



PTP Fellowship Grand Rounds Case Study Submission

Patient / Client Information

Age

35

Sex

Female

Date of first visit

04/12/2023

Date of most recent visit

16/05/2024

Practitioner Information

Name

Megan Anderson

Email

majomuvavmo@gmail.com

License Type

ND

Area of Specialty / Focus

ND

Patient Case Details

Primary Complaints

Find the best treatment plan for living with RA, try to reduce or completely stop taking RA medication

Plan for overall health and longevity

Strengthen immune system

Current Medications

Hydroxychloroquine 200mg QD

LDN 1,5mg QD



Current Supplements

CoQnol 100mg QD
Magnesium Buffered Chelate 300mg QHS
L-Glutamine (powder) (Thorne) 5g QD
Glucosamine & Chondroitin QD
Lanto Sinus Probiotic Powder QD
Liquid BioCell Immune BID
MegaMucosa (Stevia-free caps) QD
L-Lysine (Thorne) 500mg TID
Uva Ursi Standardized BID
Vit D Supreme w/Vit K1, K2 5000UI/550mcg QD
Zinc Picolinate Plus w/ Copper QD
Juniper Berry / Biden (8 oz) TID
Usnea TID
Licorice Root Extract (4 oz) TID
Berberine (Thorne) 500mg BID
RestorFlora QD
ProbioMed 50 QD
Adrenal Boost TID
GI detox QD

Pertinent Diet Information

She tried AIP protocol when she was diagnosed with RA 2021, but didn't feel sustainable. At first nutritionist visit here she had low protein intake, eating dark chocolate daily so modifications were applied. Still gut symptoms associated with stress and routine changes, so Anti-inflammatory reset diet was suggested, she noticed less bloating and better GI function, wanted to stay more on reset, now on reintroduction phase, feeling good.

Pertinent Imbalances Identified Throughout Your Care

Seronegative Rheumatoid arthritis
EBV past infection, actual early antigen equivocal
Citrobacter Freundii PP 4++
Positive fecal secretory IgA
Positive mycotoxin test



Pertinent Lab Results

Ferritin 24
Copper 79
Zinc 76
WBC 3.5
Yersinia IgA detected
Lyme 41 band reactive

Treatment Plan & Outcomes in Chronological Order

Joint and autoimmune regulation (Liquid BioCell immune (change from collagen peptides), magnesium) better immune health, less contagious sickness. Good arthralgias control. LDN (about to start)
Gut health (MegaMucosa, MegaPreBiotic, L-lysine, RestorFlora, Probiomed) better symptoms control along with diet, (GI detox) about to start to improve tolerance to antimicrobials
Cardiovascular health (CoQnol, OmegAvail)
Sinus health (Lanto sinus probiotic)
EBV protocol (Adrenal boost, monolaurin, olivirex)
Yersinia (Uva Ursi then berberine, then Juniper, Bidens, Licorice, Usnea) loose stools with licorice
Vitamin/mineral deficiency correction (Vitamin D, copper/zinc)

Allied Providers

- Nutritionist: finding low protein and high dark chocolate intake, advised low cadmium/lead chocolate and higher calcium intake. Started Reset diet longer than 30 days because she felt improvement, now on reintroduction phase of reset diet.
- Health coach: Time and stress management due to actual work load, future work and city changes.

Additional Notable Information

- Diagnosis of disc herniation between L4-L5 with occasional flare ups, recent visit to Chiropractic, taking a new MRI.
- Leg superficial vein insufficiency, visited vascular surgeon, thinking about surgery.



Questions / Discussion

Amount of supplements (probiotics, cardiovascular health)
EBV (Past infection with Positive IgG, negative IgM and equivocal early antigen) Possibility of evaluation STD
Mycotoxin treatment or prevention since she has continuous exposure and it could be the cause of some of her symptoms.
Lyme lab result
Antimicrobial protocol reactions