

# Case Study: Weight Loss



I had gained 40 pounds within 4 years; I was feeling very sluggish and was often tired. I had been told by my medical doctor that I needed to lose weight because gaining so much weight in my mid-section put me at higher risk for heart conditions.

After getting my initial blood work results with Thrive, it was explained to me that I had a fatty liver, I had high levels of homocysteine (increases the chances of heart disease, stroke, Alzheimer's disease, and osteoporosis), I have Celiac disease, and that I am highly allergic to wheat. I was also diagnosed with leaky gut.

After following the directions given to heal my gut, I have lost 30 pounds in 5 months along with exercise. When my labs were run again, all of my levels were almost perfect. I no longer worry about my health.

Want Proof? See Backside For Full Diagnostics.

## Complaints

- Weight Gain
- Fatigue
- Heart Burn
- Bloating

## Solution

- Functional Medicine
- Detox
- Supplements

## Results

- 30lbs Lost
- No Bloating, No Hurt Burn
- Life Restored

## Doctor's Story

Lennea presented to us with recent weight-gain (40 lbs in 4 years), extreme fatigue, acne, bloating and heart-burn. Her labs revealed she was at risk for cardiovascular disease. Also, she was diagnosed with Celiac's disease and is highly allergic to wheat, along with 52 other foods!

We put her on a 6-month protocol to heal her gut. At the end of her treatment plan, she had lost more than 30 lbs, her bloating and acid-reflux had resolved, her energy went from 3/10 to 8/10, and her skin lesions had improved dramatically (especially the acne). Even better, the levels of inflammation in her body were significantly reduced and she is no longer staring at a heart attack in the future!

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## Diagnostics: Before And After Treatment

Inflammation	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	Homocysteine (µmol/L)			21	≤9	10~14	≥15	
hs-CRP (mg/L)			2.7		≤0.9	1.0~3.0	≥3.1	

Inflammation	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	Homocysteine (µmol/L)	6			≤9	10~14	≥15	
hs-CRP (mg/L)	0.5			≤0.9	1.0~3.0	≥3.1		

CRP (Inflammation)  
From 2.7 To 0.5

Homocysteine  
(Inflammation) From  
21 To 6

Inflammation  
Gone, 30lbs Lost,  
Energy Back

### Key Points

- Inflammation Can Often Produce Unexplained Weight Gain. This Is Commonly Coupled With Heart Burn Or Other GI Issues
- A Functional Medicine Approach Aims To Address The Root Cause Of A Problem
- For This Patient, Functional Medicine Worked To Lower Inflammation And Lose Weight! Awesome Job Lennea!