

How to Customize Diet and Lifestyle for Common Health Conditions: Case Assignments – Part 3

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: DIABETES AND OTHER BLOOD SUGAR DISORDERS

A.D. is a 47-year-old male diabetic who is 5'10" and weighs 224 pounds. A.D. lives at home with his wife and they do not have children. He was diagnosed in the last couple months and is quite overwhelmed by this new diagnosis. His doctor has recommended metformin, and he is not currently taking any insulin. A.D. works in finance and has very long days at the office. He currently does not focus much on his diet, as he feels he is too busy to do so and eats out a lot. Calorie intake is about 2,800 calories per day. He exercises "occasionally" but does not make a consistent habit of it.

CASE #2: THYROID DISORDERS

G.W. is a 48-year-old female who presents with symptoms of hypothyroidism, including weight loss resistance, hair loss, feeling cold, fatigue, and constipation. Her TSH is 4.32, which is up from 2.94 six months ago. She has been on an autoimmune Paleo diet for four months but has not seen any improvement in her symptoms. Her hypothyroid symptoms started about three years ago and have steadily gotten worse since then. She was eating a “whole foods” diet for 10 years prior to switching to AIP and generally did not eat any processed foods. She originally changed to this diet to lose weight, which she did, but has gained back about 10 to 15 pounds in the past year or two that she has not been able to lose. She is currently eating mostly meat and chicken with some fish, lots of green and cruciferous vegetables (two to three cups per meal), and usually one sweet potato every day. She is avoiding eggs, nuts, dairy, and grains right now due to the AIP restrictions but is willing to add these foods back because she did not experience any improvement in her symptoms when removing them. She cooks with Himalayan pink salt. She does not eat liver and can't stand the taste of it. She likes sushi but has been avoiding it recently because of the white rice (not AIP). She exercises five to six days per week which mostly involves walking, yoga, and one to two weight training classes at her local gym. She doesn't have a high-stress life but she is a worrier and tends to feel anxiety about her life frequently, especially after her youngest child moved out last year (she's now an empty-nester).

CASE #3: AUTOIMMUNE DISORDERS

L.M. is a 46-year-old woman who is 5'4" and weighs 128 pounds. She was just recently diagnosed with MS and has come to you for dietary and supplement advice to keep her symptoms at bay. While many of her symptoms have not progressed too far right now, she still has trouble balancing and experiences numbness on her face and extremities. L.M.'s vitamin D level is 25 ng/mL. Her doctor has told her she should begin exercising in ways that feel comfortable to her, but she has not started this yet. L.M. does not currently work.

CASE #4: HPA AXIS DYSFUNCTION

L.L. is a 43-year-old mother of two who lives at home with her husband and children. She is 5'5" tall and weighs 115 pounds. L.L. has no significant medical history. Her main complaint is that she has recently become exhausted. L.L. works a stressful job as a lawyer and sometimes works long hours. L.L. is an avid runner, averaging 35 miles per week, but she feels she no longer has the energy for it. She is also very cognizant of her diet and tries to eat less whenever she can to maintain her body weight. Caloric estimates are about 1,600 to 1,700 per day. DUTCH cortisol testing reveals low free cortisol as well as slightly low metabolized cortisol. L.L.'s main goal is to have renewed energy.