



Dr Georges MOUTON MD

Functional Medicine

QUOTE GM #06

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Titre

Créé le

WHEAT AND GRAINS CONTRIBUTE TO CHRONIC INFLAMMATION

[Nutrients](#). 2013 Mar 12;5(3):771-87. doi: 10.3390/nu5030771.

The dietary intake of wheat and other cereal grains and their role in inflammation.

de Punder K¹, Pruimboom L.

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“In this review we discuss evidence from in vitro, in vivo and human intervention studies that describe how the consumption of **wheat**, but also other **cereal grains**, can contribute to the manifestation of **chronic inflammation** and **autoimmune diseases** by increasing intestinal permeability and initiating a pro-inflammatory immune response.”