

Case Histories

Case History Follow Up – PCOS & PMT improved rapidly

Gender, Age, Occupation, Nationality, height and weight.	<p>Mrs S. T. Is a 33 year old living in London, who runs her own business. She is 5ft 3 ins and weighed 10 stone 6 lbs (160 cm, 65 kg) on the date of her first appointment 8 weeks before.</p>
Presenting complaint – list and duration – at Follow Up	<p>This is a slight departure from the typical case history, because it continues with the account of a patient from the recent eNews of 25th March 2011 (No:38).</p> <p>At her first appointment, some 8 weeks ago, Mrs S.T. had presented with marked PMT, a diagnosis of PCOS, current infertility over the previous decade, excess facial hair, very variable and often poor mood, anxiety, fatigue and frequent urinary tract infections, muscle pains akin to fibromyalgia.</p> <p>Citalopram had been prescribed and she was taking it, but it had made no difference whatsoever.</p> <p>Additionally, S.T. suffered from dyspareunia (painful sex) for the past two years, and very low libido for years too.</p> <p>Most of all, S.T. wanted to have a healthy baby.</p> <p>The previous eNews Compelling Case described the changes to her diet and the specific supplements she took over the first 4 weeks. This update re-visits her after 8 weeks, with a summary review of her progress. We had email communication and a telephone appointment in between the second and third appointment.</p>
Previous Changes	<p>Here is what S.T. embarked on after we first met, and what she continued with after the 4 week appointment. She also continued with the same supplements from weeks 4 to 8.</p> <p>S.T. ate regular meals. She ate protein at each meal, which was a change to what she had been doing. She almost completely avoided all refined sugar and ate no sweets, avoided all wheat & all milk, had much less caffeine and increased her water intake.</p> <p>She increased her intake of fresh vegetables.</p> <p>The one thing she had not done was to omit all wine, of which she consumed 2-3 glasses at a weekend.</p>

She also took these supplements about 90% of the time.

AR – NAC Enhanced Antioxidant Formula	1 mid a.m. & 1 mid p.m.
AR – Co Q Gamma E	1 with breakfast & dinner
AR – Sugar Balance Formula	2 at each meal
AR – Pancreas (pork)	3 with lunch, 3 with dinner
AR – Arthred powder	1 scoop before lunch
Bio-Tech – D-Mannose powder	½ tspn in water 3 X per day for the first few days, then once daily thereafter

This programme involved a few more products than is typical, but in this case they were warranted.

Improvements

Here is the sequence of improvements experienced by S.T. in time, with indications of the length of time she had experienced the condition / symptom.

U.T.I.s – in 3 days it was resolved and remained so, after 10 years. 100% better.

Energy – improved noticeably in 3 to 4 days, after being fatigued for 10 years. This continued to improve over the next weeks. After the 7 weeks, S.T. said she was 70% better.

Better mood & less reactive and less anxious to challenging situations noticeably different in 10 days, after 10 years. This continued to improve over the next weeks. Her typical irritability and anger were gone, she noticed, when we met at the second face to face appointment. After the 7 weeks, S.T. said she was 80% better.

After about 10 days, S.T. told me she even woke up feeling more refreshed which she had not experienced for 10 years.

Facial hair came away from her face much more easily than before after 14 day or so, and remained this way.

Libido – was definitely improved, especially after undertaking resistance exercise and lifting weights. This occurred after 3 weeks.

Weight – S.T. lost 4 lbs of weight in the first 20 days without trying to

reduce her calories and this remained off.

PMT – for the first time EVER she did not have the usual crippling PMT prior to her period which occurred 4 weeks after the first appointment.

After about 5-6 weeks, her digestive system seemed to be working much better, not that it had been a focus. She said it had gone up a few notches and remained there. Everything in her body seemed to be working better.

S.T.'s muscle pains diminished gradually over the weeks, so that they are about a quarter of what they were. A 75% improvement in 8 weeks.

S.T.'s husband was extremely grateful and sent this message to me via his wife at the third appointment.

S.T. told me she had experienced about 7 weeks of "joy" since we had first met.

She told me she felt like an entirely different person. "It has been amazing, who would have thought that changing your diet and taking a few supplements could transform your health like this!" she said.

She questioned whether it was a placebo effect, and then apologised for asking. She told me that she had had to pinch herself over the weeks to check that it really was happening.

We have still to find out if S.T.'s cycle will be consistently regular. She feels very confident she is more fertile now than she was before, and is now considering a cycle of IVF.

Revised Supplements & Dose

At the second follow up, the supplement programme was reduced to these:

AR – Co Q Gamma E	1 with breakfast & dinner
AR – Sugar Balance Formula	1 at each meal
AR – FlaviNOx	2 with each meal
Bio-Tech – D-Mannose powder	½ tspn in water on alternate nights, or as needed

The only new item was the Marty Pall PhD formulated **FlaviNOx** (AR) which is part of his CFS / FM protocol. It provides a combination of water soluble antioxidant plant extracts designed to support the NO /

ONOO cycle (hence the capital NO in the name of the product).

In clinical practice with the Marty Pall protocol suggestions, for a patient who requires some but not a totally dedicated CFS / FM programme, I have most often found that it is best to rotate the products, which is why I changed the NAC Enhanced Antioxidant Formula for the FlaviNOx.

Comments

S.T. continued to experience the significant improvements in her health, which she had witnessed in the first 4 weeks of her NT programme.

Her signs and symptoms improved rapidly and then more so as time went by, and the speed of the changes took her by surprise, and still do. She is in a partial state of shock.

The immediate cessation of her UTIs do appear to be well correlated with many improvements within her body, as if a burden was removed in this process, thereby permitting her communication system to work much more effectively.

I have witnessed this dramatic change in overall health just once before, from memory, with a patient in whom H. pylori was discovered without the typical H. pylori profile. Many seemingly unconnected conditions, signs and symptoms including endometriosis, pelvic inflammatory disease, exhaustion, brain fog, as well as abdominal pains and so on resolved very rapidly and her body seemed to simply work much better.

It is possible that S.T. represents a similar case in whom a single low-grade infectious agent was contributing to multiple imbalances. This offers a theory as to why she has made such strong gains in health, and so swiftly, from following good wholesome dietary habits and effective supplements. Having identified a possible major contributor to her less than good health, she will no doubt have improved her insulin levels, and we have also targeted her CFS / FM cycle with the specific supplements.

Practitioner

Antony Haynes, BA(Hons), Dip ION, BANT, CNHC, Nutritional Therapist practices in London, W1.