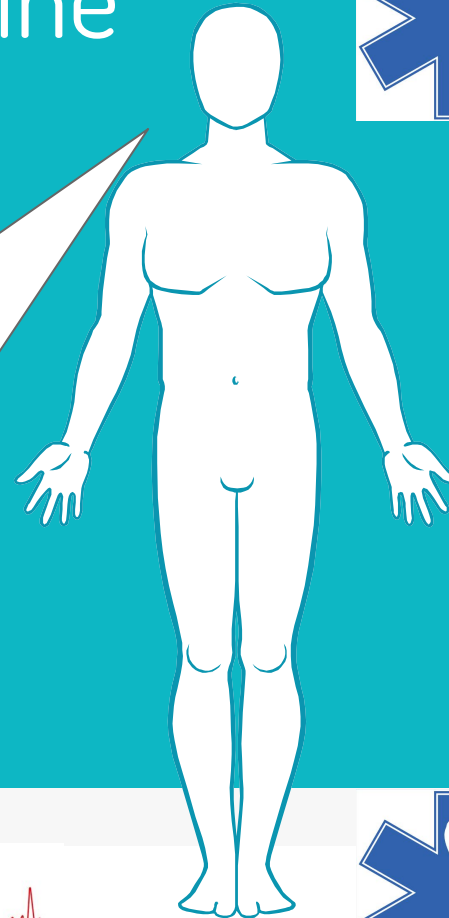




Patient 1 – Joe Createtine



Sup doc. I have been feeling like I'm not enough because my bench max is only 230 lbs. My bank account takes a big hit because I buy 50\$ worth of Pre-workout each week. When I look in the mirror I think I look fat. All I see is my flabby belly. I need to get fit so I only buy meat that is 95% lean or more. Besides that I only eat beans. Lately I have been feeling bloated, have gas, and cramping. People call me a gym bro but really I just want people to like me.

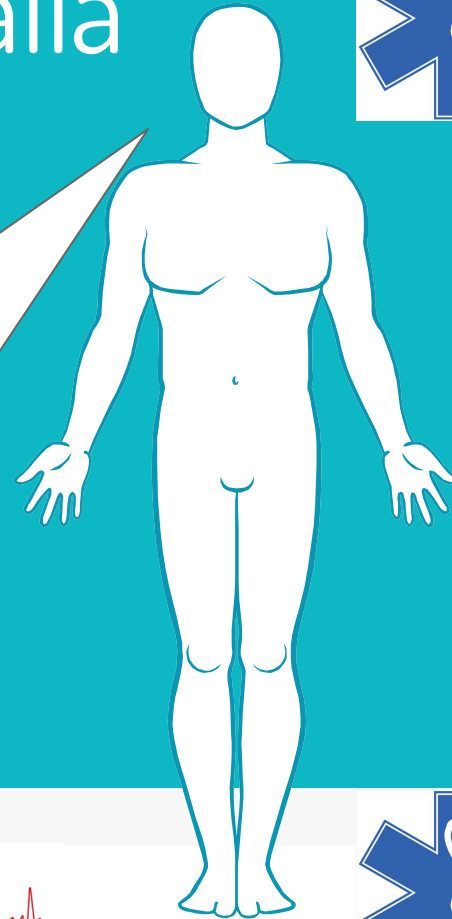




Patient 2 – Sally Sealia



I have been having severe bloating, gas, and diarrhea. It seems to happen after almost every meal. I first noticed this when I went to Panera Bread. I had a salad and a grilled cheese sandwich. The next time I felt sick was when I had a steak, mashed potatoes and garlic bread. This doesn't seem to happen when I take my protein shake after my run each evening though.

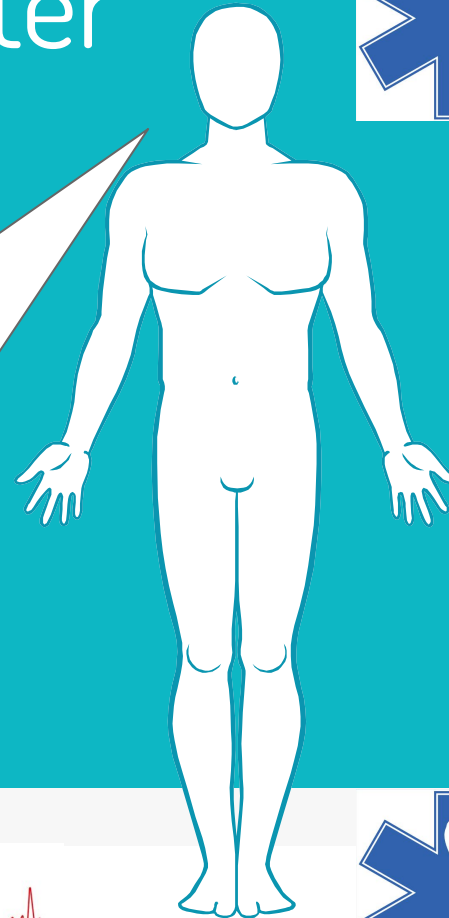




Patient 3 – Lana Porter



I had to go to the doctor and get blood work because I am pregnant and my doctor wanted to test my HCG hormone levels. When they did this I got my results back from my doctor in my portal. Unfortunately some of the levels came back as 'High' although I don't quite understand some of these acronyms so I decided to dissect my food and activity levels to make sense of the data. I workout quite a bit, I am a college athlete. We are traveling a lot and we have to get food on the road often. I also can't stand protein shakes, they are so chalky. I am bulked because I lift each day. I have been having bullet coffee each morning because the fats in coconut oil paired with the coffee keeps me fuller longer and I still get my energy boost. I suppose looking at my diet this is where I can use the most work to better my health.

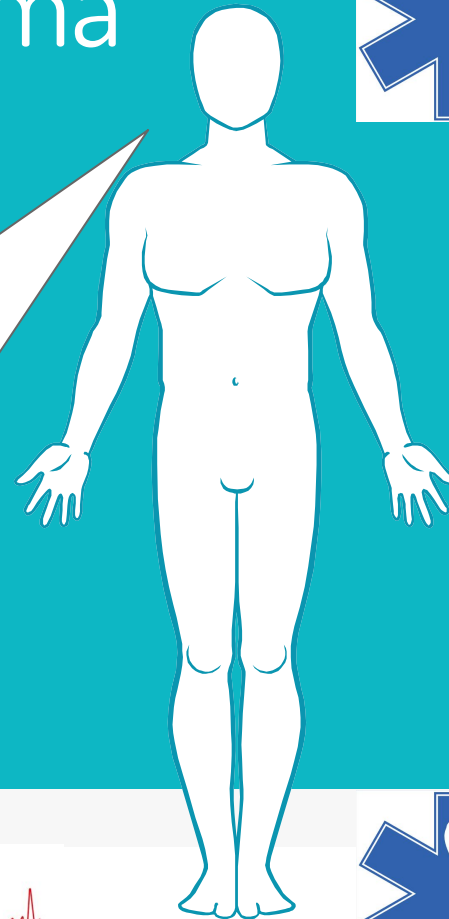




Patient 4 – Chloe Forma



I have been getting so sick lately. Infact, my skin and eyes are even beginning to yellow. My urine has become really concentrated and dark, TMI but its the truth! I have had some non-cancerous tumors growing lately. My poop also seems to be lighter in color. I almost never feel like I have any long term energy.

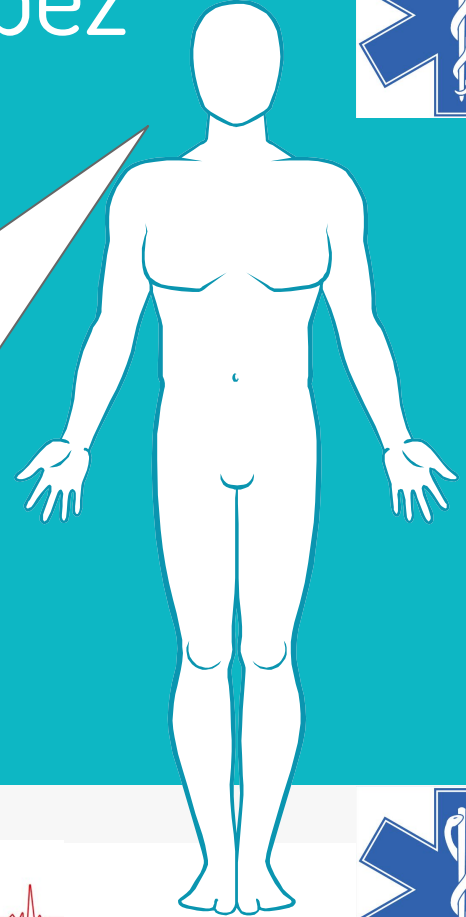




Patient 5 – Gerardo Lopez



I can't go 10 minutes without a candy or snack. When I wake up I have to have a little bit of breakfast or else I faint. I don't eat a lot but I can't go a long time without eating something. My mom said it's something about my blood sugar but she grounded me last week so I don't listen to her. Whenever I have honey nut cheerios with whole milk my tummy gets upset.





Patient 6 – Ellie Ellison



Gosh, I am always nauseous and I have heartburn too! It has been such a tough year. I got some blood work done at the doctor since they can't seem to figure out what is going on with me. It said my gastrin levels are high. It seems to primarily responsible for secretion of hydrochloric acid (HCl) into the stomach. I feel all out of whack when I consume too much meat- that is when my symptoms are worst.

