very often useful in weight loss programmes.
- Meda Stim contains Vitamin B1, B2, B3, B6, Iodine, Zinc, Selenium, L-Aspartic Acid, L-Glutamic Acid, L-Glutathione, L-Tyrosine.
- Calm / Recharge - A formula that contains a mix of vitamins, minerals, amino acids, designed to support the calming of cell membrane ion channels. A useful level of magnesium in three forms per serving (300 mg), as well as L-theanine, GABA, taurine.

Duration

The first phase was for one month, and then, due to the improvements Mrs S.J. continued for a further number of months.

Outcome

We met four weeks after the first appointment, and Mrs. S.J. confirmed that she had followed a very similar diet and taken the supplements as directed.

She had engaged in some regular exercise and circumstantially, there was less stress.

S.J. told me what had improved and gave her opinion on the percentage by which she felt better, for the 6 conditions: Bloating / Fatigue / Aches & Pains / Weight Gain / Insomnia / Dizziness & Tinnitus.

- Bloating: 80% improvement
- Fatigue: 50% improvement
- Aches & Pains: 80% improvement
- Weight Gain: S.J. had lost fat and gained muscle from the exercise she had engaged in, so her weight had not changed but her shape had, noticeably.
- Insomnia: 80% improvement
- Dizziness & Tinnitus: 70% improvement, but still with acute ringing from time to time for just a few minutes.

All of the improvements had occurred gradually over the month, and some of them may be partly to do with a stressful matter being resolved and the regular exercise. The issue which had caused anxiety for a few months was resolved half way through the month, and S.J. reported that she started seeing the benefits commence within the first few days.

I recommended S.J. to continue with the programme as it was for another month, and to review at that time.

S.J. was delighted with the changes and couldn't quite believe it had all happened within such a small time. She told me that she had saved money on the supplements (3 instead of 7), and was looking forward to being able to reduce the ones she had after making further improvements.

Comments

S.J.'s terrific improvements in her 6 conditions were achieved with relatively little change, and I give you here my opinion of why these might have occurred.

The improvement in digestion and bloating may well have been helped by the Hydrozyme (BR) supplement, but also by the effect of the Calm / Recharge. This suggests to me that S.J. may well have been more 'tense' than previously suspected, and may have required more magnesium than she had been taking in order to obtain the levels she required.

The Calm / Recharge product has proven to be very effective for many patients' anxiety states, insomnia, blood glucose balance and so on. S.J. took the product after breakfast & lunch, not dinner, and this still helped her sleep within a matter of days, she told me.

The reduction in aches and pains is not fully understood but may be related to the improved digestion and bloating, resulting in improved intestinal permeability, thereby reducing a systemic inflammatory process. It may be that this related cytokine activity also worsened S.J.'s sleep pattern.

S.J.'s energy was noticeably improved and she used that to undertake a new exercise

Practitioner

programme (resistance exercise). It may well be that the reduced inflammation from her gut improved ATP levels, combined with a restored level of magnesium and T3.

S.J.'s case is not unique in its presentation, but it certainly would be great if every patient made such strides forward in just a month. It does show what can be achieved with the correct targeted therapy, and how effective an individualised programme of high quality supplements can be.

Calm / Recharge has now been featured in at least 3 Compelling Cases.

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