

Case Study: Depression

Ben's Story



For over 30 years, I've been reading, dieting, and searching for a way to be healthy and defeat obesity, fatigue, and depression.

I never sought treatment for the depression, and in fact didn't realize how depressed I was. When I spoke with the doctors at Thrive for the first time, everything they said rang true. They outlined a course of comprehensive treatment that made sense, even to my ears made skeptical by lifetime of failed promises and efforts to become healthy.

I didn't expect what came next: 6 weeks in, I was experiencing greater happiness and never had one depressed day. My energy doubled, and my arthritic pain and gout almost entirely subsided. My knee pain, a leftover ache from a meniscus surgery a year ago, disappeared entirely, even going up and down stairs.

Want Proof? See Backside For Full Diagnostics.

Complaints

- Depression
- Fatigue
- Obesity

Solution

- Functional Medicine
- Functional Movement

Results

- No Depression
- Doubled Energy
- Reduced Inflammation

Doctor's Story

Ben initially presented to our clinic with depression, fatigue and obesity. Ben also had elevated blood sugar, cholesterol and gout. He had tried many things in the past, but nothing seemed to help long-term. Any relief he did experience was usually only temporary.

We put Ben on a 6-month protocol to heal his gut. At the end of his treatment plan, Ben reported zero days of depression, doubled energy and stated his arthritic pain and gout had almost entirely subsided! He is a new person and is back to doing the things he loves with the people he loves.



Every Patient Is Different. This Is Not A Guarantee Of Results. You may get better or worse results depending on a variety of variables.

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Diagnostics: Before And After Treatment

Hepatic Function Panel	Current	Reference Range			Previous
ALT (U/L)	31	≤41			95 H (11/30/2017)
sdLDL* (mg/dL)	33	≤35	≥36	75 11/30/2017	
Cholesterol, Total (mg/dL)	196	≤199	200–240	≥241 295 11/30/2017	
Triglyceride (mg/dL)	142	≤149	150–200	≥201 424 11/30/2017	
ox-LDL* (U/L)	51.0	≤60.0	60.1–70.0	≥70.1 71.3 11/30/2017	

sdLDL and Total Cholesterol, Triglycerides, and ox-LDL All Normal

Significant Weight Loss, Reduced Inflammation

More Energy, Less Fatigue, No More Depression

Key Points

- Healing The Gut Can Lead To A Host Of Positive Side Effects That Range Beyond Direct Gut Dysfunction
- Weight Loss, Autoimmune And Hormone Issues, Etc, Can Be Impacted By Gut Health
- A Functional Medicine Approach Worked For This Patient's Depression. Way To Go Ben!