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Functional Medicine

TWEET GM #20

30-01-2018

Title

Created

LET US ACTIVATE OUR NRF2 SIGNALLING PATHWAY!

A recent article (please find corresponding abstract in my QUOTE #20) informs us about the possibility to prevent and fight neurodegenerative diseases by activating the **Nrf2** signalling pathway. The article mostly refers to experimental drugs being studied, but diet can work perfectly.

Nrf2 is a *transcription factor*, which means a protein capable of activating genes. In this extraordinary case, Nrf2 has a unique capacity to activate hundreds of genes. Even more amazing, most of these genes relate to protection against oxidative damage through antioxidant activities, anti-inflammatory changes, mitochondrial stimulation, plus detoxification.

Hard to dream about something more desirable to boost cytoprotection and prevent all degenerative diseases, one of the fundamental goals of Functional Medicine! I just said our diet can stimulate the Nrf2 pathway.

My nutritionist Glen (who has developed a unique special interest for *Nutrigenomics*) and myself, we have therefore prepared a list of foods! You will find it on my website www.gmouton.com under the name of "**NRF2 ACTIVATORS**". It expands into two additional lists also available from my website, respectively "**BRASSICACEAE**" & "**ANTHOCYANINS**".

I suggest you download those lists and post them on your fridge aside our seasonal lists. You will find plenty of inspiration for your February meals!