

# Case Histories

## Case History – Psoriasis, Arthritis & Fatigue All Resolved

<b>Gender, Age, Occupation, Nationality, height and weight.</b>	Mrs F.B. is 55 yrs old, married with “almost grown up” children (20, 18, 17) and lives near London. She is 5ft 2 ins and weighs 10 stone 6 lbs (157 cm, 65 kg).
<b>Presenting complaint – list and duration</b>	<p>Mrs F.B. presented with a 20 year history of psoriasis, and a more recent 5 year history of aches and pains and two years of noticeable fatigue, although this had been developing for a few years before that.</p> <p>Her tiredness had evolved over time so that it was hard to tell that she really was so much more tired than she ever had been in the past. It was only after meeting up with an old friend whom she had not seen for years that it was highlighted how different she was. This prompted F.B. to seek some help to restore better health.</p>
<b>Any Investigations</b>	<p>Mrs F.B. had been given steroid cream and then coal tar for her psoriasis which manifested a month after her first child, 20 years before. However, although the coal tar was quite effective, she no longer used it, despite the fact that the psoriasis had spread to more locations on her body (scalp, elbows, backs of knees and forearms) and was more inflamed.</p> <p>5 years ago, Mrs F.B. had experienced a rapid onset aches and pains in her thumb joint, feet and knees for which she had been prescribed methotrexate. This medication had resolved the pain. She was not able to continue with the methotrexate for more than a few months as her WBC count reduced so she was taken off it, slowly. She lived with the aches and pains, (possibly psoriatic arthritis ) for a few years but then they worsened and she was prescribed 60 mg of prednisolone for a short term, and then reduced it. It worked very well, except she put on weight (linked with increased oedema), and then felt even more tired after she had stopped the steroids.</p> <p>F.B. has become fully aware of the risks linked to pain-killers / steroids and wants to find a resolution to her condition without the significant side effects of medications. She complains of feeling drained with constant pain in her fingers, wrists, feet, elbows &amp; knees and sometimes elsewhere in her body.</p> <p>In the Nutritional Assessment Questionnaire, F.B.’s highest score was in the adrenal section, with a symptom profile of 29 with the specific symptoms / signs related to pain scoring to the maximum. This helped to confirm the need to counter inflammation and support her adrenal health.</p>
<b>Strategy</b>	The primary focus was to ensure an anti-inflammatory dietary intake along with supplements to support appropriate inflammation control and support a healthy adrenal function.
<b>Diet &amp; Supplements:</b>	F.B.’s diet was quite sound, but changes were made to help it become more appropriate for her needs – namely, her coffee was reduced from 5 cups per day to 2 in the first instance, her all fruit breakfast was changed to include a protein (sardines)

## name and dose

with small portion of sustaining carbohydrate (gluten-free toast). She was recommended to eat wheat-free or gluten-free. Her water intake was increased to about 1.75 litres per day & her alcohol was reduced from 3 glasses a night to none for the first month. Her lunch & dinner remained largely unchanged except the volume of red meat was reduced from 3-4 times a week to once and replaced with fish or leaner meat. Lastly, her milk intake was reduced and limited to the 2 coffees per day, resulting in about an 80% reduction per day – she sometimes would drink a glass in the morning.

The supplements recommended were:

<b>Allergy Research – Arthred powder</b>	<b>– 1 scoop 2x daily</b>
<b>Biotics Research – Bio D Mulsion Forte</b>	<b>– 1 drop with each meal</b>
<b>Biotics Research – Bio Allay</b>	<b>– 2 caps with each meal</b>
<b>Allergy Research – Calm Recharge</b>	<b>– 1 tspn a.m. &amp; p.m.</b>

Arthred powder – a patented, pre-digested collagen powder that has been demonstrated to reduce articular joint arthritic pains and reduce the need for pain medications. In addition, it has also been useful to heal the gut lining and support skin health.

Bio D Mulsion Forte – provides 2,000 iu per drop of emulsified vitamin D3. A product that has been proven to raise vitamin D levels quickly.

Bio Allay – provides 3 well documented anti-inflammatory herbal extracts: Devil’s Claw, White Willow Bark & Frankincense (Boswellia). Often used as an analgesic.

Calm Recharge powder – a very effective formula for providing energy support for the adrenals whilst at the same time, providing calming nutrients to temper anxiety, tension and feeling ‘wired’ – hence its name. It contains Vit C, Ca, Mg (in 3 forms and at a useful dose of 300 mg per serving), L-Theanine, Glycine, GABA, Taurine and a herbal blend to support adrenal function.

## Duration

The first phase was for one month, and then, due to the success, Mrs F.B. continued for one more month and has now adopted the changes as her new default diet.

We met after 4 weeks, and 8 weeks with email contain in between times.

## Outcome

F.B. told me when we met 4 weeks later that she had experienced a gradual but persistent improvement from Day 7 of the programme. Her aches and pains lessened, her psoriasis patches were less red and less itchy – and she had been sleeping better as a result of that – and she felt her mood was better too.

Her energy became noticeably better after about 2 weeks, and as is often the case with patients they do more things and do not notice energy improve but their production output goes up.

She took the supplements about 90% of the time, and quite liked the powdered supplements which she took together.

Interestingly, she experienced no withdrawal effects from wheat or alcohol and found the new way of eating to be surprisingly straightforward. This, for me, was an integral

part of her being able to improve her health – the relative ease of compliance.

By the end of 4 weeks, F.B. could safely say that her aches and pains were 40% improved, her skin was not itchy at all and the angry redness had disappeared entirely, and her energy had shifted and was about 40-50% better – with the key feature being that the fatigue she had been experiencing in the afternoon was now greatly reduced.

In these case histories, there has been an emphasis on identifying the needs to rotate the supplements to meet the changing needs of the patient. However, this is one of the rarer cases in which the supplement programme remained the same for the next month. Again, compliance was aided by the fact that her family and husband had seen distinct changes in her and their support played a role in her continued application of the Nutritional Therapy. I did note at the time that it would be ideal for every patient to have this kind of home support.

We met again after 8 weeks, and F.B. had made continued progress, reporting that her mood and sense of well-being had never been better, the aches and pains were still present but much less so (75% improvement) and her energy was also about 75% better and she was also doing a lot more.

Mrs. F.B. continues to follow this programme, enjoys the diet and particularly the increased wellness and is following a 30% reduced supplement programme all round to determine if this will help to maintain her benefits at the very least.

## Comments

Not every case is as simple as this, with our eNews Compelling Cases sometimes being quite complex. However, this is an example of firmly knowing the diagnosis, and pursuing a strategy of an anti-inflammatory diet with some notable changes (wheat and alcohol, for example) and a robust supplement programme.

What is interesting is that two of the products that proved to be very helpful for F.B.'s psoriatic condition were also successful in a previous case history – one of Karen Devine's cases in June 2010 - <http://tinyurl.com/6afvhn2>. These two products are Calm Recharge and Bio D Mulsion Forte. This is logical due to the involvement of the adrenals and vitamin D in the psoriasis but perhaps the need to reduce anxiety along with the adrenal support, which is what Calm Recharge helps achieve, is also worth remembering.

## Practitioner

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