

Case Histories

Case History – Severe Bloating Resolves with NT

Gender, Age, Occupation, Nationality, height and weight.	<p>Mr. M.H. is 54 yr old businessman, husband and father of two young adults. He is 6 foot 2 and weighs 10 stone 2 lbs (188 cm & 63 kg).</p>
Presenting complaint – list and duration	<p>Mr. M.H. developed a number of different signs and symptoms some 20 years previously but had never addressed them. Now, however, his abdominal bloating was so uncomfortable that he was seeking help for the first time from a professional source other than his GP. His GP who had recommended antacids, which unfortunately had increased the bloating and discomfort.</p> <p>He had asked his wife to photograph his abdomen which he brought along – a headless shot with him lifting his shirt, wearing trousers and it resembled a puffer fish or a bullfrog’s puffed out cheeks, and it was a good imitation of a pregnancy.</p> <p>M.H. also had puffy eyes, itchy skin, and brain fog that meant he had periods of very poor function, and an inability to gain weight. These had been present for the last 2 decades and he had ‘put up’ with them. Recently the pain had become too great.</p> <p>He had also embarked on a gym training programme with a PT to improve fitness and to gain some muscle, and it was the PT that had referred him to me.</p>
Any Investigations	<p>His GP had not conducted any tests but had recommended antacids of two different types. Both increased his bloating, and the other symptoms also worsened when this happened.</p> <p>Unlike the majority of my patients, M.H. had not tried any significant dietary changes or supplements, but was currently taking a multi vit & min and a fish oil.</p> <p>A stool test was recommended, but it came back completely normal, so there was no evidence of any identifiable pathogens or dysbiosis. His friendly bacteria were 3+ instead of an estimated ideal of 4+.</p> <p>We considered a food intolerance test, but decided that some action was necessary rather than awaiting another test result. He had read the book: The Food Intolerance Bible whilst awaiting the stool test and was ready to embark on some gut healing and trial avoidances.</p> <p>A Gastro-Test to investigate the level of HCl acid was performed, and the results showed a normal level of stomach acid (pH of 2) View Info.</p>
Strategy	<p>We met for the second time, two weeks after our first consultation, to discuss the stool test. At this appointment that it was agreed to embark on a trial avoidance of culprit foods and start taking some supportive supplements. His wife attended this appointment and was very willing to make whatever changes were necessary, in the short term. We agreed on a one month trial and then a follow up review.</p>
Diet & Supplements:	<p>With the negative stool test and absence of any parasites and our further discussion,</p>

name and dose

M.H. agreed he understood the principles of removing potential food intolerance culprits and swallowing remedies to support his digestive system.

From a careful diet analysis, plus contributions from his wife, we decided that M.H. was to avoid all gluten grains, and to consume only a small amount of any starch / carb at any given meal, since the symptoms were worse after carbs. He was to avoid all dairy products. He was also going to avoid all alcohol for now, not that he drank much – about 3 glasses of wine a week. He told me that sometimes, when he drank a glass he felt completely hungover as if he had been very drunk. This was however, a random phenomenon.

In order to compensate for the foods not eaten, which was important for his weight since he lost weight rapidly and gained it slowly, the amount of protein and fat were increased in his diet.

The following supplements were recommended:

Supplement Name & Brand	Dose
Gluten-Gest (AR)	1 with breakfast, 2 with lunch & 2 with dinner
Lactobacillus GG (AR)	1 with breakfast & dinner
ButyrEn (AR)	1 with breakfast, 2 with lunch and 2 with dinner
NAC Enhanced Antiox Formula (AR)	1 with each meal
Free Aminos (AR)	4 with breakfast & dinner, and 4 immediately after each training session

I recommended he stop his existing two supplements.

[Gluten-Gest \(AR\)](#) (vegicaps)

A formula of veg enzymes designed to support the healthy breakdown of both proteins of gluten and non-gluten grains as well as a range of amylases too. Somewhat ironically, this enzyme formula is particularly useful for those who are gluten free but have a need for improved digestion.

Stool tests' markers for pancreatic enzymes are not always that helpful in determining the benefits of digestive enzymes. They were normal in the stool test, but this is not telling us that additional enzymes will not support improvements in digestive function.

[Lactobacillus GG \(AR\)](#) (100% dairy free)

Although the stool test showed an ok level of probiotic strains, the benefit of the anti-inflammatory role of this well researched probiotic was what I was trying to achieve for. LGG has also been linked to the resolution of bloating in a [paper published in Clinical Gastroenterology](#).

[ButyrEn \(AR\)](#)

Butyric acid (BA) is well known for being the major short chain fatty acid (SCFA) which nourishes the epithelial cells. It helps to support bile flow as well as help colonisation of friendly bacteria, and it can also reduce ammonia which may be linked to brain fog.

Whenever carbs are reduced, there is likely to be less BA due to lower levels of substrate for the probiotics, and therefore this product is a logical addition to any gut healing, anti-inflammatory programme. It can also help to [support healthy bowel movements](#) which can sometimes alter when grains are avoided or much reduced.

NAC Enhanced AntiOx Formula (AR)

NAC with TMG and ALA and RNA, offering support for glutathione production, and healthy detoxification and reducing aberrant cellular inflammation. Given M.H.'s intolerance of alcohol, I included this product, and with food so as not to aggravate his gut.

Free Aminos (AR) (100% dairy free)

To help heal his gut and support healthy detoxification but also to ensure a useful level of very absorbable free form aminos, this product helps preserve lean muscle tissue and improve response to the effects of resistance training. Although his food protein levels had been increased, and although his acid levels are fine, I considered he was in too great a state of catabolism, possibly due to the likely inflammation within his gut (It was this altered inflammation that I felt was a likely cause of the abdominal bloating in my opinion). Furthermore, I wanted to ensure that he did not lose muscle during the first month's trial.

Duration

M.H, with the support of his wife who ate the same as he did at joint meals, followed the exclusion and reduced carb diet for 4 weeks and then returned to see me.

He then continued along very similar lines for a further 4 weeks, but with a slightly different programme.

We met again after another 4 weeks, and reviewed M.H.'s progress.

Outcome

M.H. had prepared a list of his food intake over a typical week of the previous four weeks, and a note of how he had been feeling over the course of that short time. His wife attended again, and she told me that it was because of the significant change in her husband's health that she was enthralled in the process and wanted to be a part of it.

M.H. had experienced no real change in the first week, with a low grade headache and slightly sluggish bowels. His bloating had not changed at all, but it did not worsen either.

In the second week, he noticed that his energy was better, his mood was definitely better (agreed by all around), his itching was 50% less, his puffy eyes were not constant but intermittent, and his bloating was about 30% less than it had been.

In the third week, M.H. observed further improvements and his eyes were less and less puffy now. His bloating was about 50% better and noticeably less tender and sore.

In the week preceding the follow up, M.H. had noticed that his muscle definition was clearer than ever and noted by the PT. He weighed only 1 lb more, and yet he was stronger and had more muscle mass. Most importantly, his bloating was now 75% better (by his estimation). It was improving day after day, he told me, whilst looking down at his greatly reduced abdominal protrusion.

M.H. and his wife, who had also felt more energetic since following the same diet and

had clearer skin, agreed that the trial should continue.

Whilst I could well have maintained the very same programme, I decided to rotate the probiotic with another dairy-free probiotic called GI Flora (AR) – at a dose of 2 with each meal (but starting on 1 and building up over 6 days to the full dose). Consistently, I have found that a rotation of probiotics appears to work best for most people.

At our 4th meeting, 8 weeks after he began his programme, M.H. was really very pleased and he decided to show me his abdomen for the first time (the previous time was in a photo) and he told me he was trying to stick his gut out but it would not push out much at all. However, for so many years in his life, it had been remarkably distended, with the painful component being a more recent symptom. This was a marked change (and I wished that I could achieve this success with every patient with bloating.)

I suggested he very gradually reduce his supplements one by one to 50% of the original dose, or thereabouts, in order to determine what the lowest dose was in order to maintain the benefits. He agreed to do so.

Comments

Abdominal Bloating is such a common problem for so many people. Each person varies and may have one of a number of causes, including neurological or stress related, and needs to be investigated individually. Please read this review: [Confused About Abdominal Bloating? – No More!](#)

Perhaps the reason why this case was so successful, and more so than almost any other case I can recall in recent years, was the fact that it was a man who did not have any pathogens or, and we managed to choose the most relevant food groups to avoid, and the correct supplements for him too. The supplements no doubt made a difference, and perhaps only in time will we know how successful when M.H. reduces them. Do view this article about bloating on our website as well: [LGG \(Culturelle\) Resolves Bloating and Distension.](#)

This case reinforces the connection of food intolerances and altered intestinal permeability with a multitude of ‘allergic’ systemic type symptoms as well as fatigue, brain fog and puffy eyes, which all disappeared when his gut was healed, when he could better digest what he was eating and when he avoided what we can describe as “culprit” foods.

Practitioner

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