

Case Study: L&B Clinics Holistic Success Story



Patient: Mr. Ashim Paul

Age/Sex: 72 / Male

Location: Kolkata

Background

When Mr. Ashim Paul first visited Longevity & Beyond (L&B) Clinics on **24th May 2025**, he was struggling with multiple chronic health concerns; severe swelling in both legs, painful mobility, red spots, disturbed sleep, and dependency on alcohol to fall asleep. He also had a medical history of Diabetic Nephropathy, Type-2 Diabetes Mellitus, Hypertension, and Hypothyroidism.

His lifestyle included a non-vegetarian diet, high tea intake (8 cups/day), alcohol, tobacco, and preference for red meat and fish. Lab reports revealed severely impaired kidney function, with an Albumin-Creatinine Ratio of 2268.03 and Urea levels at 56 (above normal).

L&B's Holistic Approach

At L&B Clinics, we don't just treat symptoms; we focus on root cause reversal and long-term wellness. Mr. Paul's personalized plan was designed using our integrated care model, which combines:

- **Advanced Diagnostics:** Complete metabolic profiling & kidney health assessment.
- **Nutritional Intervention:** A customized, kidney-friendly diet plan by our in-house nutritionists.

- **Lifestyle Coaching:** Gradual reduction of alcohol and tobacco with sustainable replacements.
 - **Targeted Supplementation:** Natural therapies to support kidney function, reduce inflammation, and improve sleep.
 - **Mind-Body Wellness:** Sleep hygiene training to break alcohol dependence for sleep.
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Treatment Journey & Results

24th May 2025 (Initial Assessment)

- **Complaints:** Swelling in both legs, red spots, increased night urination, poor sleep without alcohol.
 - **Findings:** Severe kidney stress, uncontrolled lifestyle triggers.
 - **Plan:** Alcohol/tobacco cessation, kidney-protective diet, natural anti-inflammatory regimen, sleep hygiene routine.
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28th June 2025 (First Follow-Up)

- **Leg swelling & pain:** Significantly improved, especially on the right side.
 - **Red spots:** ~30% improvement.
 - **Blood Pressure:** Controlled (<136/86 mmHg).
 - **Alcohol use:** Reduced to 2–3 times/week (still needed for sleep).
 - **Medication:** Discontinued gout medication; continued thyroid & diabetes management.
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31st July 2025 (Second Follow-Up)

- **Mobility:** Overall swelling reduced; left foot improving slower.
 - **Sleep:** Able to sleep without alcohol (a major breakthrough.)
 - **Labs:**
 - Urea reduced to 35 (from 56).
 - Creatinine improved to 1.14.
 - HbA1c at 6.1% (well-controlled diabetes).
 - Uric Acid still high but under monitoring.
 - **Lifestyle:** Reduced tea intake; continued strict nutrition plan.
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Key Improvements in Just 2 Months

Parameter	Initial (24/05/25)	After 2 Months (31/07/25)	Improvement
Urea (mg/dL)	56	35	✓ Reduced
Creatinine (mg/dL)	–	1.14	✓ Normalized
HbA1c (%)	–	6.1	✓ Controlled
Sleep Without Alcohol	✗	✓	✓ Achieved
Leg Swelling	Severe	Mild (Left foot slower)	✓ Improved

Outcome

Through L&B Clinics holistic and personalized care, Mr. Paul experienced dramatic improvement in both lab values and overall quality of life. He regained mobility, improved kidney function, and broke free from alcohol dependency for sleep; showing that true healing is possible when mind, body, and lifestyle are treated together.