

CASE STUDY

Helping Donna with **Insomnia** and **Depression**

Donna was suffering from insomnia and depression and didn't feel like herself.

PATIENT OPPORTUNITY

We ran the Organic Acid Test (OAT), GI Map, and blood work. The organic acids levels came back with high Candida and Clostridia, mold exposure, high DOPAC, low protein, high bacteria, high oxalates, low glutathione, borderline vitamin C, B vitamins and carnitine. Her GI Map showed SIBO, Leaky Gut, low immune system, digestive impairment and low akkermansia. The blood work results showed metabolic syndrome – elevated liver enzymes, elevated blood sugar and cholesterol, low iron and CRP mildly elevated.

APPROACH

My initial priority was getting Donna to be able to sleep. I asked her to get outside in the middle of the day in sunlight so the body knows what time of day it is and to observe sunrise and sunset. Phosphatidylserine was also taken in the evenings. I asked her to have a professional check for mold in the home and implemented mold detox protocol using GI detox, glutathione, a complete mineral complex, and having her drink one teaspoon of salt in warm water to help with the bloating and bowel movement. Donna had a hard time eating anything because it would hurt her stomach with the mold and detox of the gut bugs – SIBO, Candida, etc. We used microbe support to help heal the gut dysbiosis with digestive enzymes and phosphatidylcholine. For one month she followed a reduced-oxalates diet with lower intake of nuts, seeds, soy and spinach, with an increase of protein.

RESULTS

Donna did the protocol, but it was a difficult transition from her previous ND. Donna went from 30 supplements per day to about seven and saw a 50% immediate improvement. She continued to improve over the next six months until all of her problems seemed to disappear.



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"She is back to normal symptom-free existence. She now hikes daily, lifts weights, spends time with her grandbabies and she is very pleased, with the treatment."

ABOUT DONNA

66-Year-Old Female

Symptoms:

Depression
Leaky gut
Bloating
Stomach discomfort
Insomnia

"Patient was desperate. We ran an OAT, MycoTOX test and more. She used my protocol and got great results. I took her down from 30 supplements to about seven. At month eight she got a mold re-exposure. We ran another OAT test and we changed the protocol."



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