

# How to Customize Diet and Lifestyle for Common Health Conditions: Case Assignments – Part 2

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: HIGH BLOOD PRESSURE**

A.S. is a 48-year-old male lawyer with prehypertension who wants to avoid going on medication. His most recent blood pressure reading is 135/87. He is 5'11" and 205 pounds, with a BMI of 28.6. His fasting blood sugar is 97, and his HbA1c is 5.8. Total cholesterol is 225, LDL is 185, HDL is 35, triglycerides are 170. He has been on a low-salt diet for the past year, which he says helped him lose 15 pounds but didn't cause any changes in his blood pressure. He works from 8 a.m. to 6 p.m. most days of the week, which doesn't leave much time for exercise, even though he has a treadmill in his basement. His job is very sedentary. On weekends he goes out to eat with his family to relax. He likes "meat and potato" type meals and doesn't eat many green vegetables. He says vegetables taste terrible without salt on them. Breakfast is usually oatmeal with maple syrup and 2% milk in it, but sometimes he skips breakfast when he's very busy. He has three large mugs full of coffee every morning at work. He eats tilapia and flounder a few times per week because he knows fish are healthy. He drinks one or two beers when he gets home from work to help him relieve stress from the day. When reviewing his 24-hour food diary, his total calorie intake is 2,650, with 35 percent calories from fat, 42 percent calories from carbohydrates, and 18 percent calories from protein. He takes a fish oil supplement from Costco when he remembers.

## **CASE #2: GERD, IBS, IBD**

S.P. is a 33-year-old male who is 5'9" and weighs 185 pounds. He suffers from bloating and stomach upset with no other medical history. While he's been to conventional doctors and gastroenterologists, no one has been able to diagnose him with anything. He has a bowel movement every other day and notes that they are about a Type 2 on the Bristol Stool Scale. He states that the bloating gets worse after eating but that it is present from his first meal through the rest of the day. S.P. notices that his symptoms get worse when he is stressed at work but otherwise doesn't notice that his symptoms get better or worse with any sort of changes in his life. He walks some days during his break at work but is otherwise sedentary. He currently eats a real food diet, though he includes some gluten-free grains and dairy and does not restrict carbohydrate intake.

### **CASE #3: ANXIETY, DEPRESSION, AND COGNITIVE DISORDER**

H.D. is a 34-year-old male with a history of anxiety that has been exacerbated by a switch to a very-low-carb diet. Initially he felt relief from cutting out carbohydrates and switching from a Standard American Diet to a low-carb Paleo diet, but over the past few months his anxiety has returned, with the new addition of brain fog. He added Bulletproof coffee to his morning routine to see if the extra fat would help his brain fog, and this seemed to make his anxiety worse. He lifts weights and sprints three to four times per week, tries to go to bed on time but has trouble falling and staying asleep, and takes a B-complex from GNC. He spends most of his workday on the computer and has his lunch at his desk that is lit with artificial light. He often stays up answering emails or watching TV until midnight or later. He is generally lean but has noticed some extra fat around his middle in the past few months, so he thinks maybe he is overeating on fat. He used to eat bone broth when he first started Paleo but has since lost the habit. He does not eat liver or shellfish. His vitamin D level is 34, which he thinks might be too low.