

## FUNCTIONAL NUTRITION CASE STUDY

### DEMOGRAPHICS:

Client: JO FEMALE AGE: 67

Dates: February 2024 to Current



### CHIEF CONCERNS:

- IBS, bloating, gas, and pain frequently after eating, frequently loose stool
- Ulcerative Colitis
- Peptic Ulcer Disease
- Depression and Anxiety
- Mood Swings
- Metabolic Syndrome
- Arrhythmia

### MEDICATIONS:

- Pantoprazole - 40mg 1x day
- Bupropion 300mg 1x day > this was stopped by patient under physician care in June
- Atorvastatin 20mg 1x day
- Metoprolol 25mg x day
- Zyrtec 24hr 1x day

### SUMMARY:

JO is a 67 year old female with a past medical history of IBS, Ulcerative Colitis, Peptic Ulcer Disease, Depression and Anxiety, Metabolic Syndrome, Hyperlipidemia, HTN, Hair Loss, Musculoskeletal Pain, Basal Cell Carcinoma, Sleep Apnea, Arrhythmia, and Mitral Valve Prolapse.

JO came to counseling with a desire to have less GI symptoms, relief from anxiety, and wanting to stop some medications. JO was often unable to complete a meal without needing the restroom and often saw undigested food in her stool. She felt her body was inflamed and she was frequently fatigued, anxious, depressed, and overwhelmed.

### INTERVENTIONS:

Serum blood work revealed (functional ranges) low BUN, low CO2, low ALT, low WBC, low HGB indicating possible malabsorption and inflammation.

For blood glucose support: meals containing fat, fiber, and protein were recommended, along with high B vitamin containing foods.

A daily supplement called GI Revive was recommended along to repair gut lining after suspected leaky gut. 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. Digestive enzymes were suggested as well.

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

Probiotics and Multivitamin were continued. Low dose Magnesium Glycinate was added last to address sleep quality and system relax. Supplements that were continued: Milk Thistle, CoQ10, Fish oil, Turmeric  
Glucosamine + Chondroitin + MSM.

JO added more greens to her diet and more fruits/vegetables overall. Methylation pathways improved by physical activity, avocado, cruciferous vegetables, legumes, and leafy greens. Alcohol and caffeine reduction continues.

JO began to implement meditation/breathing exercises, journaling, and other mental health exercises on a regular basis as well as a new mindset around emotional eating.

### **OUTCOME:**

After 6 months of interventions and counseling, symptoms of digestive disturbance greatly improved. Formed stool is normal now (hadn't been for many, many years). Undigested food rarely seen and JO is able to tolerate more raw fruits and vegetables. Serum blood levels are now within normal limits. JO also had a complete cardiovascular work up, which revealed no abnormalities or arrhythmias.

Moods have stabilized and depression and anxiety have notably decreased. JO has more energy and has been walking and moving her body more without joint pain. She is no longer emotionally eating harmful foods and thinks about food with this mantra: "what will sustain me."

### **J says:**

*"You are a real person and you really care about my well-being and it started something that has really changed my life.*

*I take morality away from food choices and take willpower out of it. It's now a decision and a choice that I can make.*

*These changes are reverberating out from my life to people's lives that I love, like my daughter and her children. It's just a miracle. I'm on my feet and I feel better than I have felt in many many many years. I'm so optimistic.*

*I love your program, your book, and your meditations. They really have helped me so much."*

**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 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.