



Case Study

Gut, Hormones, Weight

Why Did They Come To Us?

- Autoimmune disease {Hashimoto's}
- Hypothyroidism
- Gut health
- Chronic fatigue
- Joint pain and inflammation
- Weight gain
- Brain Fog
- Eczema

Lifestyle Before Us

- **Exercise** – 2x per week (pilates, walking 30 min, peloton)
- **Eating Habits** – Cooks at home most of the week/eats out 3–4 times a week, caffeine only on the weekends, gluten-free.
- **Sleep Habits** – Sleeping 8+ hours a night, feels rested upon waking
- **Cycle** – Mood swings + PMS before period, joint pain around cycle, normal cycle
- **Stress** – Health stress, home life with kids.

Labs We Did

- **Gut Zoomer**– Impaired digestion, too high immune system, “leaky gut”, imbalanced microbes in the gut (NO MAJOR PATHOGENS)
- **Toxin Trio** – Mold, high levels of glyphosate, moderate levels of BPA and atrazine
- **Dutch Test** – Adrenals + sex hormones are okay, phase 2 detoxification needed support.
- **CGM** – Found out what foods impacted her blood sugar negatively / understood best food pairing habits for her.

Things We Worked On

Diet

- Started off with therapeutic gut protocol + built off of that. Started feeling symptom relief from this in the first two weeks.
- Started CGM to figure out individual food responses.
- Continued GF diet.
- Increased hydration / minerals.

Lifestyle

- Incorporated a chiropractor
- Incorporated pilates for joint pain
- Added in detoxification support: epsom salt, sauna, castor oil.

Supplements

- Started gut support supplements {Anti-microbial, immune support, intestinal lining support}
- Detox support

Results

- **Lost 18 pounds**
- **Decreased thyroid antibodies from 839 -> 172**
- **Reduced joint pain** with movement and nutrition
- **ZERO PMS** around period! (Only one month in!)
- **Decreased bloating** and started having daily bowel movements
- **More in control** of her health
- **Increased energy**

There were ups + downs in her journey. It wasn't just all better without bumps in the road. This is NORMAL.