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TWEET GM #50

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Title

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YES, MILK INTAKE INCREASES ODDS TO DEVELOP ACNE VULGARIS!

We have just posted QUOTE GM #50 today, which you will hopefully read.

I will immediately confess that the quoted article does not provide us with a scoop! I believe that any experienced Functional Medicine practitioner (or naturopath) would tell you that, because it is how they manage their acneic patients in the first place. In fact, to be thorough, the first thing to do in front of any patient seeking help for *acne vulgaris* would be making sure that he (or she) does not indulge on **dairy products** or on **sugars**.

If you research PubMed for links between *acne* and **fast sugars**, as I did for the quoted article about **dairy products**, you will find fresh evidence. The reason why I pinpoint these two very recent publications is that they break a long period of skepticism and controversy. Alas, the mainstream dermatologists still deny that diet has anything to do with *acne*. Despite such clear findings being published by respected medical journals, risk is high that it will take years before they change the existing paradigm, and patients will still hear, from their dermatologists, that diet has zero role.

You may have already heard that it takes an average of 17 years between new research is published and clinicians start implementing its outcome in their daily practice. You read well: 17 years sending us straight to 2036...

But you could make things move faster by providing these references to your Dermatologist Consultant. Patients must change the paradigm and not wait for the system to accept natural interventions as the logic initial step, keeping sophisticated (and expensive) drugs for the harder cases. Because I fear that if patients don't shift things, doctors won't change...