

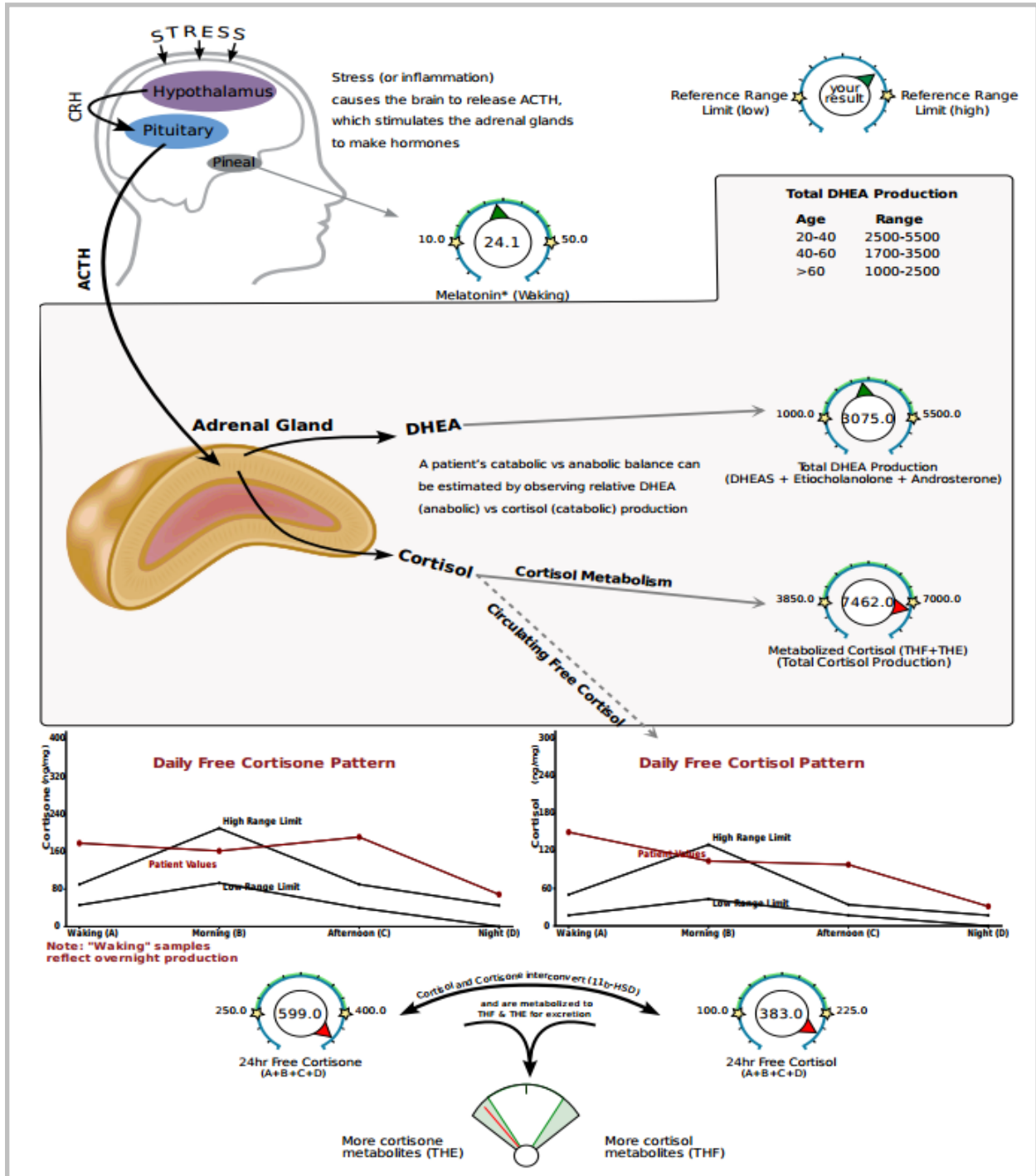
HPA Axis Dysregulation Case Assignments

Please review the following case studies and evaluate them to the best of your ability. You should treat these case studies as if they were your own patients and determine what treatment protocol to recommend. Don't worry, you won't have to turn in your answers for a grade. These assignments should be treated as more of a self study tool to help you measure your progress throughout the course. We have also provided an answer key, detailing the treatment protocol recommended by Chris and his staff for your comparison.

You may also want to discuss the cases with others in the ADAPT Forum.

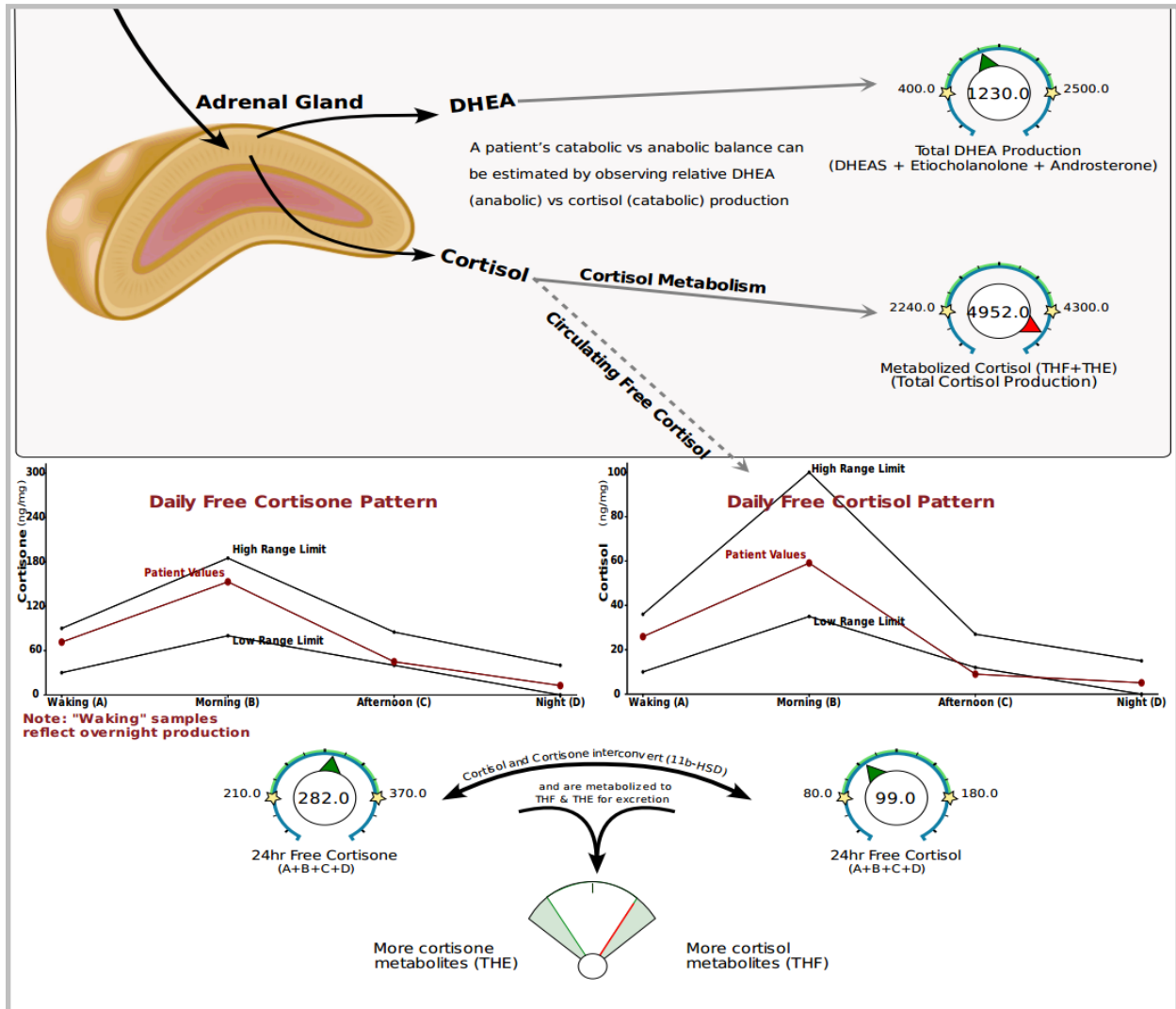
CASE #1:

Twenty-nine-year-old male with depression, anxiety, severe psoriasis, with a CRP of 139, gut dysbiosis, high vitamin D (116), iron deficiency, impaired fasting blood glucose, underweight, and markedly disrupted sleep, still living with his parents and unable to hold a job in part due to severe fatigue. He reports generally going to sleep around 2 to 4 a.m. and waking around noon.



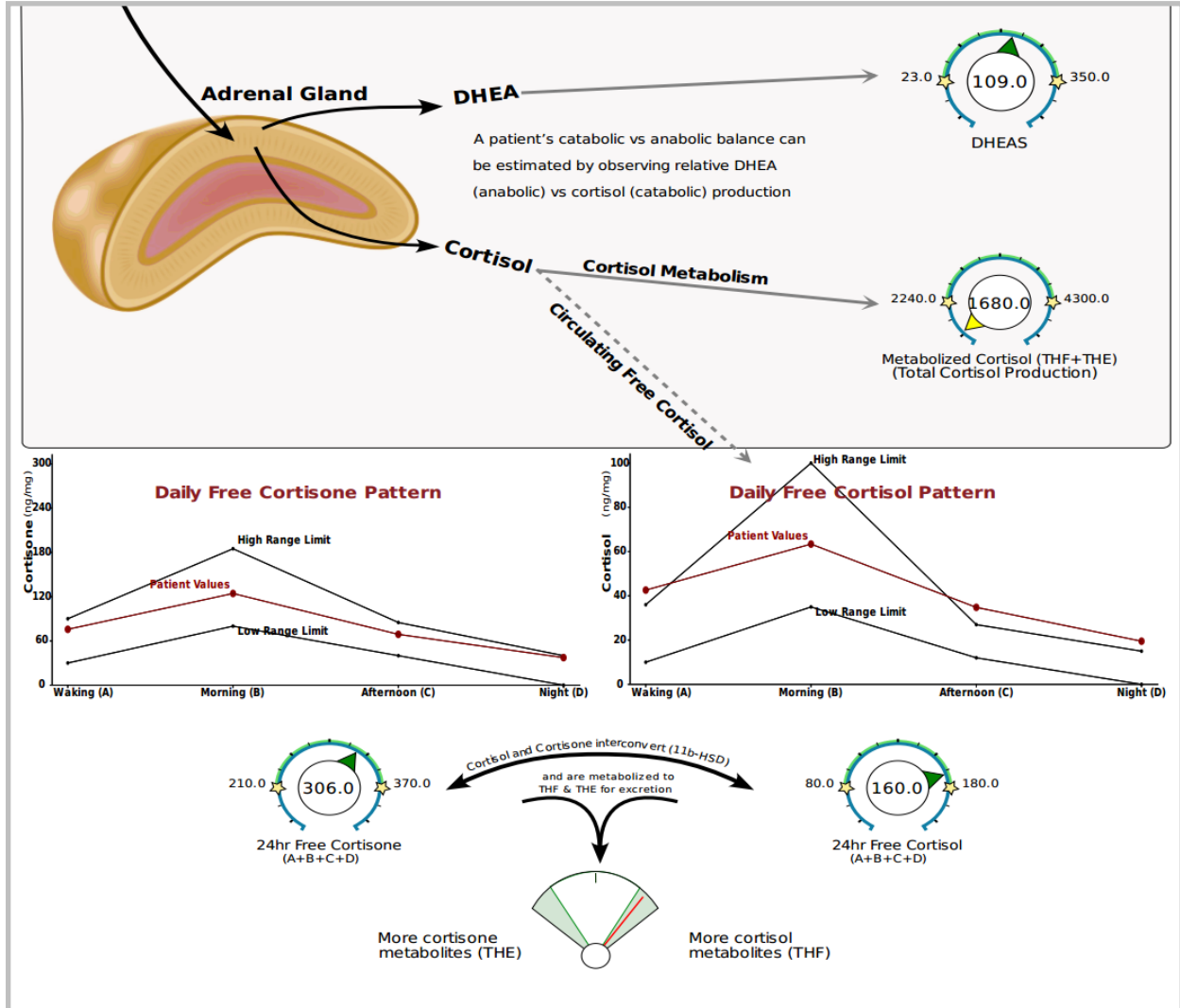
CASE #2:

Forty-five-year-old female with severe food intolerances, chronic diarrhea, low vitamin D, high CRP (3.42) and high mercury levels. She reports increasing fatigue over the past few years. She previously enjoyed hiking and now struggles to walk her dog for even half a mile.



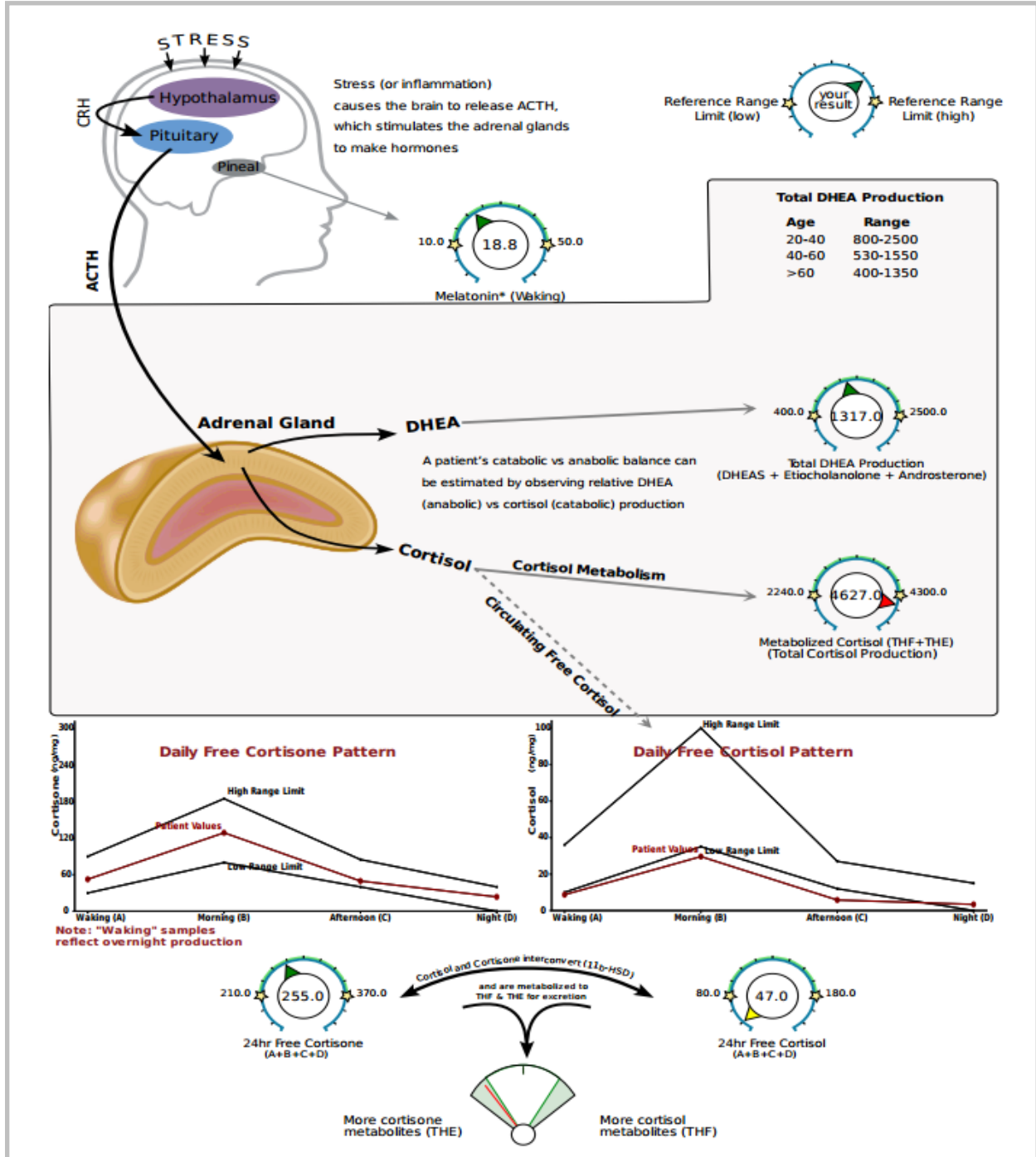
CASE #3:

Thirty-year-old female initially presented with abdominal distention, weight gain, and fatigue, found to have Cryptosporidium, low levels of beneficial bacteria, impaired fasting blood glucose (96) and high CRP (3.99).



CASE #4:

Forty-nine-year-old female presenting with chronic sinus headaches, mild SIBO with abdominal distention, difficulty sleeping, pre-diabetes with high triglycerides (i.e., metabolic dysfunction), elevated CRP, and weight loss resistance.



CASE #5:

Thirty-nine-year-old female with anxiety, obesity, peripheral neuropathy, severe iron deficiency anemia, high CRP, chronic abdominal and pelvic pain, weight gain, fatigue, yeast overgrowth, and several parasites.

