



UtopiaWellCare 

**NUTRITION PROGRAMS ARE  
NOT CREATED EQUAL**

**We Get Results because of**

**OUR FUNCTIONAL  
NUTRITION APPROACH**

Take A Look at one of our Case Studies:  
3 Visits in, a Life is Saved...Literally!

## Case Study: #1



# FATTY LIVER

## PCOS, GI ISSUE, LOW THYROID, GALLSTONES

Patient requested nutrition assistance for gastrointestinal issues. Patient was experiencing significant gastrointestinal discomfort and had a history of PCOS, Pre-diabetes and gallstones along with a new diagnosis of Fatty Liver.

**The Utopia WellCare Comprehensive Nutrition Assessment** was conducted and indicated significant issues with possible low stomach acid and diminished pancreatic enzymes, loss of barrier function with noted adrenal and thyroid imbalances based on symptom review. None of which had been addressed comprehensively in previous nutrition and medical visits. The result was chronic stomach pain and nausea resulting in reduced intake by patient and persistent pain with daily activities. The Patient had been given one-size-fits-all general nutrition information on healthy eating by previous dietitians. Additionally, the Patient indicated that she was given no other solution except surgery for resolving her gallstones by her physician.



## MEDICAL RECORD HISTORY REVEALED

### 6 UNSUCCESSFUL RD VISITS IN THE PAST

Medical Record History revealed and Patient reported having met with 6 other dietitians **prior to meeting with our Functional Nutrition Dietitian** and getting plugged in to the Utopia WellCare Method and Intensive. Our Functional Nutrition Dietitian placed the patient on a plan for liver and gallbladder support with a 7 day cleanse and recommended key nutrients to address Fatty Liver and stomach issues.

**Gastrointestinal discomfort improved after only 2 weeks** of working with the Utopia WellCare Functional Nutrition Dietitian and even before the entire diet and supplement protocol was implemented.





# LAB RESULTS

## EFFECTIVE COUNSELING

Lab results were obtained a week into our program after our 2nd visit and further confirmed information gathered in the assessment after lab review for optimal ranges was conducted. Reference lab ranges typically used in general nutrition/medical practice indicated that patients labs were in the desired range. **Optimal lab review** used in Functional Nutrition and the Utopia WellCare Approach revealed multiple labs out of range, signaling nutrient repletion needs and trends that if not corrected over time could lead to further complications or chronic disease.

### **Additional labs were recommended**

by the patient's Utopia WellCare Functional Nutrition Dietitian to ensure full review of the thyroid panel, as labs were incomplete, but TSH was elevated and indicative of low thyroid.

**Patient was counseled** on the relationship of low thyroid, to adrenal function and both of their relationships to the patient's current gastrointestinal function. Patient was also counseled and provided an actionable meal plan with key nutrients, foods, botanicals and lifestyle actions to support all aspects of her nutritional care.



## Case Study: #1 Continued...



### 3 VISITS IN & 3 TO GO NUTRITION, STRESS, LIFESTYLE

At the Patient's 3rd visit, while discussing ways to address healing with use of meditation and other mindfulness lifestyle techniques, the patient verbalized to our dietitian that **prior to meeting with our Utopia WellCare Functional Nutrition Dietitian, they had considered, ending their life** due to the constant pain and having had no hope of resolution to her stomach issues and constant pain after having met with 6 other nutrition and medical practitioners. The Patient left this 3rd visit with a renewed sense of hope, self awareness and the belief in their own healing ability. The patient was eager to implement additional recommendations and reported feeling able to follow up in 4 weeks rather than just 1week based on having enough tools to work with. Patient was advised to check in via text or email as needed for quick tip solutions to support ongoing motivation and success.



Visit [www.UtopiaWellCare.com](http://www.UtopiaWellCare.com)

for more information about how we can support your health and wellness.

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