

Case Study: 53 y/o Cosmetologist Presenting with Rash & Fatigue

with
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Jan Chamberlain



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Presenting Case

Chief Complaint: Itching, cracking rash on hands, arms, leg, and trunk. Diagnosed by her doctor as “Dermatitis” with accompanying prescriptions of Antibiotics, Prednisone & Topical Hydrocortisone.

Onset & Duration: October 2013; exacerbated by sun exposure and Christmas 2013 holidays.



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Top Health Concerns

- Rheumatoid Arthritis (“asymptomatic”; but hands are misshapen) – diagnosed at age 34
- Brain fog, belly fat, & burnout – past 2 years
- Candida & digestive issues
- Difficulty losing weight, even with exercise & dieting
- Diagnosed with hypothyroidism at age 24 – has taken Synthroid & Zoloft for 29 years
- Allergies & recurring sinus infections

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Medications

1. Lansoprazole (**Prevacid**) 30 mg 1 **daily**
2. Levothyroxine (**Synthroid**) 125 mcg 1 **daily**
3. Leflunomide (**Arava** for RA) 20 mg 1 **daily**
4. Sertraline (**Zoloft** - SSRI) 100 mg 1 **daily**
5. Sulfasalazine (**Azulfadine** - sulfa drug) 500 mg 2 x **daily** (Just barely started me on this because of 1 flare-up a month with my RA. My RA is under control other than that. I can physically do what I want to do.)
6. Cetirizine HCl (**Zyrtec** antihistamine) 10 mg. OTC- I take these for allergies when needed
7. Fluticasone (**Flonase** nasal spray) 50 mcg for my horrible sinus. I will tell you that I have abused the Z-pac over the years because of my re-occurring sinus infections. I've been to a sinus specialist and he said my sinuses were fine.
8. **Prednisone** (for rash) now, 10 mg: 4 for 3 days, 3 for 4 days, 2 for 5 days, 1 for 7 days then stop. I have 9 pills left (1-22-14) This is my second round. Was on a 5-day course at Christmas. 5-4-3-2-1 dosage. Not doing anything for my rash.

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Surgeries, Injuries, Major Illnesses

- Staph infections: May 2013 - 2 huge rounds of antibiotics; In 2000 in hospital 4 days
- Hysterectomy (still have ovaries) - age 46
- Food Poisoning during Thailand trip in 2008
- Viral infections - frequent
- Scar tissue in lungs discovered on chest x-ray from prior pneumonia
- Carpal tunnel (both hands) - age 35
- Gull Bladder removed - age 38
- 3 foot surgeries from arthritis and bunions - age 40
- Eyelids, breast lift, and some liposuction on glutes, thighs & tummy – age 43
- Fell and hit head pretty hard, needing stitches - age 42
- Shingles 2 times, once on back, once on arm

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SpectraVision Scan:

- Large Intestine frequency – compromised
- Lymphoreticular frequency – compromised
- Candida frequency – several strains present
- Nutrient Absorption – compromised
- Emotional frequencies – (Flower Essences)

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Lab Findings

- TSH low – .05 in a range of 1.5-3.0, despite taking Synthroid for 29 years.
- RDW - elevated in Oct & Dec: Iron, B12, Folate deficiency
- MCV – low: Anemia, iron, B6 deficiency
- RBC elevated: Vit C deficiency, dehydration
- Neutrophils high & Lymphs low – Bacterial Infection!

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Family History

- ✓ Rheumatoid Arthritis runs in family
- ✓ Father & Mother both still living – no health issues known
- ✓ Father's father had RA
- ✓ Grandparents dead – Heart issues, but nothing else to her knowledge
- ✓ Sister has RA

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Lifestyle Habits

- ✓ Regular sleep: 8 hrs/night
- ✓ Regular meditation, exercise: 5 days x week
- ✓ Positive family relationships
- ✓ Enjoys exercise when she has the energy
- ✓ Positive attitude, open to alternative healing modalities
- ✓ Stress - husband on disability; finances (no savings, retirement)
- ✓ Fatigue for the past 2 years
- ✓ Sometimes need to skip exercise due to fatigue
- ✓ Inconsistent intake of supplements
- ✓ Has been "on a diet" her entire life – Weight Watchers, HCG, Ximo (ephedra & green tea), Visalus (soy shakes).
- ✓ Cravings for sugar & sweets
- ✓ Exposed to chemicals daily – has her hair salon in her home.

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Food

- ✓ Tested positive for allergies to gluten, dairy, peanuts, and eggs - still eats these foods in small quantities
- ✓ Recently (2 mos.) quit caffeine, diet soda (44 oz/day) addiction
- ✓ Soy protein shakes
- ✓ Drinks water – will up intake.
- ✓ Sugary foods at times. Understands need to stop sugar.
- ✓ Craves sugar (night) – sometimes eats bowl of cereal for dinner because she is too tired to cook.
- ✓ Daily - salads with either chicken or tuna
- ✓ Daily - oatmeal
- ✓ Tried a green smoothie with cilantro for detox - felt ill and it exacerbated the rash again. Is leery of green smoothies.

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Possible Nutrient Deficiencies

- Low Stomach HCL (Prevacid)
- Intestinal Flora (Candida, antibiotics, large intestine)
- Gluten, cross-reactivity (Oatmeal, soy)
- Zinc (Skin rash)
- EFAs – Omega 3s, DHA (adrenals, blood sugar, low TSH)
- Iron, Ferritin (labs) - fatigue
- Magnesium, Chromium (blood sugar)
- B12/Folate/B6 – (Labs, neurotransmitters, Zoloft dependency)
- Iodine? (Low TSH)

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"Subtract, Then Add"

Remove:

- ✓ Chemicals in Home & Work Environment
- ✓ Gluten, Dairy, Peanuts, Egg, Soy, and Corn
- ✓ Sugar & Caffeine
- ✓ Fermented or moldy foods and alcohol
- ✓ Unnecessary Stressors
- ✓ OTC Medications
- ✓ Prescription meds under doctor's supervision

Add: Hormone Balancing Protocols & Support...

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Dr. Ritamarie's Hormone Balancing Hierarchy

- ✓ Digestion
- ✓ Blood Sugar
- ✓ Adrenals
- ✓ Thyroid
- ✓ Sleep
- ✓ Sex Hormones
- ✓ Organ Specific

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Digestion/Detox

The Foundation for Healing!

- ✓ ½ her body weight in water daily – avoid 30 min. before/after meals
- ✓ Daily Sauna - (she's doing well with this – rash is responding)
- ✓ Detox Foot Bath (BEFE) – no epsom salts in case of MTHFR
- ✓ Colon Hydrotherapy w/wheatgrass implant
- ✓ Heart Math before Meals, reduce unnecessary stress
- ✓ Stomach Acid Issues – Wean off Prevacid, support with digestive enzymes, bile salts (no gallbladder) – HCL challenge when tolerated.
- ✓ Malabsorption, Leaky Gut – (Avoiding NAC in case she has MTHFR) – Slippery Elm, Marshmallow Root, Yellow Dock, Galactan, Aloe Vera juice
- ✓ Probiotics: 20 billion CFU's – 2 @ Bedtime

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Blood Sugar

- ✓ Teach to take BG and monitor throughout day.
- ✓ 30-Day Metabolic Reset
- ✓ **Morning Protein, Omega 3s** (control Leptin, sugar cravings at night) – change breakfast to chia porridge w/Sun Warrior protein powder, ground flaxseeds, green powders, chlorella, and shredded coconut.
- ✓ Magnesium, DHA, Chromium supplementation
- ✓ Speed Bursts
- ✓ Meal Spacing
- ✓ Recipes & Meal Plan Support – enlist her sister-in-law & spouse (e.g. Jenn's FB post w/photo of BG monitor reading to family & friends)

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Adrenals

- ✓ Heart Math – Yoga Classes at Spa
- ✓ Lymphatic Drainage Massage
- ✓ Cranio-Sacral massage w/emotional release work
- ✓ Adrenal Elixirs – Ashwaganda, Rhodiola, Astragalus, Maca, coconut oil, protein
- ✓ Thiamine
- ✓ Vit C calibration
- ✓ Vit D3 supplementation
- ✓ Zinc challenge

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Thyroid

This just in from my client: "When I swallow a lot, I feel like there is something in my throat, where my thyroid is. Sometimes it's worse than others."

Lab Follow-up needed:

- ✓ T3, Free T3
- ✓ T4, Free T4
- ✓ Reverse T3
- ✓ TSH
- ✓ TPO Antibodies
- ✓ Iodine loading tests

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Sleep

Not an issue at this time – if it becomes an issue:

- ✓ look at evening, morning BG readings
- ✓ Run ASI
- ✓ Temporarily use Passionflower, Chamomile Tea, Valerian, (Melatonin?) while healing

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Sex Hormones

- ✓ No current complaints in this area
- ✓ Hysterectomy (still has ovaries) – age 46 – no periods.
- ✓ Not on natural or synthetic HRT –
- ✓ No birth control pills since age 21
- ✓ Did do HCG diet (Human Chorionic Gonadatropin)
- ✓ Low-fat dieting may have contributed to low Estrogen, progesterone, testosterone, DHEA
- ✓ Follow up with lab testing if necessary.

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Organ Specific Protocols

Skin Rash:

- ✓ Try wheatgrass poultice (Hippocrates) or aloe vera gel. Switch from Hydrocortisone cream to Ayuderm or Calendula cream.
- ✓ Bromelain digestive enzymes; evening primrose or borage oil; increased EFA intake and probiotics should help, along with detox.

Bacterial Infection:

- ✓ Garlic,
- ✓ 5 drops each of Clove/Oregano/Thyme oils in a capsule,
- ✓ Wild Oregano Oil, Colloidal Silver, Immune support

Sinus:

- ✓ Eliminating dairy & allergens should resolve the issue – use Neti pot instead of FloNase

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Nutrition

- ✓ Gut Healing - remove Gluten, and other 5 allergens - possibly other cross reactive foods?
- ✓ Avoid Fermented, pickled, spoiled foods and alcohol (candida)
- ✓ Daily Gut Rejuvenator
- ✓ Juicing – she purchased a juicer – Wheatgrass juice am & pm
- ✓ Cucumber/celery/sunflower/pea sprout juice w/lemon, garlic, ginger 2x day
- ✓ Green smoothies (leave out cilantro for now) daily
- ✓ Green salads, blended salads, soups daily – goal: 2 lbs of leafy greens/day
- ✓ Avoid fruit while clearing candida. Can do saliva spit test to monitor.
- ✓ Add in fruit cautiously, starting with low-glycemic, such as blueberries, etc.
- ✓ Monitor Blood sugar regularly – 30 Day metabolic reset.
- ✓ Multi-vitamin w/out Folic acid – Sun Warrior liquid VitaMineral Rush

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Recommended Testing

- Full Thyroid panel - specifically FT4, FT3, TPO antibodies
- Vitamin D3 levels
- Hemo A1C, C-Reactive Protein
- Iron/Ferritin/B12/B6/Folate levels
- Estrogen, Progesterone, Testosterone, SHBG, and DHEA
- 23 and Me genetic testing if symptoms fail to respond to nutritional & lifestyle protocols
- Review reflects *general direction and possible concerns*

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