

## FUNCTIONAL NUTRITION CASE STUDY

### DEMOGRAPHICS:

Client: ES FEMALE AGE: 33

Dates: June 18, 2024- September 18, 2024



### CHIEF CONCERNS:

- Frequent Lethargy
- Depression and Anxiety
- Gastrointestinal Disturbance: gas, bloating, pain, frequently after eating, GERD
- Multiple Food Sensitivities
- Mood Swings
- B12 Anemia
- Brain Fog
- Trouble with Memory

### food allergies:

bread- bloating/gas  
beef-stomach pain  
beans-bloating/gas  
banana- nausea  
raw pineapple/mango  
dairy-diarrhea

### MEDICATIONS:

- Cymbalta 60 mg BID
- Birth control BID
- Vyvanse 40 mg BID (Lisdexamfetamine)

### SUMMARY:

ES is a 33 year old with a past medical history of endometriosis, use of birth control, Microsporidium chronic fatigue syndrome, anxiety, depression, IBS with gas, bloating, and pain frequently after eating, mood swings, food sensitivities, GERD, B12 anemia, brain fog, and memory and concentration concerns. According to E: "I get anxious about social situations, speaking in front of people, and sometimes leaving the house and sometimes for no reason. I have good days when I'm very social and friendly and depressive days when I'm tired, don't want to move/do anything, and cranky. Brain fog and memory impairment is present on these days." E also drinking multiple glasses of wine per night to wind down.

## **INTERVENTIONS:**

Serum blood work revealed low hemoglobin and hematocrit, low RBCs with high MCV and TSH. It was determined E may be experiencing leaky gut syndrome and the impaired ability of her body to absorb B12, Vitamin D, and other essential nutrients. E had been eating a relatively healthy diet but without alleviation of symptoms.

A daily supplement called GI Revive was recommended along to repair gut lining. Apple Cider Vinegar and Organic Lemon Juice, 1 TB of each in the morning on an empty stomach was recommended to increase stomach acid to better break down her food and relieve symptoms of GERD. A break from gluten was implemented (E is already eating dairy free).

More chewing was recommended to increase the surface area of the food for better breakdown and assimilation.

Probiotics were added 2 weeks after gut repair began. Vitamins B12 and D3K2 were added 2 weeks after this and a Multivitamin was added 2 weeks after this. These were added in steps to allow the gut to continue to repair and be able to tolerate and absorb the nutrients (especially due to E's multiple food sensitivities).

Magnesium Glycinate was added last to address sleep quality and nervous system overload.

Breathing exercises were implemented as well as other interventions relating to recognizing negative thoughts and past trauma relating to undiagnosed endometriosis in E's youth.

## **OUTCOME:**

After 3 months of interventions and counseling, symptoms of digestive disturbance have mostly disappeared (bloating, gas, GERD), only emerging with consumption of "too much gluten," per E. Food sensitivities have decreased and may continue to do so with continued gut healing protocol. Moods have stabilized and depression and anxiety have notably decreased. E now has energy during the day and is able exercise, socialize, and has increased performance at work and with friends and family. E no longer has a desire for alcohol and has a totally new outlook each day.

***E says:** "I struggled with frequent fatigue, bloating, and stomach issues. I felt stuck in a rut and didn't know how to get out of it. I attended a webinar sponsored by Brigham and Women's Hospital about changing the way we think about food, and decided to join Rachel's program because of her holistic approach to whole body health. Now, I use meditation daily which makes me calmer and more patient in stressful situations and in general. I'm moving my body daily- even a little bit of physical activity each day was helpful to wake up my body from fatigue. I'm thinking about the food I'm eating and chewing more, which has helped reduce bloating. I'm listening to my body's signals of when I'm full, hungry, tired, etc. My stomach no longer hurts all days, every day. Having*

*more energy every day removes the barrier between wanting to do something and actually doing it. My outlook on life in general is a lot more positive, and I feel like I have the tools to overcome future obstacles with mindfulness."*

*- E*

**This is just one of many incredible case studies in the power of Functional Nutrition.**

**For more information about Functional Nutrition and how this program can help your patients, please reach out to [support@rachelcartarn.com](mailto:support@rachelcartarn.com) or call/text Rachel at 570-809-0434.**

**Rachel Carta, RN**, is a Certified Functional Nutrition Counselor, trained by the Functional Nutrition Alliance. She had the privilege of being mentored by Andrea Nakayama, an internationally known Functional Medicine Nutritionist.

Rachel incorporates behavioral psychotherapy into her practice to enhance compliance and support long-term adherence to health goals. As a Tony Robbins-trained Life Coach, she offers a comprehensive coaching approach that extends beyond nutrition, fostering holistic well-being.