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CASE STUDY # 2

JENNIFER



The logo for 'Healthy Gut' features a stylized green and blue swirl forming a shape reminiscent of a flame or a drop, with the text 'Healthy Gut' in a small, sans-serif font below it.

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Jennifer's Story

- 52 year old female
- With digestive issues, gas and pain since childhood as far back as she can remember as young as 4 years old
- Had irregular bowel movements alternating from diarrhea and constipation
- Age of 16 she was placed on birth control pills, as a treatment for PCOS, to regulate her hormones; she was kept on them for over 20 years
- Over the years has also been diagnosed with cancer, Graves disease, GERD, and osteoporosis.

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Her Story

- She underwent chemotherapy, radiation, and hormone therapy for her cancer; her cancer treatments precipitated instant menopause at the age of 43 which she experienced again, at the age of 46, after having a hysterectomy.
- She also received radioactive iodine treatments which caused part of her thyroid to cease functioning
- Had experienced extreme stress in her work environment
- At one point she was taking 25 pharmaceutical pills per day including chemo medications, proton pump inhibitors, and bisphosphonates, some of which she had taken for years.

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Her Story

- She suffered from anxiety, insomnia, and severe depression (she refused to take anti-depressants or sleep aids).
- She had thinning hair which could be related to thyroid and stress.
- She later found out that she has celiac disease, Candidiasis, adrenal fatigue, and blood work indicated abnormal levels of thyroid hormones and it also revealed mercury toxicity for which she received oral chelation - she has safely remove her amalgam fillings



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Her Story

- However, in the past she has had numerous mercury fillings that were unsafely replace which may explain her thyroid disease
- Client realized that dairy products gave her sharp pains in her pelvic area and caused distension of the abdomen and inflammation throughout her body; she removed dairy from her diet for over 10 years;
- She initially notice an improvement, but continued to have significant digestive issues; gas, pain, and bloating was very severe and chronically occurring everyday and kept getting exponentially worse



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Her Story

- She had tenderness and palpable swelling in her duodenum; all of this affected her quality of life and productivity
- After doing her own research, she suspected she may have celiac disease and could not get doctors to test for it, so she proceeded to try a gluten free diet; she experienced a very significant improvement in her digestion and overall health when removing gluten from her diet.
- She was eventually diagnosed by a gastroenterologist; but because she had already started to heal, the diagnosis was circumstantial and not definitive.



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Her Story

- She is on a gluten free, dairy free, organic, natural, alive and good quality diet.
- She gradually stopped taking all pharmaceutical medication
- Has been taking high quality supplements for added support including herbal thyroid and adrenal support supplement, digestive enzymes, calcium, magnesium, vitamin D, B-complex, fish oil, and Deglycyrrhizinated Licorice (DGL).
- She did high impact exercises and yoga to reduce stress



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Her Story

- Although there has been a significant improvement since the dietary changes, she found that she was still having some difficulties with her digestion and becoming intolerant to many other foods
- Legumes, raw foods, nuts, seeds, cabbage, bananas, apples, sugar, pears, melon, cucumbers, and the list was growing
- If she had a food that was slightly cross contaminated with dairy, she would have an inflammatory reaction, pain, and swelling, and would not feel better for as long as one week after ingesting the food.

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Protocol

- In 2011 she tried several therapies to help improve her digestive health:
- Food combining
- Introducing small amounts of raw food
- Candida and parasite cleanses once every year or two
 - Renew life kits
 - Oil of oregano
 - Wormwood by St. Francis
 - Anti MFP by Douglas Laboratories



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Supplements

- Digestive enzymes, some brands are:
 - Enzymatica
 - Renew life
 - Alpha Omega
- Apple cider vinegar with meals to increase HCl
- Steps to good digestion
- Herbal teas for digestion (ginger, chamomile, mint, lemon grass, marshmallow, etc.)



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Supplements

- A variety of probiotics, some of which are:
 - HMF by Genestra
 - Renew life 50 billion
 - Pure Encapsulations 50 billion
 - Bio-K
 - Biotlor-7
- Chlorophyll
- L-Glutamine supplements plus L-glutamine rich foods
- Juicing



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Supplements

- Chlorella
- AFA (Aphanizomenon Flos-Aquae)
- Maca
- Flax
- Kombucha by Botanica
- Holy Basil by Botanica
- Liver cleanses
 - New Roots
 - Alpha Omega
- Included liver friendly foods in diet
- Kidney cleanses



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Supplements

- Slippery elm powder
- Included probiotic foods in her diet everyday
- Raw honey with turmeric, black pepper, and cinnamon
- Uses fresh ground pepper in foods especially protein to stimulate HCl
- Started fermenting
- Included kefir water, coconut kefir, and goat kefir in diet
- Supplements for cancer prevention: Salvestrols, quercetin B6, curcumin
- Supplements for osteoporosis: Cal/Mag, Biosil, joint care, vitamin D



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Today

- Now the client is able to tolerate many foods that she was not able to tolerate before;
- she can eat raw foods, nuts and seeds, some dairy products occasionally, like goat kefir and raw cow cheese, some legumes, melons (except watermelon causes small digestive discomfort), bananas, cabbage, pears, apples.
- She still has some issues with dairy, but not as much. She still avoids gluten completely.



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Today

- Now when she has foods that are cross contaminated with dairy or gluten, for the most part, she has no reaction and if she does, it's minor and goes away quickly (within hours or overnight at the most).
- Her bowel movements are regular (1-3 times/day). She noticed a significant improvement in food tolerance, bowel movements, and reduced pain when she started to include homemade fermented kefir in her diet.
- She still experiences some anxiety, stress, and insomnia. At times of stress (anytime she is working), her digestive issues worsen, but not as severe and she continues to improve.

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Conclusion

- This case study demonstrates that it take time
- There needs to be adjustment along the way
- But a client who is inspired and motivated will see results
- She understands why she is doing what she is doing and what the goal is – and it allows her to stay motivated
- Today she is healthier and happier but she stays focused on her goals and is ever observant – but in a more relaxed fashion

