

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

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: SKIN CONDITIONS

A.P. is a 24-year-old female with eczema, acne, and asymptomatic Hashimoto's thyroiditis. She follows a mostly Paleo diet, which includes small amounts of dairy, eggs, and rice. She eats four servings of fatty fish a week, three eggs a day, no shellfish or organ meats such as liver. She has three servings of nuts per week, and one serving fermented foods per week. She uses olive oil and coconut oil in her cooking. She avoids gluten because this flares her eczema. She takes 5,000 IU vitamin D3 per day. She is under significant stress from her job and she just broke up with her boyfriend.

CASE #2: FERTILITY, PREGNANCY, AND BREASTFEEDING

K.E. is a 28-year-old female who has been vegetarian since she was 16. She eats fish and eggs occasionally but primarily avoids animal products. Her and her husband have been trying to conceive for the past two years with no success, and she is considering starting IVF treatment. Her menstrual cycles are generally regular but she usually has significant PMS. She is 5'8" and 125 pounds (BMI = 19) and her weight has been stable since high school. Her vitamin D is 19 ng/dL, B12 is 358 pg/mL, ferritin is 18 ng/mL, and hemoglobin is 12.2 g/dL. She is experiencing frequent bouts of fatigue, stubborn acne, and occasional anxiety. She cooks with canola oil and olive oil and uses either soy milk or almond milk as a dairy replacement. She does yoga four times per week and runs three to four times per week, normally only taking one day off from exercise at most. At least twice a week she does both Bikram yoga and a three- to four-mile run afterwards. She averages one to two hours per day of moderate physical activity and works as a vet tech, so she's on her feet much of her work day. An analysis of her diet (24-hour recall) shows that she eats around 1,800 to 1,900 calories per day consisting of 15 percent protein, 25 percent fat, and 60 percent carbs. She is concerned that maybe she is undereating but does not want to gain weight. She has been doing some reading about the Paleo diet and thinks maybe her vegetarian diet is to blame for her fertility issues and fatigue and is willing to start adding more ethically produced animal products back into her diet.