



PATIENT WITH CHRONIC FATIGUE

9/7/13: 51 year-old female



Patient with chronic fatigue and degenerative arthritis

STARTING WEIGHT: 202.5 **HEIGHT:** 5' 7" **BMI:** 31.7

WAIST CIRCUMFERENCE: 42.2" **BODY FAT:** 40.8%

PRESENTING COMPLAINTS/SYMPTOMS:

Patient came to Ideal Protein suffering from chronic fatigue, severe degenerative arthritis in her right thumb and wrist, and severe left hip pain due to shredded cartilage. She found it difficult to run her busy chiropractic practice and care for her young son, frequently falling asleep by 8:00 pm, too exhausted to move.

PAST MEDICAL HISTORY:

No major past medical history other than slightly elevated cholesterol and previous surgeries for old sports injuries.

STARTING MEDICATIONS:

None

STARTING LABS:

Triglycerides 75, Total Cholesterol 226, HDL 59, LDL 132

FINAL RESULTS

TIME ON PROTOCOL: 13.0 weeks

ENDING WEIGHT: 148.5 (-54 lbs, +/-4 lbs/week)

ENDING BMI: 23.3

WAIST CIRCUMFERENCE: 28.5"

BODY FAT: 26.8%

ENDING MEDICATIONS: *None*

ENDING LABS: *Triglycerides 55, Total Cholesterol 178, HDL 66, LDL 108*

OTHER IMPROVEMENTS:

- *Hot flashes were eliminated*
- *Patient used to lie down with her son at 8:00 pm and would not get up until 7:00 the next morning, but was constantly exhausted; now she has energy to spare.*
- *Patient is an avid golfer, but has shredded cartilage in her hip joint that was so painful she would limp all the time and found it too painful to walk even 9 holes. After Ideal Protein, she bought a new push cart and was able to walk 18 holes as a direct result of decreased inflammation.*
- *Patient also has severe arthritis in her thumb and wrist that made it difficult to grip a pen because it was so painful, and was using felt tip markers to sign her name instead. Performing her job as a chiropractor would cause such immense pain in her wrist that many times she had to wrap it just so she could work. Now her pain is very minimal and infrequent.*
- *Patient reports, "I FEEL GREAT, I AM MORE CONFIDENT AND JUST HAVE A KIND OF EUPHORIA!!"*