



# Eternal Health Medical Centre

case studies

By Dr Elstein

## CASE STUDY

OVERWEIGHT, FATIGUE, BLOATING, MOODINESS AND INSOMNIA

### THE HISTORY

Jennifer is a 45 year-old Accounts Manager who came to see me with a long history of fatigue and insomnia. In the last five years she had gained 12kg (22lbs) because she no longer had the energy to exercise as much as she wanted despite the desire. She worked in a highly stressful job and also did most of the housework and cooking in order to look after the needs of her husband and 23 year-old son, who still lived at home. She described herself as moody, irritable and anxious and she craved chocolate and carbohydrates. She was suffering from pain in the tummy, bloating and diarrhoea and she was sure that some foods were upsetting her, but she was not sure which they were. Her hands and feet were extremely cold and dry and she was noticing that she was losing hair.

### THE TESTS

Her evaluation, which included blood and urine testing and hormone assessment via saliva and blood testing, indicated that she had reactions to yeast, gluten, dairy and soy.

Her hormones were out of balance with low levels of cortisol in the morning, but elevated levels at night, when she needed to be resting. Cortisol is the hormone that gets us out of bed in the morning and energizes us for the day. The production of this hormone needs to go down as the day progresses, so that by the evening our bodies produce much less than the morning, which allows us to sleep. Jennifer's was the other way round. We needed to switch on morning production and reduce the excessive evening production of cortisol.

She was also low in a whole range of nutrients which would affect her energy including B vitamins, iron, the minerals zinc, magnesium, calcium and iodine, as well as protein.

Her sugar metabolism was sluggish indicating that she wouldn't have ready access to those nutrients that would provide her with the energy she needed. Her thyroid levels were on the low side of normal, which would have lead to hair loss and the cold extremities she had to endure. She also had a compromised digestive system with inadequate production of stomach acid and digestive enzymes, which would have contributed to her lack of essential nutrients.

## THE PROGRAMME

Jennifer was placed on a gluten, yeast, soy and dairy-free diet, as well as a tonic to boost her digestive process. She was given a herbal remedy to increase the morning production of cortisol, as well as [Memozeal](#) to address her B vitamin deficiencies and help with her lack of morning energy. She was also given a natural substance to turn off the evening production of cortisol, which would help normalise her sleeping patterns. Zinc, selenium and iodine were added to her regimen to augment her thyroid function, which would make it easier for her to lose weight.

After two weeks Jennifer indicated that her digestive process had improved dramatically and her sleep patterns were markedly better. She was far less stressed, moody and irritable and her energy had definitely taken an upswing. Her renewed vitality and enthusiasm allowed her to devote more time to her exercise programme.

At the six week mark she had managed to lose 5kg (+-10lbs) and her hair loss had started to abate. Her energy had continued to improve and she was still sleeping well.

Six months down the track and Jennifer has stabilised at just under her goal weight. Although she is not fastidious with her diet she still stays away from gluten and yeast-containing foods. She notices that when she eats these she gets bloating and discomfort. She has remained on the [Memozeal](#) and the tonic to boost cortisol in the morning. With the improvements in her digestion she no longer needs to take all the other supplements. Her sugar metabolism has normalised.

I now see Jennifer on a six monthly basis to monitor her progress and to ensure that the enormous gains she has achieved are maintained.

My e-Book '[You Have The Power](#)' deals extensively with fatigue, weight loss, digestive disorders, anxiety, depression, skin ageing, boosting the immune system and improving mental function. Natural hormone replacement and case studies are chronicled throughout the e-book.

## CASE STUDY

FATIGUE, COLD INTOLERANCE, DIMINISHING MEMORY AND POOR CONCENTRATION

## THE HISTORY

Denise is a 41 year-old lawyer who became increasingly fatigued after the birth of her first child six years ago. She was suffering from extreme cold intolerance, so much so that she would rap herself up in warm clothing whilst the other members of her family felt quite comfortable in short-sleeved shirts. She had become increasingly forgetful and her concentration span was poor, which considerably compromised her work performance. Her mood was low for no reason, as she had a good marriage and a stimulating job.

## THE TESTS

Blood testing indicated that she had a yeast intolerance. Despite the fact that her thyroid tests were normal she had elevated levels of reverse T3 a hormone which might block the activity of thyroid function. This is reviewed in detail in my e-Book '[You Have The Power.](#)' Taking small amounts of extra T3 temporarily can lower reverse T3 and stimulate thyroid hormone function.

Saliva and urine testing indicated that her she was producing insufficient cortisol, which would be impacting her energy, with the saliva test identifying that her cortisol levels were especially low in the morning.

Denise was slightly overweight, as a result of which her blood sugar levels were on the high side, indicating that she was at a risk of developing diabetes. High blood sugar levels can make it more difficult to burn fat and can also compromise energy.

Her liver test indicated that her liver enzymes were elevated suggesting that she had an inflamed liver, which might lead to impaired liver detoxification capacity.

A taste test suggested that she was zinc deficient. Zinc is important for hormone function. Low zinc levels can be associated with depression.

A urine test revealed that she had an imbalance of bacteria in her gut. The overgrowth of certain bacteria can promote weight gain.

## THE PROGRAMME

She was placed on a yeast-free diet and was told to reduce her consumption of carbohydrates. Her programme included a probiotic complex to replace the beneficial bacteria in her gut. She was given a small amount of T3 to correct thyroid function as well as a tonic to improve her liver function. She commenced a zinc supplement to boost her hormone function and help alleviate her depression. She also started a tonic to increase cortisol production, especially in the morning.

She returned for a follow-up after three months, with the total absence of any cold feelings. Her mood and mental function had improved considerably. She had lost a moderate amount of weight and had become motivated to restart an exercise programme.

Her blood test revealed that her reverse T3 had gone back into the normal range and her blood sugars had returned to normal.

I have indicated that taking T3 for extended periods of time can be risky, as high levels of T3 are connected with certain cancers. I always tell my patients that all hormones have their attendant risks, especially that of cancer. These can be reduced but never eliminated by adhering to the principles outlined in '[You Have The Power.](#)'

Denise has opted to remain on a small amount of T3 and to take this intermittently, as she has noticed major improvements with the correction of her thyroid function.

## CASE STUDY

FATIGUE, DEPRESSION, WEIGHT GAIN, SORE KNEES LOWER BACK AND HIPS, INSOMNIA, PAINS IN THE TUMMY and ANXIETY

### THE HISTORY

When Heather a 58 year-old CEO of two companies and mother of three consulted with me she was at the end of her rope. Utterly exhausted, anxious and depressed, she was in pain and not sleeping very well. She was taking anti-depressants, nexium to suppress the acid production in her stomach and to manage her repeated tummy aches and reflux, valium to reduce her anxiety and help her sleep and anti-inflammatories for her sore joints.

Since going through menopause five years prior to seeing me she had put on weight and was starting to eat compulsively. She had been on conventional hormone replacement therapy, but had stopped this one year before the consultation. She had a colonoscopy and endoscopy three years ago and this revealed mild inflammation in her tummy.

She was also noticing that her skin had become rather dry and was losing its suppleness.

### THE TESTS

Her blood tests revealed that her iron and B vitamin levels were low. Her iodine levels, where were measured with a urine test, were also low. Iodine is needed to make thyroid hormones and to help eradicate abnormal cells, which protects against breast cancer. She had an overgrowth of yeast in her bowel and had the gene for coeliac disease. Although her tests did not show that she had a gluten intolerance I have often found that placing my patients, who have the gene for coeliac disease, on a gluten-free diet, is beneficial. All of her hormone levels were low including melatonin, which the body produces at night to regulate the body clock and assist with sleep patterns.

Her liver test was abnormal indicating that she had inflammation of the liver and her blood sugar test revealed inefficient metabolism of sugar, which can lead to the development of diabetes.

### THE PROGRAMME

She started on a gluten and yeast free-diet as well as probiotics and natural remedies to correct the overgrowth of yeast in her gut. I suggested that she stop taking nexium to suppress the production of her stomach acid, as I thought this was compromising her digestion. She commenced a natural tonic to boost her digestive process.

She revisited her hormone replacement therapy, although this time it was in the form of separate creams including oestrogen and progesterone. I indicated to her that this might help with her mental status, the ageing of her skin and weight gain, but was also at pains to explain that these hormones, even if they are natural, are associated with an increased breast cancer risk, and that the longer they are taken the more the risk increases. Hormones can also be administered in the form of a troche or lozenge. They are placed inside the cheek or under the tongue, where they are able to melt. These different forms of hormone treatment are discussed in [‘You Have The Power.’](#)

Heather was also given melatonin to help improve her sleep patterns, as her levels were low. She also started iodine as well as T3 to improve her thyroid function. This was designed to boost her energy and help with fat metabolism.

## **THE PROGRAMME..... Continued**

After three months of being on this programme her energy had improved, her blood sugar metabolism had practically normalised, her liver panel no longer revealed any abnormalities and her iron and iodine levels were back within range.

She was buoyed by her results and her programme is ongoing.

## **CASE STUDY**

**ERECTILE DYSFUNCTION, OVERWEIGHT, MOODINESS, FATIGUE, HEADACHES, PSORIASIS AND CONSTIPATION**

### **THE HISTORY**

David is a 53 year-old Sales Manager whose sexual potency and ability to get and sustain an erection had diminished over the past year. He had experienced fatigue and headaches for years.

His moodiness and irritability had only been an issue for the past year and sometimes his emotional state bordered on depression. Psoriasis had plagued him for at least the past twenty years, and I was amazed to discover that at times he only had a bowel motion every second or third day.

He was on medication to lower his cholesterol and treat his elevated blood pressure, as well as an antacid to treat his indigestion.

In the past three years he had gained at least 15 kg (33lbs). Being someone of small frame this made him feel very uncomfortable.

He loved chocolate and sweet foods like cookies and ice-cream and ate these often together with take-away foods. He hardly consumed salads and vegetables.

### **THE TESTS**

He had the gene for coeliac disease suggesting that a gluten free diet would benefit his digestive system, as well as his health and energy. He also had raised levels of antibodies to a substance called Candida, which is synonymous with a reaction to yeast. This means that avoiding yeast containing foods would also be beneficial.

With regard to his nutrient status he had suboptimal levels of B12 which is needed for energy, memory and mental function.

What was concerning was the fact that despite taking medication to lower cholesterol; total cholesterol, LDL, the so-called bad cholesterol and triglyceride levels, which is another storage form of fat associated with heart attacks, were all elevated. This might have something to do with deranged liver function and under-active thyroid hormone function, as these were also compromised. Both the liver and thyroid hormones are responsible for processing cholesterol.

What the liver needs to do is eliminate toxins like a garbage disposal system and once weight increases this can undermine the workings of the liver, as fat on the outside can also accumulate around the liver.

## THE TESTS..... Continued

With regard to sugar metabolism, David's body was having to make excessive amounts of the hormone insulin, which is what helps glucose to get into cells to be used for energy. This is called insulin resistance indicating that fat cells are preventing insulin from executing its functions, like allowing glucose to enter cells. High cholesterol, triglyceride and LDL levels can at least in part be due to insulin resistance and this condition is a risk not only for diabetes but also for heart disease.

David's testosterone levels were low, which would affect his energy, sexual function, muscle mass and insulin function. This might be due to poor glucose metabolism and the inability of insulin to execute its functions.

With regard to thyroid function his body was producing excessive amounts of reverse T3 which blocks thyroid function and this might slow him down possibly leading to constipation and also fatigue.

His cortisol levels, which are needed for energy and especially morning energy were suboptimal and this might also be connected with the tiredness he was experiencing.

You also had elevated levels of homocysteine, a substance that is normally recycled in your body if there are enough B vitamins, however because his B12 levels were suboptimal this would lead to raised homocysteine. Elevated homocysteine is connected with heart disease and Alzheimer's disease, as well as osteoporosis.

## THE PROGRAMME

He commenced a gluten and yeast-free diet, with reduced consumption of sugars and took probiotics and natural remedies to combat the yeast overgrowth in his gut. His wife managed to coax him into eating more salads and vegetables by making them highly palatable and interesting. This allowed him to just about turn his back on chocolate, confectionary and take away foods.

He started a multivitamin, mineral and herbal tonic to improve his sugar metabolism and a herbal remedy to boost the performance of his liver.

I also initiated a programme of hormone treatments including testosterone, which was administered via the application of a cream, as well as thyroid hormone replacement in the form of extra T3.

Men ask me if taking testosterone places them at risk of getting prostate cancer. I explain to them that studies don't show a connection between taking testosterone if levels are low and an increased risk of getting cancer. However, I do add that the evidence is not absolutely conclusive and that testosterone makes other hormones including oestrogen and dihydrotestosterone and these might be associated with an increased prostate cancer risk. I advise them to have these hormones checked, if they are taking testosterone, and to have regular prostate cancer checks.

My e-Book '[You Have The Power](#),' has an excellent chapter on prostate cancer prevention, as well as a segment on natural remedies to treat prostate cancer.

He took [Memozeal](#) to improve his B12 status which would help to lower homocysteine. [Memozeal](#) also contains alpha-lipoic acid, an antioxidant, which not only recycles vitamins C and E, but also

### **THE PROGRAMME..... Continued**

assists with sugar metabolism. In addition to which [Memozeal](#) contains herbs that boost adrenal function and the production of cortisol, which is needed for energy.

By sticking reasonably religiously to this programme, David lost just under 11 kg over three months. He had started an exercise regimen including weight training and he felt much better with gains in energy and renewed sexual vitality. His B12 status, homocysteine levels and liver enzymes had all returned to normal. His blood sugar and cholesterol levels were almost within the normal range.

He has decided to remain on his diet. Even his psoriasis has undergone some improvements, not to mention his digestive process. He now has regular bowel motions.

## **Eternal Health Medical Centre**

**If you are suffering from any of the following:**

- **Weight Gain**
- **Diminishing Memory**
- **Anxiety, or**
- **Insomnia**

**Then your body might be ageing prematurely.**

**At Eternal Health Medical Centre utilising appropriate nutritional, biochemical and hormonal evaluation, the underlying reason for your disorder will be examined.**

**Using dietary manipulation, optimising digestive and liver function with natural remedies and treating your hormonal imbalances, cellular health, energy and vitality can be restored. This can allow you to enjoy a life filled with enthusiasm, vigour, passion, joy and humour.**

**Seeing a doctor might never be the same again!**

**Please call 02 9337 3589 today for more information.**