

CASE STUDY

Helping Dakota with **Fertility** and **Dysbiosis**

PATIENT OPPORTUNITY

We performed a Functional Blood Chemistry Analysis with over 100 biomarkers that seemingly displayed a normal, healthy 38-year-old female; a large reason why most conventional doctors tell their patients that they are "normal". A salivary Adrenal Stress Index was done and other than some mild adrenal fatigue, the results were unremarkable. We ran further testing using a Comprehensive Digestive Analysis, which uncovered mild dysbiosis, and food sensitivity profiling revealed egg and dairy reactions. However, it wasn't until we ran the MycoTOX Profile that we really started to break ground on identifying the root cause. A severe mold toxicity was noted and symptoms were consistent to what the patient was experiencing. She had an extremely high level of both Mycophenolic Acid and Ochratoxin A.

APPROACH

A functional medicine approach is comprehensive and includes the whole body. We addressed her deficiencies, adrenals, microbiome, and created a diet to avoid foods that were inflammatory for her. We also started a mold detoxification protocol, including supplements, antioxidants, natural antifungals, and binders to help her body detoxify for the excessive levels of mold.

RESULTS

We retested the mycotoxin test after a 4 month treatment plan with 100% reduction in Mycophenolic Acid and a 75% reduction in Ochratoxin A. Throughout her care plan, we were able to document rapid improvements in her energy, mental clarity, mood, anxiety, and the dizziness resolved completely. She reported feelings of a new lease on life. As of November 2024, she has a healthy newborn baby girl at home; a gift she has been waiting 8 years for.



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ABOUT DAKOTA

38-Year-Old Female

Symptoms:

- Extreme Fatigue
- Brain Fog
- Anxiety
- Dizziness
- Episodes of Racing Heart
- Low Back Pain
- Low Libido
- Mood Irregularities
- Miscarriage

"She had seen conventional doctors, naturopathic doctors, and was involved in emotional energy work, as well as a chiropractor to try to help her issues. No matter what she did, she felt her health issues kept progressively getting worse."