

# Case Study

39 year old female with SEVERE GERD, FIBROMYALGIA, RECURRENT ALLERGIES & SINUS INFECTIONS



This patient had been taking Prevacid, Tums, Pepto Bismol, Miralax, Astelin, Tylenol, Advil, Probiotics, Glucosamine/MSM and allergy shots x 3 biweekly. **Based upon her deficiencies found with SpectraCell's micronutrient testing, she was administered the following nutritional supplement/pharmaceutical treatment:**

- 1) Bile Salts with each meal
- 2) Cod Liver Oil 1 TBSP/day
- 3) HiPep (DGL, Meadowsweet, Chamomile) in lieu of Prevacid
- 4) Neti Pot flushes 2-3x/day
- 5) Warm prune juice in lieu of Miralax
- 6) 5,000 IU/day of Vitamin D
- 7) Magnesium (increase dose as tolerated for bowel tolerance)
- 8) Vitamin C
- 9) Herbal thyroid support
- 10) Colostrum 3/day
- 11) Pantothenic Acid
- 12) Iron
- 13) B Complex

**In addition to the above treatments, nutritional and lifestyle modifications were recommended:**

Walking daily x 15 minutes, ensure all oils are first cold pressed, switch coffee to dandy Blend (chicory root coffee substitute), increase water consumption avoid processed carbs and sweets, dairy x 3 weeks (elimination diet) and consider avoiding gluten.

## Clinical Outcome:

Patient was able to discontinue all antacids and PPI's. Eventually, she was able to discontinue HiPep and only requires raw apple cider vinegar with meals when mild GERD symptoms return. She was also able to discontinue Miralax and has normal stools daily. Energy has improved, back pain has improved (now off all pain medications).