



Dr Georges MOUTON MD

Functional Medicine

**TWEET GM #32**

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Title

Created

## **STOP BELIEVING IN RIGID DOGMAS & MEDICAL MYTHS!**

Sometimes, I really would prefer my patients to be totally ignorant of any medical matters when they first come to consult. Indeed, I feel that I face much more problems with patients who have developed some interest for health topics. Unfortunately, they tend to get stuffed with medical myths!

This so-called "tweet" represents great opportunity to put an end to a few idiotic dogmas that I just cannot keep hearing day after day. Please stop:

+ **Salt is bad**: only in excess and in case of high blood pressure; patients who fear salt are most of the time sodium deficient health conscious guys.

+ **Fats are bad**: fat bashing has been almost intolerable to my ears for decades; still today, most patients keep stubborn belief that eating fat is what gets them fat, because they do not understand a clue about biology.

+ **Fruits must be eaten between meals**: that is a great idea for super active young adults and triathletes in their twenties or thirties, but please immediately remove that nonsense from your heads if you are sedentary.

+ **Breakfast is the most important meal**: if very trendy twenty years ago, cutting edge nutritionists have binned this concept now replaced by intermittent fasting; breaking the fast tends to occur as brunch or lunch.

+ **We need eating every 2 to 3 hours**: that could be the dogma I hate most; because it does not make any sense wherever you look: ancestors lifestyle, digestive tract compulsory home keeping, insulin management...

+ **Eating often stabilizes blood glucose**: I do not know who was the biochemistry genius who has invented that madness; obviously someone who never heard about insulin and the fact that more of it kills you early.

+ **One calorie is one calorie**: if you want to have a chance to book an appointment with me, you should rather erase that medieval heresy from your brains; in fact, neither my nutritionists nor me are fond of calories...

+ **Nuts are too caloric**: useless to say that one drives me totally... nuts!