

Pre-Course Preparation – Case History #3

Exercise: Read the following case history and identify the specific neuroanatomical regions involved. Also identify any metabolic, lifestyle, or nutritional factors that may impact those regions.

(This case history was written by the patient)

List name, age and chief complaints

Hi, my name is John Doe. I am a 30-year-old man, although I feel like a 95-year-old man. My chief complaints are severe and constant fatigue, brain fog, and low cognitive function.

Provide a medical history summary:

I am in real estate and went to UCLA. I like tennis, public speaking, personal development, reading, and music. I have found that meditation helps me, as well as prayer.

My mother worked in an environment filled with formaldehyde fumes when pregnant with me. As an infant, I was breastfed only the first couple of days after birth due to lack of production of breast milk. When I was two, I fell from a second-story window and broke my arm. I believe that fall impacted my life to this day.

Throughout childhood I was overweight and suffered from ADD, digestive problems, and asthma. I had to use machines for my asthma. I grew out of my asthma when I reached middle school. I was a bed wetter until almost 13 years old. Throughout my life I have also had tics off and on. Some were facial tics with my eyes and others were sounds with my voice. I always had brain fog and delayed cognition. As a child, when I had asthma and using the machines for breathing, this caused a massive increase in my body hair growth through adulthood in my body and face. I believe I also had antibiotic treatments.

I was in several car accidents in my adolescence. I have gone through two nose procedures for breathing. In 2007, after my second nose surgery, an injury fractured my nose and caused a deviated septum, which I still have.



I have been somewhat of a late bloomer in my life and feel I'm constantly going upstream with my health holding me back.

My hands and feet are constantly cold. I have a deviated septum, which effects my breathing. My energy is constantly low and I have constant brain fog. I have constant digestive challenges with lots of belching and burping, even after small healthy meals.

I feel like a 95-year-old man, not a 30-year old young guy.

More than a year ago I found your book *Why Isn't My Brain Working* and it changed my life. It helped me so much I shared it with my mom who was also severely ill. I felt like it was a biography of my life and the many health challenges I have faced since childhood.

Recently I began supplementing with magnesium, which has helped eliminate the tics for the most part. I also supplement with fish oil, glutathione, glutamine, NAC, Vitamin D, cod liver oil, and MCT oil. I don't drink, or smoke or drink any coffee. Caffeine does not agree with my body.

As far as family illness goes, my mom has lupus. On my father's side there are plenty of neurological problems, including tics, ADHD, anxiety, and panic attacks.

Today I am lean and enjoy jogging and going to the gym. However, my low energy and overall health has been a constant obstacle limiting my potential. I have lost weight without intending to. I believe it could be malabsorption or parasites, or both.

Brain fog, severe fatigue, and low energy have taken over my life to the point where it is holding me back from my destiny and potential. I have ambitious goals but no stamina or energy to sustain me. I have always known I have such great potential, but my own health and weakness are holding me back so that I am moving at a snail's pace in life.

List all of the diagnosis you have been given:

I have been diagnosed with ADD, Generalized Anxiety Disorder, OCD,

List of all healthcare providers you have consulted and their opinions and treatments about your case.

Dr. XXXX for comprehensive brain scans. The result was going on a gluten-free diet and taking 5-HTP and theanine. Dr. YYYY gave me a wide range of supplements from glutathione to calcium and magnesium. Dr. ZZZZ gave me HCl for my digestion.



List any treatments, medications, or supplements that have improved your health.

Thanks to your life-changing book *Why Isn't My Brain Working?* I have eliminated many foods I realized I react to, such as dairy, corn, soy, gluten, eggs, nuts, shellfish. Most of my diet includes 70 percent plant-based foods and grass-fed beef bone broth which has helped tremendously. The rest is organic grass fed meats and poultry as well as occasional wild caught Alaskan salmon. Fruits I eat include organic banana, red organic apples, organic kiwis and organic berries with lots of avocados on a daily basis and organic cilantro, organic parsley and organic lettuce. I try to do coffee enemas a couple times a week. This has been a big help to me.

List any treatments, medications, or supplements that have caused reactions or decreased your health.

I have found out as a general rule that when I take supplements during the day I feel sleepy and fatigued afterwards. That's why I take most of my supplements at night. Even supplements that are supposed to help with energy fatigue me immediately afterwards.

List in a timeline sequence the medications you have taken in the past:

I chose alternative medicine for most part except the times where I had to take antibiotic.

List in a timeline sequence any medical procedures or surgeries you have had:

-2003 1st nose procedure.

-2007 2nd nose procedure