

CASE STUDY

Helping Paco with Brain Fog and Digestive Distress

Paco, a 34-year-old male who presented with heart palpitations, persistent digestive distress, extreme fatigue following physical activity, tingling in hands and brain fog.

PATIENT OPPORTUNITY

We ran an EnviroTOX Panel consisting of: Organic Acids Test (OAT), Glyphosate Test, and MycoTOX Profile®. The OAT showed yeast and fungal markers, Clostridia bacterial markers, neurotransmitter metabolite imbalances, and nutritional deficiencies. The Glyphosate Test results were close to the 75th percentile. We were not surprised about this because the patient is a golfer and was consuming conventional foods. The MycoTOX Profile showed multiple high mycotoxins, including Gliotoxin reporting over 3000 ng/g with Sterigmatocystin and Aflatoxin M1 also well above acceptable range.

APPROACH

We focused on multiple pillars of health to help Paco recover as quickly as possible. First, we overhauled nutrition and supplements. We made a specific food protocol that supported nutrient pathways, detoxing, and nourishing foods for healing. For supplements, we put together a detox protocol consisting of specific binders and liquid antimicrobial. We also layered in support to rebalance the gut. We made sure to assist the patient in testing his home and work environments for mold exposure, and Paco did find and remediate mold hiding in the ceiling. Lastly, we brought in nervous system support to calm his body's response down from consistent toxin exposure. We tailored his entire lifestyle plan to his health case, symptoms and lab findings.

RESULTS

Paco proceeded to improve within a few months. It took a bit longer for full exercise capacity to return to normal, as he did have a couple acute exposures. He is now able to exercise regularly, eat a larger variety of foods, simplify his supplements and his brain fog has completely dissipated. The tingling in his hands and heart palpitations have also rectified completely and he feels happier and calmer on a daily basis.



William Cole,
DC, IFMCP, DNM
DRWILLCOLE.COM

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ABOUT PACO

34-Year-Old Male

Symptoms:

Heart palpitations
Persistent digestive distress
Irregular bowel movements
Extreme fatigue after phys. activity
Tingling in hands
Brain fog

"He had previously seen many practitioners who performed an MRI, EKG, endoscopy and bloodwork. All results came back normal. His main goals were to exercise properly again, avoid concerns about irregular bowel movements, enjoy a social life with his wife, and continue excelling in his career."