

Case Study - Ella Mae

Practitioner: M.H.

Ella is a 70 year old woman who lives alone with her 2 indoor cats. She works 40 hours per week for an accounting office (desk job) in a small SD town. Grew up in the city. Does not exercise but walks at least once a week.

Ella is not on any prescriptions. She has had dental surgery and in, 2019 she had cataract surgery on one eye, eye floater. Ella has a history of urinary tract infections (UTI) that were treated with antibiotics.

Greasy foods upset her stomach. She suspected wheat/dairy allergies. She took leftovers with her to work. She wasn't eating 3-4 servings of fruits/veggies per day. Client was having sugar cravings.

Ella made an appointment because she was having terrible brain fog, head felt "heavy". She was experiencing dizzy/balance issues and was having shortness of breath from exertion. She gets very fatigued, especially in the afternoons.

Digestion issues-were bloating and gassy consistently throughout the day no matter what she ate. She was also having terrible toe cramps and muscular pain in her right thigh.

Her symptom survey form revealed digestive problems including alternating constipation/diarrhea with mucous in her stool. She also had circled quite a few symptoms under heart/kidney section which included shortness of breath, nose bleeds, easy bruising, and toe and muscle cramps.

She was very concerned about the brain fog stating that she felt embarrassed at work because at times throughout the day she would forget or be unable to recall or remember information pertaining to her job-working with numbers (accounting). She said her building was an older building and had worked in it for years.

The EDS test revealed low numbers for lymph, lung, colon (constipation), liver, stomach and gallbladder. Overall her numbers were on the lower end 20s and 30s. She was not currently taking any supplements because she was unsure of what would help.

I suspected parasites/mold and first put her on a combo of Para A and TACX, along with a foundation support of Omni Essentials (multi which supports thyroid), Multi 21 Somaplex (trace minerals), U-tract Caps (hers that she felt she needed and did

test for) Legs on Edge (horse chestnut and circulation support for her legs/toes cramping) Muscle-Eze NutriDyn to use as needed when her leg really bothered her in the evenings so she could get some sleep, Phyto B-Complex Energetix to support her energy to get through her work days, and Core Red Clover to open up the Lymph pathways and drainage support. We discussed limiting sugar and no pork for the 30 days.

30 days later: Retested to see if she needed the Para for another cycle (30 days) at this time she was still having brain fog and fatigue and occasional headaches. I had her do another 30 days of the Para A/ACX and then had her move to the Fungdx/ACX after. Client reported feeling better but was still experiencing the brain fog and fatigue. She started having headaches in the afternoon so I had her reduce the para A drops and upped her drainage to 2 AXC per day instead of 1. The headaches subsided.

At month 3 I had her do a bottle of Fungdx/ACX and she reported back that her brain fog had subsided and she had more energy! She finished the full bottle.

She came back for retest after 4 months (Aug. 16-24) . She mentioned having occasional heart palpitations and still experiencing stiffness in her knees from inactivity at her job.

She tested for a Thyroid glandular in addition to the main group of supplements I had her on since the beginning. I added the Bowel Moving Formula (Burdock, yellowdock, poke root, silybum complex) as she was still experiencing the constipation. She was no longer having the toe/leg cramps and was not experiencing any headaches. We discussed having her purchase an air purifier to keep with her at her desk at work and another one for her home. I explained that the source would need to be removed in order for her symptoms to subside entirely and she may have occasional flare ups if she was still working in an environment with any kind of mold present.

Para A, Multi 21 somaplex: (Marco Pharma)

Fungdx, ACX, TACX: (Systemic Formulas)

Muscle-Eze: NutriDyn

Core Red Clover, Phyto B-Complex: Energetix

Omni Essentials: DesBio