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Functional Medicine

TWEET GM #06

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GLUTEN AND OTHER CEREAL GRAINS TRIGGER CHRONIC INFLAMMATION

I have found an excellent article written already a few years ago by two scientists belonging to University of Gerona and University of Graz, which was published in the peer-reviewed journal 'Nutrients'. I am providing all the details today in a corresponding quote (see #06) for you to download free full text readily available on PubMed (www.ncbi.nlm.nih.gov/pubmed).

"PubMed comprises more than 27 million citations for biomedical literature from MEDLINE, life science journals, and online books."

I believe that should convince most sceptical readers who still doubt that highly acclaimed **grains** are, in fact, just **bad food**. I often tell patients that Roman emperors got it right, already a long time ago: they favoured "**panem et circenses**" that we can translate today as "bread and games".

Let me share with you in better English wording than mine how Wikipedia interprets those three legendary words. "In the case of politics, the phrase is used to describe the generation of public approval, not through exemplary or excellent public service or public policy, but through diversion; distraction; or the mere satisfaction of the immediate, shallow requirements of a populace, as an offered palliative." The author, Roman satirical poet "Juvenal here makes reference to the Roman practice of providing free wheat to Roman citizens as well as costly circus games and other forms of entertainment as **a means of gaining political power.**"