

CASE STUDY

Resolving Jane's Lifelong Multi-System Symptoms Through Root Cause Investigation with OAT Testing

Jane is a 45-year-old female who presented with lifelong symptoms including "migraine bowel," acid reflux, chronic cough, food intolerances, brain fog, anxiety, anger, exhaustion, and itchiness.

PATIENT OPPORTUNITY

Jane sought care after experiencing a lifetime of unresolved symptoms beginning in childhood, including migraine bowel, acid reflux, and chronic cough. Despite being evaluated by GI, pulmonary, and general medicine specialists, she was repeatedly told her results were normal.

By her 40s, her symptoms had worsened significantly. She reported increasing food intolerances with upper abdominal pain, brain fog, severe anxiety, anger, exhaustion, itching, a worsening cough, and extended menstrual cycles lasting 19 days.

APPROACH

We conducted an Organic Acids Test (OAT), along with a blood draw and hair analysis. While her blood work appeared largely unremarkable, the OAT revealed overgrowths of *Aspergillus*, *Candida*, and other GI bacteria. These findings pointed to mitochondrial suppression—evidenced by abnormalities in Krebs cycle and fatty acid oxidation markers—along with oxalate accumulation and a vitamin B2 deficiency.

Based on these results, we tested her home for mold exposure and transitioned her to a histamine-free diet. Due to her high reactivity, we began treatment with gentle homeopathic remedies to calm her nervous system. As her tolerance improved, we opened drainage pathways, introduced targeted herbal therapies to rebalance her GI microbiome, and implemented mold-binding agents along with antifungals to address remaining fungal colonization.

RESULTS

Within the first five months, Jane experienced a 70% reduction in symptoms. She shared that she doesn't remember ever feeling this well. She has even incorporated elements of the nervous system work we used into her leadership approach with her medical team. Her menstrual cycle has regulated to 27 days, fatigue improved from a nine to a two, and irritability decreased from a nine to a one.



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"With OAT testing, we uncovered the root causes behind decades of unresolved symptoms. Within five months, Jane experienced a 70% improvement [in her symptoms] and her quality of life dramatically improved."

ABOUT JANE

45-Year-Old Female

Symptoms:

Migraines bowel
Acid reflux
Chronic cough
Food intolerances
Brain fog
Anxiety
Anger
Exhaustion
Itchiness