

How to Customize Diet and Lifestyle for Common Health Conditions: Case Assignments – Part 4 (Answers)

CASE #1: SKIN CONDITIONS

Answer:

Recommend a strict gluten-, dairy-, and egg-free Paleo reset diet for 30 days. Eggs and dairy are a common eczema trigger. Recommend four ounces of liver per week and one to two servings of in-shell shellfish (oysters, mussels, clams) per week. If patient cannot eat liver and shellfish, recommend supplementing with extra vitamin A and K2 to balance out the vitamin D supplementation, 15mg zinc, and Culturelle probiotics (Lactobacillus GG improves eczema.) Recommend stress management practices such as meditation or yoga to help reduce stress, which can exacerbate autoimmune disease.

CASE #2: FERTILITY, PREGNANCY, AND BREASTFEEDING

Answer:

K.E.'s estimated BMR is 1,380 calories daily, and with her activity levels, her daily calorie needs are close to 2,400 per day. Recommend increasing calorie intake primarily in the form of fat and protein from animal sources. If calorie intake cannot be increased substantially, exercise frequency must be reduced (give patient this choice) Eliminate canola oil and add in grass-fed butter, coconut oil, and animal fats. Suggest consuming two to three egg yolks daily for choline, fat-soluble vitamins, and B vitamins. Discuss adding four to six ounces of liver and/or equivalent desiccated liver pills weekly to increase B12 and ferritin naturally, as well as increase intake of vitamin A. Aim for six to eight ounces (two servings) of fatty animal proteins like beef, lamb, fatty fish, and skin-on chicken per day to start increasing protein and fat intake; can do more if patient is comfortable. Eliminate soy milk. Recommend regular sun exposure and add in small amount of vitamin D supplementation (around 2,000 IU per day) until vitamin D levels are within range of 25-50 ng/dL (recheck levels in six months if possible). Add bone broth or gelatin/collagen powder daily for extra glycine to support methylation. Encourage additional stress management techniques, especially if Bikram yoga is not helping reduce stress levels (this is possibly a more stressful form of yoga.) Client does not necessarily need to gain weight as her BMI is normal, though she may gain a few pounds from adding additional nutrients into her diet, which is healthy.