

Patient 2 Lesson #10  
Constitutional intake notes

- Gas from fatty foods, greasy French fries, trans fatty acids. Produced in intestinal tract from bacterial fermentation. Swallowing air when you eat does not produce gas.
  - Lactose intolerant, eats yogurt and cheese. Cheddar easier to digest besides goat cheese. No milk or ice cream.
  - When scratched lightly, a red welt is raised.
  - Probably inflamed intestinal tract, a hidden inflammation.
  - No asthma, eczema, psoriasis.
  - Dry scalp, hair. Not prone to nausea. Red tipped tongue.
  - Moist mouth. (Acid indigestion can cause excess saliva). No prescription drugs.
  - Used to take pepto bismol. Used to be prone to diarrhea.
  - Sometimes foul burps. Stomachache lasts a few hours after he eats.
  - Doesn't eat quickly. Pretty good appetite. 3 meals/day.
  - Something is fostering continuing inflammation.
  - Prone to more sugar, controls diet at home.
  - Don't usually see lactose intolerance and celiac in the same person.
  - Takes saw palmetto, used to take a multi. Dad had prostate cancer.
  - Recent salt cravings, distension of the stomach. Too much coffee tires him out and dehydrates him.
  - Irish heritage, from the South.
  - Give things that diminish the stomach and colon inflammation.
  - Condition going on for 10 years, Michael suggests an adaptogen, not a mineral tea. Client consumes about 20 oz of soy milk per day. Soy very allergic, may have soy/wheat allergies. Hyper inflammation. Milk thistle helps inflammation, cools liver, oxidative stress.
- Andrographis stimulating to the gut, not good now, perhaps later.  
3 grams, caps, a day of omega 3.
- Anti-inflammatory herbs: licorice and curcumin recommended.
  - Chickweed, cleavers, or plantain would be a good choice.
  - Caffeine from coffee is a frequent allergen