



Dr Georges MOUTON MD

Functional Medicine

TWEET GM #38

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Title

Created

DEGENERATIVE AND INFLAMMATORY DISEASES START IN THE GUT!

We have just posted QUOTE GM #38 today, which you will hopefully read. From this article, we learn about a new concept entitled the "*hypertensive gut microbiome*". Isn't it extraordinarily revolutionary? I would think so.

I have been incited to research PubMed (impressive databank providing access to an archive of biomedical and life sciences journal literature with 28,000,000 articles) because of a new patient's case. This 56-year old woman suffers from hypertension since her thirties and I have identified significant intestinal inflammation through biological markers (abnormally high levels of zonulin & LPS-Binding-Protein) but not manifesting clinically.

Her medical history reveals vaginal birth and 11 months of breastfeeding, circumstances rather in favour of a thriving intestinal microbiota given her mother did not complain of digestive issues. However, she has received very heavy antibiotherapy in early childhood due to pyelonephritis when she was 4-year old. That might have triggered a process ending in high blood pressure early in life without any of the classic triggers for it, such as family history or metabolic syndrome (keeping in mind that she shows strictly normal kidney function, another potential trigger to hypertension).

In order to understand the title of this "*tweet*", which is not a real tweet as you know (my irony, if you don't mind), I refer you to recent findings that *Parkinson's disease*, and likely *Alzheimer's disease*, start in the gut several decades before manifesting any neurodegenerative symptoms...

I will keep you posted about this concept with further quotes and tweets!