

Case Histories

Case History – Psoriatic Arthritis

Gender, Age, Occupation, Nationality, height and weight.	<p>Miss L is 38yrs old, single British lady of Indian origin. She has a full time administrative job. She is 5ft 4 ins and weighs 8 stone (162 cm, 50 kg).</p>
Presenting complaint – list and duration	<p>Miss L presented with Psoriatic Arthritis which had been flaring up on and off for about 12 years. At first, it appeared as small patches in various parts of the body with slight joint pains. The psoriasis had presented itself 3 weeks prior to her initial consultation, all over her torso, legs, arms, hairline and scalp. The arthritic joints had also returned in the hands, wrists, neck and shoulders.</p> <p>Sleep was also a significant problem, physically tired, but mentally active at night preventing her sleeping until 3-4 am. She would wait until physically exhausted before going to bed in an attempt to sleep better.</p> <p>She also had bouts of constipation with just 1 bowel movement every 3 days.</p> <p>Miss L had worked with a Nutritional Therapist in the past on/off which helped a little with the psoriasis. The main focus had been working with an anti-candida diet (on/off for a couple of years) but in her own words she had lost direction slightly as the supplements and diet she had been previously prescribed seemed to no longer work for her.</p> <p>Miss L also revealed many emotional issues at the consultation, particularly family issues which were a major stressor for her. Major life decisions were being put to her from the family but she felt trapped and in her words “frustrated and angry”.</p>
Any Investigations	<p>Miss L had had a previous functional stool test and also a candida antibody test which showed she had a yeast overgrowth. The focus of her previous supplements and diet were to address these issues</p> <p>I ordered an adrenal stress index (ASI) test and a Vit D test (25, hydroxyvitamin D).</p> <p>Cortisol levels were high at sample one (33.4 with range of 12-22), high on sample 3 (8.7 with range of 3.0-7.0). The two other samples were normal but the total daily cortisol was high at 51.8 (with range being 21-41 nmol/L.) This type of result indicates a Resistance Stage 1 – Adapted Response which may be due to a variety of causes including glucose intolerance, family dysfunction, panic and anxiety disorders.</p> <p>Vitamin D status was borderline low 52ng/ml (optimal is 50-80)</p>
Strategy	<p>The primary focus was to achieve a normal sleep pattern in the first month, along with support for her adrenals, inflammation and blood sugar levels. The diurnal rhythm of cortisol needs to be balanced in order for detoxification during the night to take place, therefore by working on the sleep and adrenals were crucial for healing.</p>

Diet & Supplements: name and dose

Miss L had been on a very restricted diet on/off for a year and whilst she continued to have some good nutritional choices she had picked up the habit of eating biscuits as snacks and missing breakfast. My advice was to eat more regular meals, more quality proteins and asked her to focus on a little more raw foods as these had been reducing over the months and replaced with more simple carbohydrate foods.

The supplements recommended were (I introduced both of these at the initial consultation to help calm and improve sleep):

Allergy Research – Calm and Recharge – 1 scoop 2x daily

- A formula containing a mix of amino acids, vitamins and minerals which may have a calming effect

Allergy Research – Stabilium – 4 caps on rising for 2 weeks

- Contains a high concentration of small peptides similar to pituitary and hypothalamic stimulating peptides which act as hormone precursors to neurotransmitters such as GABA, enkephalins and endorphins which can all support the nervous system and help to adapt to stressful conditions.

Duration

The first phase was for one month, and then, due to the success, Miss L continued for a further number of months.

Outcome

Miss L advised that sleep had massively improved in the first 3 weeks of taking the 2 supplements and she felt an inner calm return. Within this time she had completed her adrenal stress test which helped steer her programme.

The adrenal results prompted me to recommend additional supplements:

Biotics Research – ADHS – 2 at breakfast and 2 at lunch

- ADHS is an adrenal support supplement which has shown to normalise a high cortisol reading.

Biotics Research – Intenzyme Forte – 3 tabs 3x daily in between meals

- Contains trypsin and chymotrypsin which are effective for reducing systemic inflammation & tissue damage in order to reduce the arthritic joint pain, as well as to help bowel regularity.

Nordic Naturals - PRO EFA Liquid – 2 teaspoons daily

- Provides a good level of mixed essential fatty acids (3,6 and 9) from fish oil and borage oil.

Biotics Research – Bio D Mulsion Forte – 4 drops daily

- This provides a daily dose of 8,000 iu per day.

Biotics Research – Glucobalance - 1 at breakfast and 1 at lunch

- Multi nutrient formula by Drs Gaby & Wright to support blood sugar balance and to address glucose intolerance.

After 4 weeks on these additional supplements (6 weeks in total) the results were:

1. Sleep - the biggest change. Miss L fell asleep and was able to sleep through the night. This enabled her to organise her thoughts and "get clearer on her future direction".
2. No joint pains
3. Bowels had regulated
4. Psoriasis had cleared from the bottom of the legs and hands and was fading on the upper arms. Still patches on the torso but not so red and angry.
5. Greater awareness about stressful situations and had recently found herself reacting in a better way to familiar family stress.

2nd appointment

The **Intenzyme Forte** was reduced to 2 tabs 2x daily in between meals

The **Stabilium** was stopped.

Calm Recharge was continued.

Arthred Powder (AR) was added – 2 scoops per day on an empty stomach

- A collagen formula for skin healing

Adrenal Rebuilder (Future Formulations by Dr Wilson) – 2 at breakfast and 2 at lunch

- To give a glandular support on the HPA axis as she advised she wanted to be supported for a period of events coming up in her life.

3rd appointment

- Only a very few patches remained on the torso. Miss L was taking more control of her issues and dealing with them. She felt happier and lighter and has found her sense of self once again. This is still an ongoing case.

Comments

Although the root cause of Miss L's psoriasis condition can be linked to her emotional state, the Nutritional Therapy (NT) has had a profoundly positive effect on her overall well-being and specifically on her psoriasis.

By being able to focus on the prime issues linked with stress (i.e. her sleep) with effective remedies and further improving her physical and mental recovery on the basis of the saliva test results, NT has proven to be a remarkably effective route for Miss L in overcoming the often challenging condition of psoriasis and associated arthritic symptoms.

Practitioner

Karen Devine, D.N.Med, D.N.Th, D.Homotox has a clinic in Peterborough and London