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Functional Medicine

TWEET GM #52

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Title

Created

GUT MICROBIOTA TRIGGERS PARKINSON'S PATHOGENESIS!

We have just posted QUOTE GM #52 today, which you will hopefully read.

You may have noticed that the gut-brain axis theme has been a repetitive topic along these 52 so-called "tweets" (please forgive the irony). In fact, the mainstream acceptance of Parkinson's disease starting in the gut (up to 30 years before first neurological manifestations, which often show-up through constipation), brings a gigantic shift to a fundamental paradigm.

French scientist Michel NEUNLIST specializes in neuro-gastroenterology and he pinpoints at the evolutionary model according which primitive pluricellular micro-organisms started to develop a nervous system within the lining of their digestive apparatus, making it what we must see as a "**first brain**". This very successful developmental model would then have inspired a similar strategy for what became something that I rather see as "**second brain**", the real one, much later during evolution of species.

No wonder that the gut, more generally the digestive system, expresses a lot of our emotions, and that the vagus nerve, which we naively thought was carrying the instructions from the brain to the gut, rather serves the opposite function, i.e. bringing relevant signals from the gut to the brain. 80% of vagus nerve's neurones are afferent (directed upwards) and only 10% are efferent (directed downwards), with remaining 10% dedicated to the heart. We really cannot afford bad digestion: gut health is paramount.