How to Customize Paleo 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:

C.B. is a 28-year-old female who has been dealing with hypothalamic amenorrhea for the past 12 months. She is 5'8" and 145 pounds, with a history of restrictive, low-calorie dieting and mild body image dysmorphia. Her goal is to recover her period and get pregnant in the next year without resorting to hormone replacement. She exercises 30 to 60 minutes daily doing BeachBody videos, which is a reduction compared to how much she was exercising in prior years. She does not eat organ meats and only eats a few eggs per week. She eats a small portion of sweet potato at dinners and has half a banana at breakfast plus one piece of fruit as a snack. Her daily carbohydrate intake is around 100 g per day, and her total calorie intake averages around 1,500 per day. She takes a prenatal by Nestlé, vitamin D, folic acid, and probiotics daily.

CASE #2:

D.E. is a 33-year-old male who is 5'11" and weighs 280 pounds. D.E. is single, living in a city, and has a job he really enjoys. His main goal is to lose weight. He eats a whole foods diet that includes grains and legumes, and he goes out with his friends on the weekends and eats "not-so-healthy" foods and typically has a few drinks. His main goal is to lose weight—his first goal is to get down to 250 pounds and gain some muscle. He knows he needs to start exercising but isn't sure where to start.

CASE #3:

S.W. is a 28-year-old female who is 5'6" and weighs 123 pounds. She has been diagnosed with HPA axis dysfunction with low free and metabolized cortisol levels. S.W. is very strict with her diet—she eats low carb, rarely eats processed foods (doesn't often go out for meals), and averages about 1,600 calories per day. She also intermittent fasts a few times per week. She is an avid CrossFitter and practices about five times per week. She has a job she enjoys, though she admits that it can be stressful and she often works long hours.

CASE #4:

T.S. is a 44 year-old female who is 5'5" and weighs 148 pounds. She does not have any significant medical history. She complains of poor energy throughout the day, especially in the morning and a few hours after lunch. She does relatively vigorous yoga three times a week. T.S. stays at home with her two kids and finds it fulfilling and not stressful. She also reports good sleep. After interviewing her, you discover that her calorie intake is about 1,600 calories per day. In reviewing her food diary, you notice that the bulk of her caloric intake is coming later in the day in the form of late afternoon snacks and a large dinner, while her breakfast and lunch are usually quite small.