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Functional Medicine

TWEET GM #34

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Title

Created

LIKE IT OR NOT, INTESTINAL PERMEABILITY IS KEY TO HEALTH!

We have just posted QUOTE GM #34 today, which you will hopefully read. This article has been published in June 2018 by the Journal Geroscience.

Once again, this mainstream and peer-reviewed publication stresses the crucial importance of intestinal permeability, the so-called "*leaky gut*" that has been criticized and even ridiculed by doctors and gastroenterologists for decades. People who follow my work for many years may have come to think that, given massive scientific evidence from countless articles in major medical journals, "leaky-gut bashing" has now ended. Don't dream!

I appreciate conservatism is needed in medicine to avoid spreading new fantasy concepts that will finally show harmful. We must be sure before we implement a new strategy because it is not about showing modern or trendy, it is about health and sometimes it is even about life or death...

However, conservatism should not be confused with obscurantism. Given the gigantic research that has accumulated behind intestinal permeability concept, refusing to consider it as "scientific" has become **unacceptable**.