

WholeLifeRx Case Study #2

"Using a questionnaire called WholeLife Q Jane scored 458 total points out a possible 650. It's a pretty high score. After 6 weeks on the WholeLife Rx her score dropped to 129 a 72% decrease in her symptom burden."

You have seen an earlier case study of a patient that had spectacular results on WholeLifeRx program. A patient we will call Frank lost 34 pounds in 6 weeks got off 5 medications and was totally pain free after 2 weeks. You can see a link to the right if you missed it.

But today I wanted to share a case study that showed definite progress but with a patient that didn't lose as much weight as my earlier patient but still had a significant health experience. We'll call her "Jane Doe". She lost 17 pounds in 6 weeks.

Here's a thumbnail sketch. White Female Mid 50's, over 80 Pounds Overweight, Joint Pain from a serious ankle injury 4 months earlier, and because of the injury felt inflamed, swollen everywhere, dysglycemic, major gut issues, gas/bloating, felt like she was constantly on the verge of yeast infection, severe constipation.

After collecting preliminary blood, stool and subjective data I put her on the Nutriclear



cleanse program which lasts 2 weeks, basically you eat an anti-inflammatory diet and drink 2 cleansing shakes per day with a supplement packet with each shake. If someone wants to lose weight they use the 2 shakes as meal replacements. If they don't want to lose weight but just want to do a cleanse program and download some of their toxins, they replace one meal usually breakfast and use the second shake between lunch and dinner.

My patient started the "Nutriclear Plus" cleanse and after 15 days she had lost 6 pounds. Next she transitioned to the microbiome rebuilding

program called Metabolic Biome Plus for 4 weeks. Patients stay on the same anti-inflammatory diet and have 1-2 meal replacement shakes and a nutrient packet with each shake designed to increase AMPK production.

AMPK is a second energy source which augments the Krebs cycle and provides mitochondrial support. Since she was aggressively trying to lose weight she maintained two shakes as meal replacements per day. During the 4 weeks on the Metabolic Biome Plus she lost an additional 11 pounds. This makes a total of 17 pounds in

6 weeks or 2.8 pounds per week.

I want to take a second to emphasize that the goal of the WholeLife Rx is not weight loss. WholeLifeRx provides nutrients and foods to support digestion, feed the microbiome and provide foods to assist the body download toxins at its own pace. As health begins to return the body wants to spring back to health and returning ones normal weight is part of that process.

Let's look at her symptom load. Using a questionnaire called WholeLife Q Jane scored 458 total points out a possible 650. It's a pretty high score. After 6 weeks on the WholeLife Rx her score dropped to 129 a 72% decrease in her symptom burden.

Here's a slightly different way to view the data. On the bottom of the graph you can see 16 categories. There is a separate one for men and women so really 15 categories. On the left side of the graph these categories are given low, medium or high priority based on the subjective responses. You can see that 11 of the 15 categories are medium to high priority as the baseline. After 6 weeks only 2 of the 11 are in the medium priority categories.

As a reminder our earlier case study symptom burden decreased 71 %, Jane's dropped 72% I wanted to share this slide; Jane Doe collected a stool sample before the 6 week WholeLifeRx program. It was sent to Dr. Data and the test ordered was the GI 360 to assess the microbiome. They assess 45 different organisms from 6 categories of bacteria and then create a web-like diagram to summarize the data.

The web is a little confusing so I edited it out since it is beyond the scoop of this presentation. It's very cool technology and we'll come back to it in the future but I wanted to share two pieces.

First they create a dysbiosis index. Second they identify the bacteria that are 2 standard deviations beyond the mean. The blue represents the ones that are 2 SD below the

mean and the red that are 2 SD above the mean. As you know there are categories of bugs that turn on inflammation and categories that will inhibit or turn off inflammation. So we want diversity and balance. You can see that there are only 3 bacteria are outside the mean hence the dysbiosis score of 3

After 6 weeks of the WholeLifeRx we see the Dysbiosis index has dropped to the optimal score of 2 and has gone into the green. But look at the key finding section. Whereas the previous slide showed 3 bacteria out of range this slide a return to balance. As a side note, I have seen about 5 of these pre and post GI 360 and the changes have all been a drop of one point from Dysbiosis Index telling me the changes occur slowly. We are talking about trillions of organisms in our bowel so we don't want changes to occur too rapidly.

We have Identified insulin resistance as a major problem and one that needs to be kept in consideration in her health program. Things are moving in the right direction but 6 weeks is not going to change underlying physiology completely.

To me, although we didn't see the profound changes that we saw on my earlier case study this still is a win win. It's important to remember as we clean the body and feed the body, physiology changes at different speeds. Some people move quickly some move slower. But as long as we see progress and the patient is "in the game mentally" we can be confident that we are moving in the right direction. Thanks for watching and I look forward to being with you again next Tuesday.