

Ben Deranian Notes:

Anne's notes:

Dear Ms. Anne - low iron is a condition that absolutely can wreck your health and make everyday life a drag. I don't know why it's low and I have not seen your labs but here is what I would suggest:

1) If you think you would want to...Send me any labs. It will be my pleasure to check them out and offer any helpful strategies that I can...it's a gift and my way of giving back to people I adore.

2) Nutrition strategy for improving iron quick, fast and in a hurry:

i. Ferrinite - 1 capsule with each meal.

ii. Pro HCL Zyme - 1 capsule w each meal

iii. Super C - 1 capsule w each meal

The combination of these three is excellent for giving your body an easily absorbed source for iron, promoting absorption and uptake into the bloodstream.

3) I am sending 2 diets for you to look at..."healthy and balanced diet" and the "balanced ketogenic diet." Probably go with the first.

DAD - Thank you for being on our last phone call. Gout stinks. here's what to consider:

1) Look into a "purine free diet". Purines are byproducts of certain animal proteins that cause something called gouty tophi - these are the actual crystals that form little microscopic daggers that collect in your joints and cause great pain.

2) I am asking Kallie to email you "the Healthy & Balanced diet." This is what I am sending Ben as well. see how it lines up with a purine-free diet and decide from there. Give me a call if you need more data.

3) a company called orthomolecular makes something called UA-X, a supplement that does great for gout. I have seen it help beautifully. If diet alone is not enough, look this up online and if you need, I can get it for you. You need a doctor to get it. Try the free solutions first.

4) Hepato Pro - this worked well for ben, he does not need anymore. I wish you would take 2 daily until the bottle is gone...it will gently detox and help rid waste from the body.

My main guy, BEN!

1) Dr Phil thinks you are the best.

2) Get your meal timing consistent. Try not to go longer than 3 hrs. without a snack.

3) make your diet choices from the "healthy and balanced diet" I am sending. Read the whole thing to get an understanding but focus on the food list. Remember that your immune system gets angry when you eat certain foods that irritate your gut. No gluten, limit dairy.

4) To help your brain, to keep you focused and calm (especially for schoolwork):

i. Seraflow- 4 each morning

ii. Gabamax- 1 scoop morning/ 1 scoop evening.

Thank you for filling out the brain evaluations. We will ask for them to be filled out again in 30 days. It will help me make adjustments when needed.

iii. Catecostim challenge - we will send you 6 catecostim. This will help with alertness, mental speed, concentration, speed of processing, protect you from getting distracted. Take 2 in the morning for 3 consecutive days and report how it made you

feel. If it helps you need it, if there is no difference you do not. WE WILL CALL IN 2 WEEKS TO CHECK ON HOW THIS MADE YOU FEEL.

5) Support digestion and Gut health

i. Omega Plus - 1 morning/ 1 dinner

ii. Liquid D3 - 10 drops daily

iii. Mitonutrient caps - 2 daily

iv. Optizyme - 1-2 w meals (see if 2 helps more than 1)

v. Lipozyme - 1 morning/ 1 dinner

6) Weekend GUT support to heal and seal the gut to keep immune system happy: do the following on Saturday and Sunday

i. Glutamine Pro - 2 scoops

Gi protect - 2 scoops.

When we talk in 2 weeks (will need 5-10 minutes) then I will give date for our next visit