

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

with

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Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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.



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

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.

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
- Gall 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

SpectraVision Scan:

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

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!

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

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.

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.

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)

“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...

Dr. Ritamarie's Hormone Balancing Hierarchy

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

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

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)

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

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

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

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.

Organ Specific Protocols

Skin Rash:

- ✓ Try wheatgrass poultice (Hippocrates) or aloe vera gel. Switch from Hydrocortisone cream to Ayuderme 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

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

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*