

Case Study: Heart Health

Gary's Story



I needed help. At the time, I didn't realize that most of the weight gain was inflammation and water retention. At 45 years old I weighed 157 lbs. By the time I was 61, I weighed 199 lb. At 65, I was taking 15 medications prescribed by 6 different doctors.

After starting with Thrive, I began to stop taking some of my allergy and asthma medications while monitoring my health. Expecting to start having problems after getting off the meds, I was shocked to find out, I didn't need the meds any longer.

Knowing this process had eliminated my allergies and asthma, I realized it may be helping my blood pressure problem, so I began to cut back on my meds. Within two more weeks I had to completely get off my BP meds to keep my blood pressure normal. I had taken BP meds for 4 decades!

Want Proof? See Backside For Full Diagnostics.

Complaints

- GERD
- Headaches
- Brain Fog
- Bloating

Solution

- Functional Medicine
- Detox
- Functional Movement

Results

- No More Back Pain
- No More GERD
- Reduced Risk Of Heart Failure

Doctor's Story

Gary originally presented with GERD, headaches, brain fog, diarrhea, bloating, asthma, declining memory, osteopenia, multiple food intolerances, sciatica on left side and history of kidney cancer. Gary also had several markers well outside of normal limits on his lab results.

Arguably the scariest result was for a biomarker called MPO. Elevated levels of MPO are associated with cardiovascular disease and myocardial infarction (heart attack). Individuals with elevated MPO levels are more than 2x as likely to experience cardiovascular mortality. Gary's condition was severe; he was in a full-blown crisis.

We put him through a 6-month protocol to heal his gut. At the end of his care plan, Gary reported the following: GERD resolved, headaches resolved, diarrhea resolved, bloating resolved, brain fog improved, asthma improved, memory improved. He also reported losing 36 lbs.



Every Patient Is Different. This Is Not A Guarantee Of Results. You may get better or worse results depending on a variety of variables.

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Diagnostics: Before And After Treatment

Inflammation	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	PLAC (nmol/min/mL)	205			≤224		≥225	
	Homocysteine (μmol/L)		13		≤9	10–14	≥15	16 02/16/2018
	ox-LDL* (U/L)			72.3	≤60.0	60.1–70.0	≥70.1	84.9 02/16/2018
	MPO* (pmol/L)	482.0			≤599.9	600.0–2999.9	≥3000.0	3174.0 02/16/2018
Comments								
Homocysteine: Consider vitamin supplementation with pyridoxine (vitamin B6), vitamin B12, and folic acid. A diet low in methionine is recommended in addition to the B vitamins. Increased oxidized LDL levels are associated with abdominal obesity and high triglyceride levels, as well as high blood glucose.								
Lipids	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	Cholesterol, Total (mg/dL)		206		≤199	200–240	≥241	272 02/16/2018
	LDL Calculation (mg/dL)			136	≤99	100–129	≥130	175 02/16/2018
	HDL Direct (mg/dL)		53		≥56	35–55	≤34	51 02/16/2018
	Triglyceride (mg/dL)	86			≤149	150–200	≥201	231 02/16/2018
Comments								
Follow NCEP: ATPIII guidelines. Dietary strategies to consider include adequate intake of monounsaturated fats and omega-3 fatty acids, moderate alcohol intake, reduction of total carbohydrate to less than 50% of calories, emphasis on low glycemic-load foods and reduction of fructose, weight loss and regular exercise.								

MPO Normalized
Triglycerides Normal

Asthma Gone
Off All Medications

Out Of Crisis,
Back On Track!

Key Points

- When The Gut Is Healed, It Can Lead To A Host Of Health Improvements.
- Cardiovascular Health, Inflammation, Allergies, Brain Fog, Headaches, Diarrhea, Bloating, Memory Problems, And Sciatica All Improved When The Gut Was Healed In This Patient.
- A Comprehensive Functional Medicine Approach Worked For This Patient. We're Proud Of You Gary!