

# Case Study

60 year old white female with ALLERGIES and DIARRHEA



This patient has constant sneezing and congestion, took allergy medications. She has also had diarrhea off and on for years. Her colonoscopy and stool studies have all been normal. She was diagnosed with irritable bowel syndrome. She was always tired and had no energy, even though she got plenty of sleep. She was also diagnosed with hypercholesterolemia, hypertension and reflux. Medications she was prescribed included Premarin, HCTZ, Singulair, Allegra, Nexium, Tricor, Lotrel and Librax. SpectraCell's micronutrient testing indicated deficiencies in vitamin B12, vitamin D and Spectrox. **Based upon her deficiencies, she was administered the following treatment protocol:**

## 1) Prescriptions for all of the above individual supplements

### Clinical Outcome:

She started feeling better after a month of being on supplements. She no longer has diarrhea and her allergies are under control. The patient feels great and is more energized than she has been in a long time. Her physician repeated her nutritional testing and results were normal.

### Conclusion:

This is one example of disease that has done well with alternative therapy. Her physician believes she would still be seeing her gastroenterologist all of these years with symptoms of diarrhea and no amount of testing could help her. She had also been seeing her allergist who had her numerous medications which never resolved her symptoms. This testing has helped her insurance company save money on multiple doctor's visits and procedures/testing. It has also given the patient a better quality of life.