

FRANÇA, Isaac (id #2028, dob: 11/06/2018)



LIGHTHOUSE COMPLEX CARE
16000 E COLFAX AVE
AURORA, CO 80011-5811
Phone: (303) 219-0030, Fax: 303-600-7340

Date: 04/21/2023

Dear Isaac França,

The following is a summary of your visit today. If you have any questions, please contact our office.

Sincerely,

Electronically Signed by: MARY BURCH, NP

Patient Care Summary for Isaac França

Most Recent Encounter

04/21/2023 Mary Margaret Burch: 16000 E Colfax Ave, Aurora, CO 80011-5811, Ph. tel:+1-303-2190030

Reason for Visit

Neurological Disorder; Digestive Disorder; lab follow-up

Assessment and Plan

The following list includes any diagnoses that were discussed at your visit.

1. Disorder of the central nervous system

2. Disorder of digestive system

3. Disorder of immune function

4. Laboratory test result abnormal

5. Screening for disorder

6. Altered microbiota

Discussion Note

I have personally spent 60 minutes through video call with this family, and greater than 50% of this time was spent in counseling/coordination of care.

Patient educational handouts: No information available.

Plan of Care

Patient Goals

STEPS FOR VISIT 04/21/2023:

Diagnostic Steps:

Please do this as soon as possible so that the results will be back by your next appointment.

1. Please complete a FRAT (folate receptor antibody test) when you are in the USA in July. This kit will be mailed to your preferred address in Florida.
2. Please complete a MitoSwab. when you are in the USA in July. This kit will be mailed to your preferred address in Florida.
3. Please send the results from your upcoming genetic testing when you receive them

Treatment steps:

Please start each intervention with 5 days in between to judge response. Supplement prescriptions will be emailed to you through FullScript (with discounts) unless otherwise indicated.

1. Restart 1 capsule (500mg) of NAC once daily for detox. Please give at bedtime as it may also help his nighttime awakening.
<https://www.amazon.com.br/Now-Foods-Nac-600-c%C3%A1psulas/dp/B0013OW0NC/>
2. Then add B12, Hydroxy B12 by Holistic Health. 1 drop, twice a day, under the tongue for Low levels. This can help with focus and detox support. Don't give after 4pm. (Total of 2000mcg). This is in addition to his compounded multivitamin
3. Start 5MTHF (Methyl folate) 1mg, twice daily, not after 4pm for Low Folate levels. This can help with speech and communication skills. Please make sure B12 is on board, while on folate.
<https://br.iherb.com/pr/thorne-5-mthf-1-mg-60-capsules/18447>
4. Then increase Digestive enzymes to 1 capsule with all three meals daily.
5. Then add liposomal Glutathione 0.5ml, twice daily, at least ONE week before starting the gut protocol steps.
<https://br.iherb.com/pr/aurora-nutrascience-mega-liposomal-glutathione-plus-vitamin-c-organic-fruit-750-mg-16-fl-oz-480-ml/99988>

6. GUT PROTOCOL:

Needs two phases.

Phase 1: Fungal issues.

Phase 2: The rest of the dysbiosis.

=> PHASE 1: (Fungal issues)

Please refer to the Herxheimer Handout before starting the Gut Protocol so you can be prepared to deal with any die-off reaction. This can be found in the patient portal under My Health -> Medical Forms or on our website under the tab Current Patients -> Patient Handouts.

- Please continue to use Glutathione during gut modulation.

START ALL OF THESE ON THE SAME DAY:

A) Juniper 10 drops, 3 times a day for 14 days. [Geotrichum, Yeast]

Brazil link: <https://www.ubuy.com.br/en/product/10HP012O-juniper-tincture-alcohol-free-organic-juniper-berry-extract-juniperus-communis-stomach-and-health-su>

USA link: <https://www.amazon.com/Juniper-Extract-Juniperus-Monosperma-Tincture/dp/B00KLGZ6AW?>

B) Cuturelle Kids Chewable, 1 chewable daily.

<https://br.iherb.com/pr/culturelle-kids-purely-probiotics-chewables-3-years-bursting-berry-30-chewable-tablets/56051>

7. Please return after finishing Phase 1 to address the rest of the dysbiosis in Phase 2 gut modulation (Next visit).

We can better serve you and prepare for your visit if you can help us by giving us some basic information before your appointment. Please fill out the Upcoming Visit Form 7-10 days before your next visit.

***Here is the link to the form: <https://forms.gle/P1vhvXzbh5nrNqWZ6> It can also be found on our website:

LighthouseComplexCare.com on the Current Patients page.***

FUTURE:

-Start DHH-B (Day chill) 1/4 capsule, twice daily for mood, calming and focus. This can help with hyperactivity as well.

If needed, you can increase it to 1/2 capsule, twice daily to optimize the dosage and take what keeps them calm and focus but not feeling drowsy during the day.

<https://www.ubuy.com.br/en/product/2KGM4EE-dhh-b-supplement-bioactive-honokiol-magnolia-bark-extract-for-stress-anxiety-depression-relief-sleep-aid-organic-ashwagandha-herbs-high-strength-60-ve>

-Need to address the remaining bloodwork (01/31/23 & 09/29/22) and OAT results.

-Then add L Carnitine 3ml, twice daily, not after 4pm for Elevated Cholesterol and lipid panel.

<https://br.iherb.com/pr/now-foods-sports-liquid-l-carnitine-citrus-1-000-mg-16-fl-oz-473-ml/454>

-Then add Body Bio PC, 1/8 tsp, twice daily, not after 4 pm. This can help with cognition/focus and Mito function as well. Please

make sure B12 & Folate are on board, while on Choline.
<https://br.iherb.com/pr/bodybio-pc-liposomal-phospholipid-complex-4-fl-oz/105889>
 -NEED TO REVIEW : GPL OAT (2021)
 - Order Enterolab for food sensitivities (\$269). Freeze for 12 hours.
 Go to the website to sign up: <https://enterolab.com/Customer/NewUser.aspx>
 Select panel for egg.
 Enter Practitioner Name Like this: First Name: [Lighthouse]
 Last Name: [Complex Care] so that our clinic receives a copy of your results.
 Phone Number: 972-686-6869.

Patient Instructions

I discussed with the family risks, benefits, side effects, alternatives and target symptoms of allopathic and functional medicine treatment options.

Family understands that Lighthouse Complex Care does not function as a patient's primary care provider. We recommend that every patient maintain a relationship with an outside provider as their primary care provider.

Reminders		Provider
Appointments	Return to Office	on or around 06/21/2023
Lab	None recorded.	
Referral	None recorded.	
Procedures	None recorded.	
Surgeries	None recorded.	
Imaging	None recorded.	

Current Medications

Your medical record indicates you are on the following medicine. If this list is not consistent with the medications you are currently taking, or if you are taking additional over-the-counter medicines, please inform your provider.

Name	Prescribed Date	Start Date
dietary supplement SUPEROMEGA 3 LIQUID Take 5 ml qd.		
digestive enzymes Betaine HCL 250mg + Pepsin 50mg + Amylase 100mg + Pancreatin 100mg 1 capsule after lunch and dinner.		
melatonin melatonin Duo 2mg, 1 capsule, diluted in a little liquid, at bedtime.		
nystatin 500, 000IU + Fluconazole, 1 seving TID for 30 days.		
Probiotic 1 dose qd. FÓRMULA PRÓBIÓTICA.....45 doses cápsula vegetais. L. rhamnosus GG.....1 BI CFU B. longum.....1 BI CFU B. longum infantis.....1 BI CFU L. reuteri.....1 BI CFU B. breve..... .1 BI CFU L. paracasei.....1 BI CFU B. lactis..... 1 BI CFU L. plantarum.....1 BI CFU L. salivarius..... 1 BI CFU L. acidophilus..... 1 BI CFU		
Vitamin Vitamin formula – 45 doses - Oral solution: Vitamin B1 10mg, Vitamin B2 5mg, Vitamin B5 20mg, Vitamin B6 25mg, Nicotinamida 25mg, Lithium (CARB D3) 50mcg Biotin 50mcg, Zinc 20mg, Selenium 40mcg, Chromium 50mcg, Manganese 0.5mg, Vitamin C 300mg, NAC 150mg, Calcium 200mg, Ashwaganda 600mg, Magnesium 150mg, 5HTP 100mg, Melissa extr 1000mg Betaglucan plus 200mg. Takes 1/2 dose, BID. After lunch and dinner.		
Vitamin D3 Vitamin D3 3000IU + Vitamin A 1500IU + Mixx tocoferois 50mg + vitamin E + Vitamin K2 20mcg/5 oily drops, 5 drops a day.		

Medications Administered

None recorded.

Vitals

None recorded.

Results

Lab Results

None recorded.

Allergies

Please review your allergy list for accuracy. Contact your provider if this list needs to be updated.

Notes: Injectable metylcobalamine made him too agitated. We're going back to ethycobalamine oral drops. Last week we had trouble with him waking up in the middle of the night (woke 3am-6am). Dr Rogerio told us to stop with the vitamins (which we did)

Problems

Name	Status	Onset Date	Source
Onychomycosis	Active	11/15/2022	
Obsessive Behavior	Active	11/15/2022	
Initial Insomnia	Active	11/15/2022	
Excessive Chewing	Active	11/15/2022	
Running Away	Active	11/15/2022	
Expressive Language Delay	Active	11/15/2022	
Slowness and Poor Responsiveness	Active	11/15/2022	
Developmental Regression	Active	11/15/2022	
Autism Spectrum Disorder	Active	11/15/2022	
Cognitive Developmental Delay	Active	11/15/2022	
Insomnia	Active	11/15/2022	
Poor Focus	Active	11/15/2022	
Fatigue	Active	11/15/2022	
Pain	Active	11/15/2022	
Impairment	Active	11/15/2022	
Carbohydrate Craving	Active	11/15/2022	
Echolalia	Active	11/15/2022	
Poor Eye Contact	Active	11/15/2022	
Mood Swings	Active	11/15/2022	
Allergy to Food	Active	11/15/2022	
Screaming	Active	11/15/2022	
Intestinal Dysbiosis	Active	11/15/2022	
Immunization/vaccination Management	Active	11/15/2022	
Therapy	Active	11/15/2022	
Asleep	Active	11/15/2022	
Birth	Active	11/15/2022	
Breast Fed	Active	11/15/2022	
Exercises	Active	11/15/2022	
Frequent Night Waking	Active	11/15/2022	
Insufficient Rest/sleep for Age	Active	11/15/2022	
Neglect of Common Dangers	Active	11/15/2022	

Notes: *Evals: Stool analysis, Speech and language evals, Auditory Evals, Therapy Evals, EEG testing, Organic acid test - nutritional and metabolic profile GPL, IgG allergies test, IgG food map, Microbial organic acid test, Few blood test.

*- Pt. last felt well: He is well. Isaac has good physical health. He eats well, runs around, likes to sing a lot. He knows quite a few words but doesn't use them to communicate with others.;

- Trigger health change: At ~16 months age we noticed that he lost visual contact, stopped babbling his first words and wouldn't look when called by name. We investigated further and at ~20months was diagnosed with autism.;

- Makes pt. feel worse: Staying home for too long (couple of days). Not sleeping properly (which he has trouble with sometimes). Having too many activities on a single day (school, therapy, etc)

- Feel better: FOOD. He loves to eat and is frequently looking for food. He also likes to go outside and play at parks / nature, especially if water is involved (pool / beach).

*Tv time: 1h/day; Comp/Video games time: ~2h/week. ;

*applicable: None. ;

Readiness assessment

Willingness to modify diet: 5/5

Taking supplements: 5/5

Modify lifestyle: 5/5,

Engage in therapies or exercise: 5/5,

Have periodic lab tests to assess progress: 5/5

Organize and follow health activities: 3/5

How supportive do you think the people in your household will be to your

Implementing the above change: 5/5

Ongoing support implement health program: 4/5

Able to function Today as a (or an)

- individual (self care): 2/5,

-member of your family: 2/5,

- member of the community: 2/5,

- member of greater society and culture: 2/5.

Procedures

None recorded.

Vaccine List

Here is a copy of your most up-to-date vaccination list.

None recorded.

Tobacco Smoking Status

None recorded.

Past Encounters

Encounter Date	Diagnosis	Provider
04/21/2023	Disorder of the Central Nervous System; Disorder of Digestive System; Disorder of Immune Function; Laboratory Test Result Abnormal; Screening for Disorder; Altered Microbiota	Mary Margaret Burch, NP: 16000 E Colfax Ave, Aurora, CO 80011-5811, Ph. (303) 219-0030

Demographics

Sex:	Male	Ethnicity:	Information not available
DOB:	11/06/2018	Race:	White
Preferred language:	English	Marital status:	Never Married

Contact: Rua AraÇuaí 89, SÃO JosÉ Dos Campos, SAO PAULO 12233-380, BR, Ph. tel:+1-551-2981440;ext=013

Note: Patients are solely responsible for maintaining the privacy and security of all information printed from the Patient Portal.
