

Case Studies – September 2020 – October 2021

The naturopathic practice looks at the root cause of a situation and does not diagnose or treat with medications. Enjoy these brief case studies and perhaps share with others who may benefit. Used with permission.

R.T. is a 21-year-old female. She is in college and lives in an apartment with two other females. She has put on 20 pounds in the last year and it bothers her. She spoke with therapist a year ago and was put on anti-anxiety meds due to pressure of school and fitting in. She complains of dry mouth in the morning but says she doesn't drink water throughout the day as she used to do. She indicates mouth tingling and jittering in body, anxiety and feeling out of sorts. She is nauseous in the morning but once she eats something, she feels better. She said that caffeine makes it worse and she can tell when a beverage contains caffeine. She says her balance has gotten worse. She has fainted once a couple of months earlier with some jumpiness (she said roommate saw this and wondered if she was having a seizure). She refused to go to doctor.

Participating in case study, she was asked to complete a food and activity diary for a week. She eats a ham and grilled cheese sandwich for breakfast or a peanut butter sandwich. She indicates she doesn't like to cook. For lunch, she eats fast food which is a chicken sandwich and fries because it's on campus. She will eat pizza in the evening or processed foods such as tacos (from food truck) and says she likes pasta dishes and her roommate cooks that. She snacks on candy some and her beverages include water, energy drinks for studying and beer/wine on many weekends. She would like to start exercising.



J.K. is a 24-year-old female. She is on her own and lives with a roommate. She works in a business office. She complains of a dry mouth and thirsty in morning. She has had bouts of dizziness or lightheadedness that she can't figure out why. The thought of eating food in the morning creates nausea or a feeling of sickness. She jokes she isn't pregnant but her sister who is says their symptoms sound the same. Her food aversions have gotten worse. He has had an increase in shaking extremities, unease and agitation. She indicates her demeanor has changed over the last 3-4 years. She also pointed out that she can feel a pounding heartbeat and has difficulties quieting her mind.

Participating in case study, she was asked to complete a food and activity diary for a week. With this, it indicates that she skips breakfast mostly and will consume coffee or a caffeinated beverage. She eats a salad or fast food sandwich and fries for lunch around 1 or 2pm. Her dinner is usually pasta that is vegetarian or contains chicken. She rarely snacks and her beverages include water, super punch (which is an energy drink) and sometimes wine. She doesn't have time for exercise but would like to add this to her routine.



Both young ladies were diagnosed with same condition of hypoglycemia. One was underweight and one overweight. Both are caffeine sensitive and sensitive to glucose containing foods which cause a cortisol (stress hormone) rush throughout body and then a plummet of low blood sugar. The pancreas is having difficulty keeping up.



This test confirmed that R.T. is on the road to a traditional diagnosis of diabetes which could have induced a seizure or coma. Her pancreas is working overtime to keep up with the amount of sugar that she is consuming. The nutrient test revealed an extreme deficit in vitamins and minerals. Although she is eating calories, she is underfed and over-nourished and in a deficit of real nutrients. The naturopath working with her (G.S.), worked with R.T. to determine what she would commit to. R.T. did not want to feel bad any longer and was ready to take charge of her health and not end up like her father. She stopped eating sandwiches in the morning and agreed to consuming a morning smoothie which contained vitamins, minerals and amino acids. She added more protein to her lunch and dinner and stopped snacking. She was also given a liquid and sublingual vitamin/mineral supplement to bypass the stomach and be fully absorbed since often capsules or tablets are only 20% absorbed. She added a green drink to her afternoon when she would often hit a slump and started drinking herbal tea instead of coffee. Her morning nauseous went away. She decreased her alcohol consumption and drank more water when drinking alcohol to dilute it and not get dehydrated. Her hair and nails improved and she lost 14 pounds in two months which she wanted. In six months, her blood work was repeated. Her vitamin and mineral levels increased but still needed to be improved. She couldn't understand how she was in a deficit since she ate a lot but was educated about processed foods being foods that are fake and not recognized by the body. Her insulin sensitivity was on the right path. In a year, her blood work was repeated and her vitamins and minerals were in the optimal range, her glucose and other blood markers were healthy and she was no longer insulin sensitive. She is a changed person and under the direction of a physician, weaned off her anxiety meds and realized she no longer needed them. She is very happy to have participated in the case study and said she wondered how many people are out there with the same condition and don't know it. She is lucky that she addressed this situation when she did before irreversible damage was done.



J.K. has always been slender and the deficit of calories and nutrition have caused malnourishment over the last few years. With the added alcohol that is sugar-based, her morning blood sugar is seriously

low. She drags to get herself out of bed in the morning. Although she has annual blood work, her hypoglycemia/low blood sugar was never caught. A microcell blood test was conducted which contained an insulin resistance test which shows insulin sensitivity much sooner than a glucose test. This test confirmed that J.K. is on the road to a traditional diagnosis of diabetes which could have induced a seizure or coma. Her pancreas is working overtime to keep her upright and the nutrient test revealed an extreme deficit in vitamins and minerals. She had created a behavior of not eating breakfast for a few years. This was a problem because she didn't consume a lot of calories the rest of the day. The naturopath working with her (D.T.), worked with J.K. to determine what she would commit to. J.K. did not want to feel bad any longer and was ready to take charge of her health. She agreed to eat a morning smoothie which contained vitamins, minerals and amino acids. She sipped on this for a couple of hours in the morning and got used to do so within a week. She added more protein to her lunch and dinner and was also given a liquid and sublingual vitamin/mineral supplement to bypass the stomach and be fully absorbed since often capsules or tablets are only 20% absorbed. She added a green drink to her afternoon when she would often hit a slump and reach for caffeine (knowing caffeine didn't agree with her). Within two weeks, J.K. was feeling rested when she woke up, no longer nauseous in the morning. She switched from coffee to green tea and was better able to process this. When she drank wine in the evening, she would drink more water and didn't feel deprived any longer. Her skin improved, her friends said her complexion was glowing and she put on 10 pounds in two months which was a goal of hers that hadn't been discussed. In six months, her blood work was repeated. Her vitamin and mineral levels increased but still needed to be improved. Her insulin sensitivity was on the right path. In a year, her blood work was repeated and her vitamins and minerals were in the optimal range, her glucose and other blood markers were healthy and she was no longer insulin sensitive. She is a changed person. She is no longer anxious, sleeps better, feels whole (as she calls it) and is confident. J.K. is lucky that she addressed this situation when she did before irreversible damage was done.



Although both girls were at different weights, both had very similar symptoms and were placing stress on their pancreas (and other systems) and insulin secretion. Cortisol levels were elevated and the body was always under stress due to eating habits. This could further impact the adrenals and thyroid. Remember, everything is connected! When one system is stressed, others step in and burn out their resources. It's never too late to change a habit and create a healthy life.

Thanks to the volunteers who worked with NDs in training for a year. These cases will be published in the next NDNR journal.