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Functional Medicine

TWEET GM #46

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Title

Created

NEPHROLOGY: WE SHOULD ALSO CONSIDER THE GUT-KIDNEY AXIS!

We have just posted QUOTE GM #46 today, which you will hopefully read. Please pay attention to the author: Dr Jeffrey BLAND is an internationally recognized leader in nutritional medicine for more than 25 years and has inspired my journey into Functional Medicine since its very beginning 25 years ago. I have attended numerous lectures he has delivered in the US and in Europe. He has brought a series of cutting-edge algorithms to our Functional Medicine community. When I recently spotted this article (on PubMed) that again uncovers an innovative concept, I wanted to share it.

By the way, if you read the abstract posted in the eponym quote, you will encounter four of the 'biggest names' among the world of phytonutrients: **curcumin** and berberine (of course); **epigallocatechin gallate** (EGCG) from green tea (even more in matcha tea); **withanolides** from *Withania somnifera*, i.e. ashwagandha. They all "modulate gut immune function"...

It would be time, I think, mainstream doctors, especially GPs, embark on using **curcumin** & **berberine**, two phytonutrients delivering huge results: antioxidant, anti-inflammatory, antimicrobial, anticarcinogenic properties!