

PureResponse™ Case Study 2



Marnie

Marnie's case involves connections between gastrointestinal health and immune balance

Background: 38-year-old, female assistant college professor

Chief Complaints: Fatigue and gastrointestinal health

About

Tenured three years ago, divorced two years ago, raising two children ages 9 and 7. Fatigue, onset 2.5 years ago, with mild mood complaints; long standing intestinal complaints, which narrows her repertoire of foods. Long-standing respiratory complaints. Occasional need for bladder support. No significant surgical or injury history.

Functional Medicine Symptom Inventory

Corroborates her need for intestinal support and suggests the need for glycemic balance.

Questionnaire Total Score

Th1 = 17, Th2 = 18

Lab Tests

- CBC with differential white blood cell count—with attention to total wbc's and monocytes
- TGFβ
- EBV Antibody Profile:
 - EBV VCA IgM
 - EBV VCA IgG
 - EBNA IgG
 - EBV EA IgG
- HHV-6 IgM & IgG
- IgG Food Sensitivity Assay

Interpretation

The patient's occasional stress, intestinal health, and glucose metabolism is driving cytokine activation. This interferes with mitochondrial function, so it drives her fatigue and impacts mood.

Her labs and occasional need for bladder support indicate the need for intensive Th1 and innate immune support. Any inadvertent exposures to foods to which she has IgG-mediated food sensitivity also drives her cytokine activation.

The need for intestinal support and bladder support, as well as the childhood history of respiratory support, are three signs indicating the need for additional mucosal support, hallmarks of a tendency toward Th2 dominance.



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PureResponse™ Questionnaire

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Marnie's responses

Please complete the following questions by circling 0-4 based on the frequency and severity of your symptoms.
 0 = No symptoms; 1 = Occasional, mild symptoms; 2 = Frequent, mild symptoms; 3 = Occasional, severe symptoms; 4 = Frequent, severe symptoms

Th1 Support and Innate Immune Support Indicators

Joint comfort, digestion, energy and/or mental clarity	0	1	2	3	4
Daily stress	0	1	2	3	4
Self-tissue response (joint, thyroid function)	0	1	2	3	4
Intestinal health (over the past year)	0	1	2	3	4
Current intestinal health (today)	0	1	2	3	4
Immune health (short-term)	0	1	2	3	4
Immune health (long-term)	0	1	2	3	4
Lip/mouth comfort (responds to lysine)	0	1	2	3	4
Urinary tract health (over the past year)	0	1	2	3	4
Current bladder function	0	1	2	3	4
Sinus health (over the past year)	0	1	2	3	4
Current sinus health (today)	0	1	2	3	4
Respiratory health (over the past year)	0	1	2	3	4
Current respiratory health (today)	0	1	2	3	4
How many times have you taken antibiotics in the past year?	0	1	2	3	4
					17
					0
Age: add 2 points for every 5 years over 50					17
Total (score + age points)					17

Th2 Modulation Indicators

Bronchial/Airway function (childhood)	0 - No	3 - Yes			
Gastrointestinal function (childhood)	0 - No	3 - Yes			
Ear health (childhood)	0 - No	3 - Yes			
Bronchial/Airway function (over the past year)	0	1	2	3	4
Airflow/Ease of breathing (today)	0	1	2	3	4
Current lung health (today)	0	1	2	3	4
Sinus health (over the past year)	0	1	2	3	4
Current sinus health (today)	0	1	2	3	4
Occasional forehead, cheek, or face discomfort	0	1	2	3	4
Nasal mucous	0	1	2	3	4
Mucous in stool	0	1	2	3	4
Allergy to environment (pollen, mold, etc.)	0	1	2	3	4
Food sensitivities / reactions	0	1	2	3	4
Gastrointestinal health (over the past year)	0	1	2	3	4
Current gastrointestinal health (today)	0	1	2	3	4
Chronic stress	0	1	2	3	4
How often do you work with toxic chemicals?	0	1	2	3	4
					18
					0
Age: add 2 points for every 5 years over 50					18
Total (score + age points)					18

Th1 Evaluation

Use your Th1 score to assess the need for Th1 and innate immune support:

- < 8 No support needed
- 9 - 13 Low-level support
- 14 - 19 Moderate-level support
- > 20 High-level support

Th2 Evaluation

Use your Th2 score to assess the need for Th2 modulation:

- < 8 No modulation needed
- 9 - 13 Low-level modulation
- 14 - 19 Moderate-level modulation
- > 20 High-level modulation

Consider the Following Lab Tests to Determine the Need for Th1 Support and/or Th2 Modulation

Lab tests indicating the need for Th1 support:**

CBC: monocytes (low) Viral IgG's (and IgM's if appropriate) for:
 TGFβ EBV HHV-6
 NK cell % CMV Parvovirus
 Salivary cortisol HSV 1 & 2 Coxsackie virus

Innate immune system support lab tests:**

WBC's and TGFβ

Lab tests indicating the need for Th2 modulation:**

CBC: Eosinophils or Basophils (high)
 CD8 count and/or CD4/CD8 ratio
 Stool analysis

**All lab tests are available through Quest Diagnostics or LabCorp.



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