



## PTP Fellowship Grand Rounds Case Study Submission

### Patient / Client Information

**Age**

26

**Sex**

Male

**Date of first visit**

14/09/2023

**Date of most recent visit**

18/04/2024

### Practitioner Information

**Name**

Tracey O'shea

**Email**

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**License Type**

FNP

**Area of Specialty / Focus**

Functional Medicine

### Patient Case Details

#### Primary Complaints

Poor sleep/ night sweats
Diarrhea/ IBS
Generalized inflammation
Seasonal allergies
Acne (face and body)

#### Current Medications

N/A
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### Current Supplements

Pancreatin & Ox Bile Extract- 1 to 2 capsules PRN with high fat or "heavier" protein meals at night.

A-FNG- 10 drops twice daily with food.

Creatine- 5g scoop once daily

Leaky gut revive- one scoop per day

Prebiotic powder- one scoop per day

Vitamin K2-7 + D3- one capsule once a day

Daily Synbiotic/ SEED- 2 capsules once a day

Biofilm defense- 2 capsules twice daily

GI synergy- one packet twice daily

MegaSporeBiotic- 2 capsules once daily

Trifolamin (Folate/B12)- once lozenge once daily

### Pertinent Diet Information

Started with the 30 day Anti-Inflammatory Reset Diet. Follows a pretty strict paleo diet most of the time now, drinking tea and meditating has helped him eat more mindfully and avoid unhealthy convenience foods. The biggest concerns he runs in to is the time it takes to meal prep and the cost associated with eating healthy.

He avoids gluten and dairy. Dairy gives him noticeable gas and stomach pain. Avoiding grains and eating less carbs has helped his skin to look and feel better.

### Pertinent Imbalances Identified Throughout Your Care

GD GI Effects Comprehensive Profile- dysbiosis with low commensal balance

GD GI Effects Comprehensive Profile- Candida lusitanae 2+ PP Candida parapsilosis 3+ PP

### Pertinent Lab Results

Dutch- Testosterone 5.17 (below range)

Dutch- 5a- DHT 1.8 (below range)

Dutch- 5b- Androstenediol 15.1 (below range)

### Treatment Plan & Outcomes in Chronological Order

Antimicrobial Protocol (GI Synergy, Biofilm defense, MegaSporBiotic, A-FNG, enzymes, Daily synbiotic, Seed) Has been on this protocol for almost 8 weeks and has seen skin improvements with both face and back acne, overall stress has improved, keeping carbs low is also crucial in him feeling well. Plan is to continue this treatment for an additional 4 weeks so he doesn't pull off prematurely since he is still experiencing stomach pain and bloating. Will be adding in additional enzymes with evening meal to help with stomach pains in the night.

Restorative portion of protocol >> After completing 8-12 weeks on the antimicrobial protocol, he will transition supplements slightly to help strengthen the ecosystem of the microbiome for another 8 weeks.

**Allied Providers**

The client is working with both a health coach and nutritionist.

**Additional Notable Information**

N/A

**Questions / Discussion**

I understand the primary focus in this case is making lifestyle changes (diet, sleep, stress, etc) as well as implementing a supplement regimen (protocol) to address the gut dysbiosis (bacterial and fungal overgrowth) and I believe the plan is to retest the gut as well as another Dutch test in a few months. Would we do anything else in the time being besides diet change and addressing the gut imbalance to address the low testosterone and other abnormalities on the Dutch test?