

Considerations for the Catabolic Patient

Signs & Symptoms	Consider	Treatment Plan	Monitor	Supplementation
<u>Signs & Symptoms:</u> - Feeling “lousy” - Fatigue - Cravings - Depression/anxiety - Poor quality sleep - Poor digestion/absorption/leaky gut - Chronic pain/infection <u>Clinical Findings:</u> - High % body fat - Low bone density - High fasting insulin - Heavy metal burden - Calcium to phosphorus ratio 3:1 - High normal globulin - Cholesterol (220-280) - High LDL, low HDL - High triglycerides - Low normal serum potassium, high normal serum sodium - High normal BUN with normal creatinine - Low urinary sulfate - Genomic variations	Optimize pH	Optimize fluid and electrolyte balance	Morning urinary pH -pH paper	Potassium bicarbonate -K Alkaline (Moss) Magnesium -Magnesium Glycinate (Vital Nutrients)
	Optimize muscle mass (reduce sarcopenia) and amino acid levels	Pay special attention to protein and amino acids	Body composition: -Bioelectric impedance scale Grip strength: -dynamometer	Amino acids -Custom Amino Base (Metabolic Maint.) Protein powders/bars -UltraLean products (Biogenesis) -Paleo products (DFH)
	Reducing inflammation	Reduce inflammation Address food allergies	Inflammatory biomarkers: -HS-CRP -Fibrinogen levels -WBC -Differential	Anti-inflammatory agents -Inflametric (Olympian) -D-Flame (Protocols) -Pain Guard (Perque) Fish Oils -Ultra Pure Fish oil (Vital Nutrients) Food allergy blends -AllerGzymes (DFH)
	Improving insulin sensitivity	Watch carbohydrate/protein ratio	Fasting glucose Fasting insulin Cravings	Metabolic Synergy (DFH)
	Optimize dietary carbohydrate/protein ratios	Replete protein deficiencies and reduce carbohydrate intake along with improvements in dietary quality	Diet diary Optimal protein intake -1.0 – 1.2 g/kg body weight	Protein powders/bars -Paleo products (DFH) -UltraLean (Biogenesis)
	Optimize GI function	Dietary changes, supplementation of digestive aids	Patient signs and symptoms	Betaine HCl (Vital Nutrients) Digestzymes (DFH) Intestinal Repair Complex (Biogenesis)
	Optimize micronutrient deficiencies/imbances	Supplementation of multis Possible emphasis on vitamin D, iodine, and zinc	Serum 25 OH vitamin D Fatigue/serum thyroid indicators Zinc taste test	Multi Nutrients (Vital Nutr) Vitamin D (Vital Nutr) Iosol (Moss) Zinc Supreme (DFH)