



### **Findings of Nick Hynes on 30/1/2024**

Presenting with rash like spots on forearms and along the back of the shoulders. Had for approximately 7 weeks. No itch, slight irritation in humidity during work.

#### **Finding the root cause - Possibilities to investigate:**

- Histamine response to external allergens/irritants eg dust, dust mites, pollen, rats/rat feces, mold, pet dander, weather (high humidity) etc
- External pathogen eg bacteria living on skin
- Food intolerance eg gluten, dairy, others etc or excess sugar or pro-inflammatory foods eg processed foods, take away foods
- Liver burden from external toxins from chemicals work, cigarette smoking, alcohol consumption,
- Inadequate detoxification pathway from naturally occurring digestive enzymes to liver/gallbladder to bowel movement (reuptake of the bodys 'rubbish' through leaky gut (intestinal permeability)
- Skin irritation from soaps, shampoo, washing detergent etc
- Mold exposure
- Stress

#### **Tests to be considered:**

- HTMA to assess heavy metal toxicity, liver function, some nutritional imbalances
- Food compatibility to access foods that cause aggravation to the bodys system
- Stool sample to assess leaky gut, microflora diversity, digestive secretions, pathogens eg fungi, bacteria, parasites
- Liver function test

- Skin swab (through GP)
- Mold
- Histamine
- Allergy (through allergy specialist)

## Objective

To eradicate skin lesions by:

Objectives	Actions
Support detoxification pathway	Support liver/gallbladder, bowel integrity (leaky gut)
Improve upper and lower digestion	focus on breaking down fatty foods through digestive enzymes, bile production through liver/gallbladder, improve bowel integrity and enhance microflora diversity (good bacteria in the gut) for bowel integrity, proper nutrient uptake etc, increase DAO enzymes to help breakdown histamine if a problem
Modify diet	decrease pro-inflammatory foods, increase high fibre foods, increase nutritional foods, move to a more wholefoods diet
Skin repair	provide nutrients for the healing of skin lesions
Support lymphatic system - this is the rubbish bin system of the body, it stores the rubbish when not properly functioning, aids in detoxification	Movement, body brushing, herbs

## Current treatment

PHGG (fibre) for healing gut integrity, feeding good microflora, decrease inflammation	2 tbs in smoothie, water or juice
Digestive enzymes to help breakdown food	1 capsule 15 minutes before meals, take one around snack/lunch time, one at dinner time
Perilla (herb) anti-histamine	5mls every morning, add to warm water for 5 minutes to dissolve alcohol content

Continue with herbal tea formula (this is a great gentle detox and liver/gallbladder support!)

Continue with mushrooms, garlic, turmeric, spirulina, NAC and shilajit.

Continue with tincture of mullein and dandelion root for lung support and digestion.

Continue with castor oil, cease using almond and sesame oil topically.

Cease use of golden seal cream for now.

### **Diet modifications**

- Minimise gluten containing foods (good quality sourdough only a couple times a week)
- No dairy
- Reduce processed sugar intake
- Cook with macadamia oil
- Swap dairy milk with almond milk/coconut milk for now
- Swap beer to gin, minimise the amount of alcohol as this disrupts the liver doing its job properly
- Include legumes (red lentils, green/brown lentils, chickpeas, mung beans etc) around 2-3 times a week to increase fibre for proper digestion and microflora diversity. Try green/brown lentil spag bol, red lentil dahl, mung bean soup. If beans are raw, soak before cooking.

### **Snack suggestions to take to work**

- Handful of turkey
- Handful of mixed nuts (almonds, walnuts, brazil nuts etc)
- Home made hummus and veggie sticks (carrots, celery, cucumber etc). This can be made in bulk at the start of the week and serve into container to take to work
- Chia puddings with coconut milk and fresh fruit topping. Use fruit in season eg peaches, nectarines etc). This can be made in bulk at the start of the week and serve into container to take to work
- Can of tuna, salmon, mackerel
- Sliced apple with peanut butter

### **Take away food suggestions**

- Locate a good bakery in the area of work that provides sourdough sandwiches. Ask for extra salad. Or gluten free pie
- Fish and chips. Opt for baked fish and side salad
- Gozmen and gomez or other take away mexican food. Opt for salad bowl with meats instead of burrito wrap (gluten)

### **Next appointment**

- Assess skin to see if improvements on dietary modifications and anti-histamine herbal tincture
- Assess digestion
- Assess HTMA and food compatibility results and treat according to results