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Functional Medicine

TWEET GM #51

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Title

Created

POLYPHENOLS PROTECT AGAINST INFLAMMATION AND AGING!

We have just posted QUOTE GM #51 today, which you will hopefully read.

I have become sort of obsessed with **polyphenols**: they are amazing little molecules deploying extremely powerful antioxidant and anti-inflammatory properties. They exclusively come from plant foods, fruits and vegetables, and they almost systematically taste bitter. What does that imply? Easy to answer! They are letting us know that they are **poisonous**... "beware"!

If they are poisonous, why should we bring them into our diets and even supplement them in higher dosages than what you can obtain from diet? This is because of a fundamental principle called **hormesis**, i.e. "a term used by toxicologists to refer to biphasic dose-response to environmental agent characterized by a low-dose beneficial effect and a high-dose toxic effect". Of course, what we are looking for here is the low-dose beneficial effect, for which the three classic examples are dietary energy restriction, exercise, and exposure to low doses of phytonutrients, e.g. **polyphenols**.

That is the clue: a little bit of poison turns on body's adaptative responses that make us stronger. Issue comes from modern diets providing us with poorer plant content in phytonutrients, especially as popular demand has triggered the selection of sweet varieties rather than bitter ones. Thus, our exposure to polyphenols has dropped dramatically in recent decades.

It therefore makes sense to compensate for such depletion, plus science behind polyphenols benefits appears extremely robust. Clinical feedback confirms their interest. I have largely incorporated them in my programs.