

Case Study for SHINE 2016

KIMBERLY WARD

Client is a 35-year-old female who presents with:

- abdominal pain and diarrhea
- fatigue
- trouble losing weight
- hypothyroidism

5'3" and is overweight at 165 lbs. / goal weight 135

She is single, no children and lives alone. Has one pet.

She is a kindergarten teacher, college graduate with her master's degree.

She has done extensive travel through Mexico and Latin America over the last 20 years.



History:

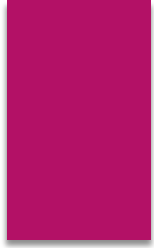
- Presented with severe digestive issues 6 years ago
- Diagnosed **CELIAC DISEASE** 5 years ago with a CELIAC DISEASE PANEL (TTG IGA AND IGG, TOT IGA)
- Diagnosed **HYPOTHYROID** put on Synthroid 3 years ago - never tested for antibodies
- **FOOD SENSATIVITIES** = gluten, dairy, soy and corn and has SULFA allergy
- No complaints related to skin, immune system , respiratory or cardiovascular system
- No dental complaints, no amalgams or dental work in progress
- No known environmental exposures or toxic influences
- No injuries
- History of very healthy foods, non-smoker, very little alcohol
- Flu shots yearly and complies with Kaisers recommended vaccines
- Had a serious **TRAUMA** in 1999



Current Complaints:

- Digestive **pain is daily**, upper stomach and lower abdomen
- **Diarrhea** multiple times per week often daily alternating with **constipation**
- Following a **Paleo type diet** for one year which has helped to improve her symptoms but hasn't helped her lose weight
- Been gluten free, dairy free, soy free, corn free, peanut free and sugar free with high **compliance for the last 5 years**
- Stable at **165 lbs.** for 4 years and is extremely frustrated with lack of weight loss
- Complains of **severe fatigue**. Afternoon is the lowest energy of the day.
- **Insomnia** and restless sleep
- Had significant improvement in her digestive symptoms since being gluten free
- BUT **unable to achieve full resolution** of digestive symptoms
- She states that she hasn't 'felt like herself' in many years
- She feels that perhaps the **traumatic experience** is affecting her current state of emotional and mental health





Client's goals:

1. Increase energy
2. Heal the gut and relieve digestive pain
3. Lose weight



Trouble Shooting

AWESOME intake and assessment protocol learned from NEPT

- Demographics and Goals
- Chief Complaints and Body Systems
- Nutrition, Exercise, and Sleep Stress
- Medication, Supplements, and Environmental Exposures
- Dental Evaluation
- Past Health and Family History

She had a lot of Lab work already complete

Ordered a few more labs

I trouble shoot by goals:



Trouble Shooting Energy Levels

What are the factors inhibiting her from having optimal energy levels??

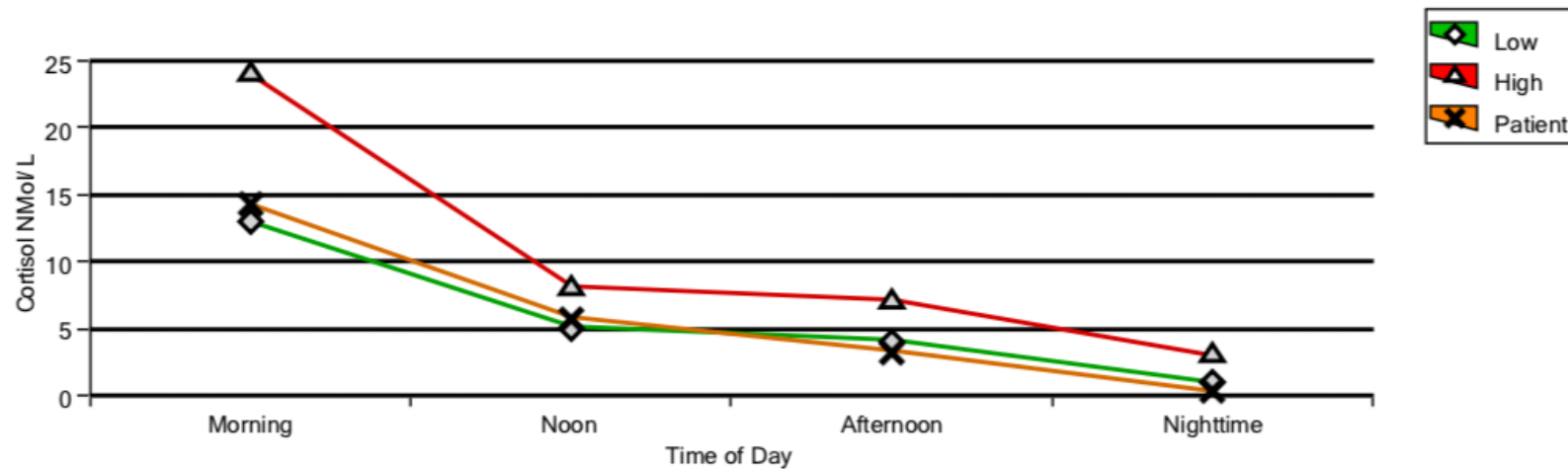
1. Stress??? This client is a survivor of a **serious trauma**. She was a senior at Columbine High School at the time of the massacre in 1999.

I ordered a **BioHealth 205 Adrenal Stress Profile**



Functional Adrenal Stress Profile plus V - 205

Parameter	Result	Reference Range	Units
Cortisol - Morning (6 - 8 AM)	14.3	13.0 - 24.0	nM/L
Cortisol - Noon (12 - 1 PM)	5.7	5.0 - 8.0	nM/L
Cortisol - Afternoon (4 - 5 PM)	3.2*	4.0 - 7.0	nM/L
Cortisol - Nighttime (10 PM - 12 AM)	<0.34*	1.0 - 3.0	nM/L
Cortisol Sum	23.5	23.0 - 42.0	nM/L
DHEA-S Average	3.68	2.0 - 10.0	ng/mL
Cortisol/DHEA-S Ratio	6.40*	5.0 - 6.0	Ratio



Trouble Shooting Energy Levels

#2. Blood Glucose?? **Glucose and HEMOGLOBIN A1C in optimal range at last test**

I asked client to test her glucose levels at home (I suspect may need to support glucose regulation since she has weight to lose) she did have occasional spikes in glucose with some hypoglycemia

#3. Thyroid??? TSH **NOT in optimal range**

TSH 0.70 $\mu\text{U/mL}$ (optimal = 1.3 – 2.0 $\mu\text{U/mL}$)

I requested a **full thyroid panel** including antibody test. She is in fact positive with **TPO antibodies at 43.0** with the range being 0 – 34.0.



Trouble Shooting Gut Issues

What are the possible factors causing the gut symptoms?

#1. **Parasites/Bacteria/Yeast??**

Recent lab test from Kaiser show:

OVA AND PARASITES IDENTIFICATION (OVA&PARASITES IDENTIFICATION, TRICHROME STAIN) Performed for ABDOMINAL PAIN **Result = No ova or parasites seen**

HELICOBACTER PYLORI ANTIGEN, STOOL (ENZYME IMMUNOASSAY (EIA), QUALITATIVE/SEMIQUANTITATIVE, MULTIPLE STEP; HELICOBACTER PYLORI, STOOL) **Result = Not Detected**

STOOL WBC (WHITE BLOOD CELL) (SMEAR, PRIM.SOURCE, INTERP; ROUTINE STAIN FUNGI, ETC) Performed for CELIAC DISEASE, ABDOMINAL PAIN **Results = No fecal leukocytes seen**

FAT, STOOL SCREEN (FAT/LIPIDS, FECES; QUALITATIVE) (Performed 7/17/2015)
Performed for CELIAC DISEASE, ABDOMINAL PAIN **Results = Normal**



Trouble Shooting Gut Issues

Despite the negative stool tests - I highly suspect a leaky gut and a **parasite**, bacteria and/or **yeast** overgrowth due to:

- Stool test not testing all possible factors
- Still has gut symptoms despite being gluten free for 5 years
- Drinks Kombucha tea (yeast!!)
- She's had extensive international traveling
- Low adrenal function
- High neutrophils
- High monocytes
- Low lymphocytes

*Higher or lower than the functional medicine optimal range – the **Blood Chemistry Software** is a very helpful tool!

Trouble Shooting Gut and Weight

What are the possible factors causing the gut symptoms and weight issues?

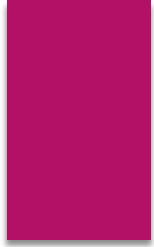
#2. Food choices?

Client wants to do more some food allergy testing BUT I believe that it's NOT necessary at this point. Because she's already done extensive elimination dieting and has found

- Sensitivities to gluten, dairy, corn, soy and sugar
- Not sensitive to FODMOPS
- OK with nightshades, sulfur containing foods and histamine foods

She's highly compliant with her food plan. I suspect that timing, spacing and macronutrient ratios are more significant to her symptoms than her food sensitivities





At this point we have plenty of information to work with – we don't need any more labs unless we are NOT getting the desired results.



Suggested Protocol

Goal # 1 = Improved Energy

- Add **adaptogen herbs** and some **vitamin and mineral supplements** to support adrenals
- Diet protocol with **specific meal ratios, timing and spacing** will support better blood sugar regulation and improve energy levels ([IRSPT protocol](#))
- Incorporate Trauma Resolution Therapy to help **manage stress**, recover from trauma, and **build resilience**
- Work on improving **sleep** quality
- Slowly incorporate more **sunshine/movement/exercise**
- Stick to with current thyroid medications and re-test in a few months (she wants to switch to natural desiccated thyroid after this protocol is complete)



Suggested Protocol

Goal # 2 = Healing the gut and relieve digestive discomfort

- **Specific dietary protocol** to include types of food, serving sizes, ratios of fats/proteins/carbs, hydration as well as HOW and WHEN to eat
- 6 month process to **heal leaky gut** where we rebuild the mucosal lining in the gut and boost immunity
- First address the possibility of **parasites/bacteria** – breaking the biofilm and following parasite cleansing protocol for at least 2 full moons then specifically address yeast with different herbs and foods
- We will be using different supplement and herbal protocol in addition to specific dietary regulations for each phase – largely based upon guidelines from the **GRAND PROGRAM**





Suggested Protocol

Goal # 3 = Weight loss

Following the suggested protocol will result in losing
and regulating weight

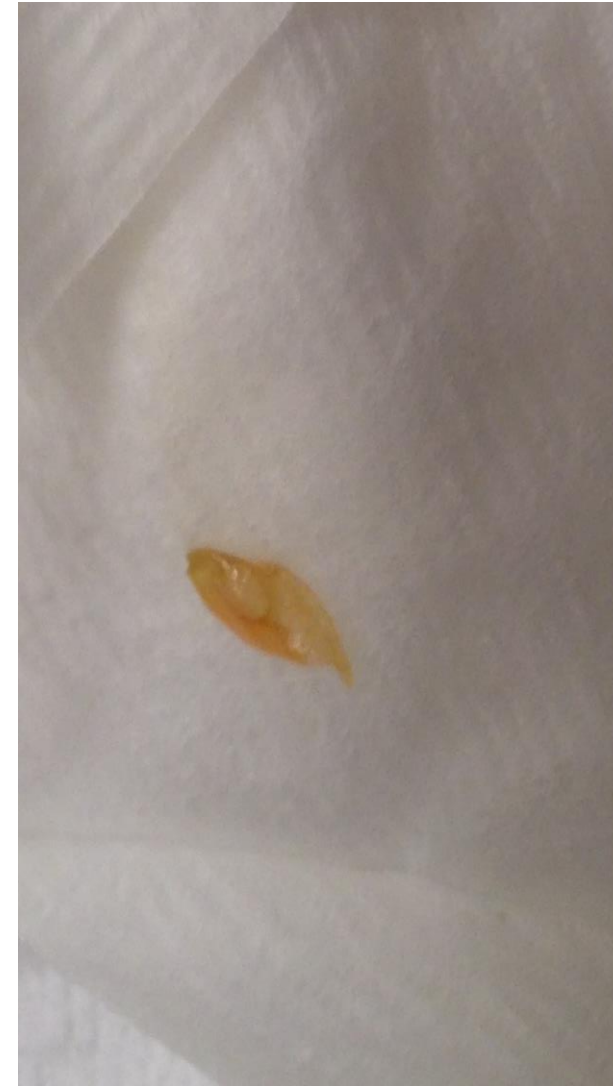


3 weeks into the protocol.....

- 10 pounds down from starting weight
- Energy improving
- Diarrhea decreased

And.....





Just a fluke?????



After completion of the 6 month protocol client reports:

- FULL resolution of digestive issues
- 30 pounds of weight lost within 5 months (and she's maintained!!)
- Energy and Sleep improved significantly



Fitbit Tracker



Starting weight **165** in January - hit goal weight of **135** mid June – successfully maintained 135 – 137