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Functional Medicine

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## **AUTOIMMUNE PATIENTS SHOULD NEVER CONSUME GLUTEN AND GRAINS**

**Gluten** implication in the development of autoimmune conditions results from enormous amount of scientific evidence - not only observational and epidemiological studies, but also how **gliadin** increases intestinal leakiness.

There remains absolutely no doubt, from a scientific point of view, that all patients suffering from an autoimmune condition (whatever type) should embark on long-term strict gluten-free diet. This advice also prevails for patients who present autoantibodies without any clinical manifestations.

That can be coined "autoimmune prevention". For diagnosed patients, I besides recommend complete **grain** avoidance based on my 32-year long clinical experience. Other grains such as **rice** and **corn** will not represent recommendable replacements for gluten grains: inflammatory, allergenic, worsening precious 'good' HDL cholesterol level, boosting insulin levels...