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Functional Medicine

**TWEET GM #18**

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Title

Created

## **IT'S TIME TO UPDATE OUR UNDERSTANDING OF DISEASE**

An article published yesterday (8th January 2018) in *The British Medical Journal* provides an excellent opportunity to move forward in our concepts regarding health and disease. Please find the abstract in my QUOTE #18.

We must become familiar with new words such as **microbiota** (replacing old-fashioned microflora: there are no flowers in our gut) or **microbiome** (because microbial genes do matter). This emblematic review article also refers to the alterations in human microbiome homeostasis, which should be labelled as **dysbiosis**. Many health care professionals, including MDs and Consultants, still consider it as "*contentious diagnostic formulation*"...

I have to say that I find such a lack of updating professional knowledge as absolutely appalling, which is why I do my best to popularize the concepts.

The article stresses another field to keep in mind: "*Factors that can alter the composition include **diet, probiotics** (which contain live beneficial bacteria), **prebiotics** (which contain supplements that promote growth of specific bacteria), **viruses**, and **drugs**, particularly **antibiotics**.*" I insist about the latter. I still see far too many antibiotics prescriptions for cases where they do not change at all the outcome of targeted infections, but trigger devastation among intestinal microbiota, sometimes beyond repair!