Introduction and case study setup

Hello, everyone. Welcome back to another case study. We're going to show you how another person was able to figure out their root cause and solve it. So if you didn't watch the first two, I'm just going to repeat that.

In order to protect a patient confidentiality and data, I'm using my own report as a screen share to show you. We found people that had the same profile as me in different areas, and we used those case studies.

This is an actual patient who's allowing us to talk about their problems. We were just not using their report or their data, which will show you their name. So in order to do that, we're using mine.

Migraine symptoms and root-cause approach

So I'm going to share my screen for a second and show you what we did here. So this particular person was concerned with migraines. Their issue was that they actually would leave work.

And I, by the way, had the same problem myself, which I was able to resolve. They weren't able to function during the day because of their migraine issue.

So we were going into the system summary for inflammation, detox, inflammation and cellular health. We don't actually look for a migraine gene. We don't look for a brain gene.

For example, we're looking for the system failure that would lead to that neuroinflammation that would lead to this person's problem. What did we see here?

Big, glaring red flag, this gene right here. GSTM1. It's possible to have what's called a copy number variation, which means you don't even have the gene.

Right? So as opposed to a slip or a spelling mistake, as we often see in genes.

GSTM1 and FUT2 genetic red flags

What variant or what version? It's more like you don't even have this gene. It's missing from your genetic code. And if the gene is instructing a biological function, you can imagine the impact.

But 2, FUT2 was highly implicit here also. So this was the profile of this person. They're missing this gene, and they're the GG version of FUT2 which we consider the suboptimal version.

And now let me tell you what happened. So, GSTM1, one is highly protective of the gut. It's the gene that directs glutathione function in the gut and helps you bind, clear and remove toxins as they enter through your food.

The processing chemicals, you know, natural flavors, drying agents, things that come along with your food that were never meant to be in your body.

Gut detox issues and leaky gut inflammation

If you don't have the gene like myself and like this particular person, and you're eating regular foods, even if you eat a bag of, say, organic cookies, but it's in a bag of potentially plastics seeping into your food, it was still processed on heavy machinery for which the heavy metals be in the food and the chemicals used to clean that machinery, maybe in your food for certain people.

No problem. If you don't have the GSTM1 gene, that's a major problem. We now we know that the gut and the

brain are directly connected. And when you have that dysbiosis that is going to lead to neuroinflammation, there's a there's actually the vagus nerve connects the two directly together and so what was happening with this person was their gut was in such a despotic state because of their inability to detoxify the sort of toxic burden of food.

And they weren't very careful with what they were eating, that it was leading to neural inflammation. So first of all, when you have leaky gut dysbiosis, the gut wall, this sort of permeability of these micro little holes because the toxins keep causing damage and chipping away at the gut wall, toxic substrates that are meant to go through your digestive tract to be processed directly, enter the bloodstream through the gut wall.

And those toxic substrates can pass the blood brain barrier. The blood brain barrier was not designed to block these things. It's there's the assumption that they've been digested and broken down and metabolized.

These toxic substrates can directly enter the brain and cause neural inflammation.

Vegan diet mismatch and worsening symptoms

That's what almost happening to this person. Now, on top of that, there are a FUT2 gene with the GG version, which means that they did not produce the enzymes required to break down the main protein sources of a vegan diet.

Beans, lentils, legumes, chickpeas. All the what a vegan relies on to get their protein, which is such an important macronutrient. And this is what the person chose in terms of their diet.

They were vegan, so they had this gut that was in a despotic state. They were eating foods that were causing because of the toxic burden that they didn't even realize, you know, things like preservatives, chemicals associated with their salt, what they thought was clean food leading to leaky gut, leaky brain neural inflammation.

And on top of that, they were eating a diet that they did not produce the enzymes for this vegan diet, which is good for some people. But for this particular person was a very bad choice, leading to further burden on the gut, exaggerating this problem.

And so you have a double edged sword causing gut dysbiosis, which again leads to this direct connection to the brain, which then ends up leading to things like anxiety and mood issues and depression, because again, there's a direct access connecting these two major systems.

Treatment changes and migraine resolution

So by resolving what was on the end of their fork, there was definitely some intervention in terms of detox protocol, gut support. We use microbiome labs, make us more awesome product.

So some prebiotics probiotics, we got the gut healed, we changed what they eat, we got them cognizant and understanding what was actually going on in food supply and we got them on a detox regimen so that if they were out traveling or at a restaurant or whatever, that they were able to support their inability to detoxify what was coming out of their food.

And all of a sudden, these migraine issues that were a burden for them to the point where they couldn't work and didn't know they no longer existed then this person has been fine now for about a year and a half since we've met them.

So again, a case of understanding the root cause as opposed to asking the symptom. You don't need a pill to maintain and manage. Migraines need to find out why they're happening and eliminate them and that's what this person was able to do.