David Perlmutter MD: Hello everyone I’m Dr. David Perlmutter welcome again to The Empowering Neurologist.

David Perlmutter MD: Today we’re going to explore something sort of unique in the world of plants. The book is called The Plant Paradox by Dr. Steven Gundry. We’ll be talking with Dr. Gundry in just a moment. Dr. Gundry really has an interesting view of plants and talks about from an evolutionary perspective how plants develop techniques and the things that can help shield them from predation or being gobbled up by animals like ourselves. They have ultimately evolved to create what are called lections a type of protein that is harmful to animals. And Dr. Gundry believes and has quite a bit of support in his book that lectins may be harmful to humans as well. He is a well known cardiovascular surgeon having performed over 10,000 heart operations. He’s also a New York Times best selling author. His previous book Dr. Gundry Diet Revolution really talked about his career shift back in 2008. And now the new book The Plant Paradox deals with what he has learned since that time. Dr. Gundry is the founder of a very popular wellness blog as well as a YouTube channel and we’re going to be giving information about that.

David Perlmutter MD: So let’s learn some more interesting things about diet and specifically today we’ll learn about plants.

David Perlmutter MD: Well good morning Dr. Gundry. It’s really nice to have you here on the program today. I’m very excited to talk about your new book The Plant Paradox. And you know I think at first blush people might say well you’ve told us that meat is bad that eggs will give us coronary artery disease what’s left? Plants. And now you’re actually challenging that notion with some I think some pretty valid points that you make in the book. So how did you come upon this and why would a cardiothoracic surgeon end up writing a book about nutrition.
Dr. Steven Gundry: Well my life changed about 17 years ago when I was chairman and professor of cardiothoracic surgery at Loma Linda University. And I was pretty famous for doing baby heart transplants and for operating on people who nobody else wanted to. And there was a guy who is named Big Ed who came from Miami, Florida and he was 48 years old had inoperable coronary artery disease. You couldn’t put stents in his blood vessels you couldn’t do bypasses. And he went around the country to various centers looking for help. The usual spots. And usually in that journey he was turned down over about six months time and often part of that journey people would end up with me. And about six months into his seeking he wound up in my office and I looked at his angiogram and a movie star and I said you know Big Ed I agree with everybody else I’m not going to help you.

Dr. Steven Gundry: And he says well yeah but look I’ve been on a diet for the last six months and I’ve lost 40 pounds. This was a guy who was 265 pounds when I met him and he said and I went to a health food store and I bought all these supplements and I’ve been taking these supplements and maybe I did something in here.

Dr. Steven Gundry: And you know I’m on scratching my professor beard and going wow you know good for you for losing weight but that’s really not going to do anything. And I know what you did with all those supplements. You made expensive urine which I really believed back then. And he said Well come on. What led her to do another angiogram. And I said OK. So we’ve got another angiogram and in six months time this guy cleaned out half the blockages in his heart.

David Perlmutter MD: That’s not supposed to happen.

Dr. Steven Gundry: No it’s not supposed to happen. Now, I put on my surgeon and I said hey this is great. Now we’ve got some places to put bypasses. And actually the next day I did have five vessel bypass on him. And if I knew what I knew now, of course I wouldn’t have, but I didn’t know that then but after we’re done I said you know tell me about this diet and let me look at those supplements. And so he starts describing the diet in about two sentences in I go “wait a minute”. Time out. I had this crazy major at Yale University back in the dark ages where I could design my own major and my major was to defend a thesis and the thesis was you could take a grade Ape manipulate its food supply and
manipulate its environment. And prove that a human would result with that manipulation. And so I spent four years and defended my thesis successfully and then tucked away in my parents house and went on to do heart surgery and as he as big as starts describing his diet. I go: wait a minute. That’s my thesis from Yale. So why it’s so poignant is well I was a big fat guy.

Dr. Steven Gundry: I weighed 220 pounds even though I was running 30 miles a week. I was going to the gym one hour a day. I was eating a healthy low fat vegetarian diet from Loma Linda and I had hypertension, high blood pressure, pre-diabetes, arthritis, migraine headaches, hyper cholesterol. You know the whole gamut. And I was told that it was genetic because my father was the exact same way. And so I called my parents and said “Do you still have my thesis?” And they said you know it’s here in the shrine next to the eternal flame. And so I said send it up to me. So I put myself on my thesis and in a year I lost 50 pounds. And subsequently I lost 20 pounds and I’ve kept it off for 15 years. And then I said again tell me about these supplements and I started looking at them and this guy was taking things that I was using down in a lab to resuscitate hearts that had been dead for over an hour. Literally dead. Bringing him back to life. Putting him in a bucket of ice water for 48 hours and then successfully transplant them. And I was putting a lot of the supplements he was taking down the veins and arteries of the heart to resuscitate these cells. And it never occurred to me to swallow the things.

Dr. Steven Gundry: So I started swallowing a bunch of supplements and I started my patients who I operated on, on this program and having them go to Costco and Trader Joe’s to buy supplements and son of a gun their blood pressure normalized, their diabetes went away, the arthritis went away. So after about a year of this at Loma Linda I actually resigned my position because one day I looked in the mirror and I said you know I really shouldn’t keep slicing people open if I can tell them how to you know reverse these problems with food. And so I set up an institute in Palm Springs and just asked people to play with me and in exchange every three months I wanted about 12 tubes of blood and I sent it around the country to various labs looking at inflammation markers inflammatory cytokines, hormonal changes and a picture. And actually very rapidly emerged of what individual foods would do to an individual person.
Dr. Steven Gundry: So that was all in my first book Dr. Gundry’s Diet Revolution and that was very successful and a lot of people with autoimmune diseases started showing up at my door doorstep and they would say well what do you know about autoimmune disease. Quite frankly I said well not much but I know a lot about the immune system because I’m a transplant immunologist. And one of my specialties was Zino transplantation of one species to a completely different species and actually hold the world record for the longest pig to baboon heart transplant. 28 days survival. Previous record was five hours or so. So I’m pretty doggone good at fooling the immune system. So I said well I know what the immune system is looking for. Let’s see why the immune system is so turned on by what you have. And luckily through some really nice inflammatory cytokines tests we can pinpoint people with what was going on at the inflammation level that you and I both think underlies everything. And I was lucky enough to discover lectins which I was interested actually from the first blow but it really started coming together when I had a few more tests like adiponectin and like TNF alpha I could actually see when we took away certain substances from people.

David Perlmutter MD: What would happen and now I can say so lectins really became a central theme at least in the new book The plant paradox. And for our viewers maybe you could walk us through the notion that plants evolved to contain these self-protective chemicals and what they do to insects and then also what. So therefore the concern as it relates to humans.

Dr. Steven Gundry: Yeah you know plants are quite amazing. They were here first. They had it really good before animals arrived. Nobody wanted to eat them. When animals arrived, and insects were their first Predator, plants had a problem. They couldn’t run they couldn’t hide they could fight, but plants are chemists of incredible ability. They can turn sunlight into matter. We have figured out how to do that yet. So what they do is chemical warfare and one of their prime chemical warfare agents is a protein. They’re called lectins and lectins are designed to attach to sugar molecules. They’re what are called sticky proteins and the sugar molecules they attach to are kind of, are quite interesting and one of those sugar molecules- And there will be a test on this- is Sialic acid and Sialic acid is a sugar molecule that’s actually used to in a space where nerves communicate when one talks to the up and lectins can bind to Sialic acid and basically hack into the nervous system of the insect
that was the original Predator. And they could paralyze the insect and a paralyzed insect is a horrible predator. So this has been biological chemical warfare between plants and animals since animals arrived. And I happen to think one of our problems is to plant we’re just a giant insect. And the things that might incapacitate an insect in a couple of bites may take years and years and years for us to notice. But I think the effect is actually very much the same. And I’ll tell you a fascinating story that how I got interested in the nerve the effect of lectins.

Dr. Steven Gundry: I mentioned in my book a very good friend of mine now who I called Tony in the book. And Tony was an early adapter of my first book and he had it actually pretty bad vitiligo and vitiligo is where we lose the pigmentation in our skin. Michael Jackson suffered from vitiligo, he’s probably the most famous vitiligo person, and he had big patches of white on his hands and he had some on his neck. And after about two months of being on my program he called me and he said you’re not going believe this my vitiligo is gone. And he said what do you think about that. You know what did that. And you know I could have been cute and say well my guy is very anti-inflammatory. And that’s why your vitiligo is gone. But I, because I’m a researcher I said nah nah nah that’s too easy. So I started looking at melanocytes and melanocytes as you and I know are modified nerve cells. And so I’m going, Interesting things that I am taking away from Tony made his body stop attacking these modified nerve cells. And so I said well wait a minute lectins are designed to attack nerve cells or have your own body attack nerve cells. It’s called a molecular mimicry Loren Cordain was actually one of the first to propose the concept of molecular mimicry as how lectins to do their mischief and I agree with that so that actual event with Tony actually kind of started me really focusing on lectins and actually made me start looking at lectins and brain in general and I think that’s where you and I actually have a lot of commonality.

David Perlmutter MD: So lectins became a central theme of your new book and there are I think for our viewers they’re going to want to know which are the foods that are high and lectins that they may want to reconsider in terms of adopting a healthy diet.

Dr. Steven Gundry: Sure. So I look at this from an evolutionary perspective and our line is about 40 million years old. We’re evolved from tree shrews and we ate a very
heavily plant leaf, tree leaf based diet and we’re evolved not only our genome but more importantly our microbiomes genome to handle and to recognize the lectins in leafy plants and there’s lectins in everything. But the longer we’ve evolved to associate with these plants and more importantly our gut microbiome has evolved to handle these plants things are actually pretty good. So fast forward to 10,000 years ago when agriculture started and all of a sudden we’re introduced to two totally foreign lectin containing food groups. One is the grains which are grasses. We’re clearly not evolutionarily designed to eat grasses we never interacted with them until about 10000 years ago.

Dr. Steven Gundry: And the other is the bean family and the beans are lethal unless heavily cooked heavily modified. Five raw kidney beans can kill a human being within five minutes by coagulating their blood. Most people know the white powder Ricin that you send to your elected official. Ricin is the lectin of the castor bean. A few molecules or Ricin will kill you virtually instantaneously. So plants equip their babies their seeds with incredibly powerful defense mechanisms to thwart an animal eating them to make an animal feel bad to make an animal not thrive. And the idea is that if the animal isn’t thriving or feels bad or for instance has heartburn just as an example the smart animal says every time I eat these things I’m not doing good. I’m going to go eat something else. That worked actually very well until humans arrived.

Dr. Steven Gundry: Now the next step in time that I talk about is that all of us in America are actually not from america we’re from Europe Asia or Africa. So that means none of us wherever are exposed to elect and plant from the Americas until 500 years ago when Colombian trade started. And it’s interesting some of our most beloved foods are actually American plants that I think we have no business eating kind of top of the list or the night shades, potatoes, eggplant, peppers, no sorry tomatoes and goji berries. Fascinatingly enough goji berries are American. They were taken to China in trade and the lectins are primarily in the peels and the skin and in the seeds. Interestingly the Italians always peel in de-seed their tomatoes before they make sauces. My grandmother on my mother’s side is French and she had taught my mother to always peel in de-seed tomatoes before she sliced and served them. And in fact I never had a slice tomato peels and seeds until I went away to Yale and that was the strangest thing I ever saw because I actually never had one.
So you look at traditional cultures. I'll give you an example with Southwest American Indians always charred and peel their peppers and de-seeded them before they ate them or ground them in the chili powder. You'll never open a can of green chilis and see peels and seeds because they're gone.

David Perlmutter MD: What is it about seasonality though that might play into this as I know you mentioned that in the book.

Dr. Steven Gundry: Yeah you know we the other thing I think is important is we clearly evolved working on a circadian rhythm. We have seasonal rhythms we have monocycle rhythms we have a 24 hour clock. We know now our microbiomes actually has its own circadian rhythm. I and others are convinced that much of jet-lag has to do with the microbiome circadian rhythm being changed by jet-lag and not so much our own circadian rhythm. But seasonality we actually great apes only eat fruit once a year during fruit season which is summer and they use fruit again weight for the winter. All Great Apes only gain weight during fruit season and the reason they gained weight is because winter, whether it was a dry season, a rainy season, or the cold season was a time of less food. And that was true for us as humans as well and plants are actually very clever and they, believe it or not, want us to eat most of their fruits because we'll distribute their seeds their babies somewhere away from the plant and they use fruit particularly the color of fruit to induce us to eat it. And they're very clever they use fructose as their sugar because fructose doesn't raise insulin and doesn't increase leptin initially. So we can eat a lot of fructose without actually ever getting full and that benefits the plant because we'll eat more of their babies that we'll distribute and it benefited us because we would gain weight when we needed the most. But that seasonality is gone now. Our computer (brain) can't imagine that a 747 could bring blueberries to Costco in February from Chile. And one of the things I stress for my patients is that if you're eating blueberries in February your entire circadian system does not know it’s February anymore it actually thinks it’s August and that you should be storing fat for winter that quite frankly never comes.

David Perlmutter MD: And you also mentioned, I'm going to get back to lectins for just a moment, that there are even lectins in certain animal products that we consume. And that was a bit of a surprise.
Dr. Steven Gundry: This was a surprise to me. I had a number of patients who with auto immune diseases got a lot better by taking away their grains taking away their beans, taking away their nightshades, taking away peanuts and cashews. But they didn’t get all the way better. And it turns out most of these were women who were eating a lot of organic free range chicken. And there were a couple of reports in the alternative medicine literature of the possibility that if you fed inappropriate lectins to animals that were designed to eat those lectins that those lectins will appear in the meat. And for instance a chicken has not designed the corn or soy beans, it’s designed to eat bugs. They’re insectivores. Neither is a cow or a pig designed to eat corn or soybeans. They are designed to eat grass or acorns or bugs.

Dr. Steven Gundry: So I started asking these particular patients to give up their organic free range chicken and if they had to have chicken to get a pastured chicken that went out and ate bugs and I talked about one psychologist from L.A. in the book who have horrible lupus and we got her off of all her eyes and she was thriving except she still had eczema on her eyelashes and we went through the list. And the only thing I could find was she was eating primarily organic free range chicken and I said do me a favor stop and let’s see what happens. Two weeks later she called back, she said you’re not going to believe this my eczema is gone. And I said you know there is this theory. And I’ve seen several more now in fact we just had one this week. It was the organic free range chicken that was the final straw. So I didn’t want to believe it but I’ve seen enough now and it makes really no complete sense to me. It’s how the food we eat you know we are what we eat. But more importantly we are what the thing we’re eating ate and we’ve totally changed that really in the last 50 years. We you know a chicken is now really an ear of corn with feathers and you and I know we’re not designed to eat corn.

David Perlmutter MD: Well you know that Ear of corn is likely GMO glyphosate treated corn that has altered not only the chickens microbiome but will certainly have an effect upon ours as well. You know the I was reading this morning oddly enough I wasn’t even looking for it but there was an interesting article about you written by Dr. David Katz also from Yale and he’s been certainly a critic of my work and was a critic of your work as well. And you know it’s ok because if we’re not criticized with these ideas it means we’re not at least opening the door to making progress. You
talk a lot in the book about the dangers of soy that may even go well beyond just the lectin story. Tell us about that because soy remains in the vegetarian world soy remains a very popular source of protein.

Dr. Steven Gundry: Yeah I think because of my Loma Linda Adventist connections -I’m not an Adventist- but I’ve got to know soy up close and personal. And I have a large number of vegetarian and vegan patients who seek me out. And one of the things that struck me with these individuals who are contrary to popular opinion have actually very poor health is that they were basically pasta and grain and soy-atarians. They were not vegetarians. And when I took soy away from them except fermented soy and things like miso and occasional tempeh. It was one of the most dramatic turnarounds that I’ve seen people eat soy. And not only has a lot of lectins they’re a bean like any other bean but soy has some very fascinating estrogen like compounds and some pretty interesting anti-thyroid compounds, it’s a goitrogen. And there are so many people walking around with hypothyroidism particularly in the vegetarian and vegan community. And I think soy is at least a good part of this.

David Perlmutter MD: There’s a great discussion of that in the book by Nora Gedgaudas Primal Mind Primal Body talking about the effects of soy on the thyroid you know the concern that there is in terms of the estrogenic part of the story as it relates to infant formula. That’s something we really want to think about. You do get back to looking at the gut and you have a section in your book that deals with these non-steroidal anti-inflammatory drugs. They Aleve and the ibuprofen that everybody thinks they need to take with every ache and pain. And you really call that out as being a potential significant risk to health. Can you walk us through that from a mechanistic perspective?

Dr. Steven Gundry: Yeah. You know these these drugs were heralded as miracle drugs about 40 years ago because we knew that that aspirin could damage the stomach lining and it certainly does. And the nonsteroidal like ibuprofen or naproxen Advil or Aleve were heralded by the drug companies as not damaging the lining of the stomach and that sounds great. What they didn’t tell us is that in its well published document in my book that what these do damage is downstream in those small intestine. Now we didn’t know it that this was happening because our endoscopes and our gastroscopes couldn’t get down into the small intestine but we could see into the stomach and lo and behold people
who were taking these anti-inflammatory NSAIDs didn’t have any stomach problems. So all is good. Then the first kind of clue that something was amiss was the prescription drug Vioxx. And the Cleveland Clinic rightfully pointed out that somehow the mechanism was unclear that people who were taking Vioxx had a much higher incidence of heart attacks and heart disease and in fact Vioxx was banned. Interestingly it’s sister drug Celebrex is still available. It’s virtually the same drug.

Dr. Steven Gundry: And we now have compelling evidence that people who take Advil or Aleve for as little as four days have a dramatically increased risk of heart attack or stroke. And what happened at the level of the intestinal wall is these things are literally like swallowing hand grenades. They completely ruin sections of the wall of the gut. And when that happens not only is our gut permeable to lectins but more importantly it’s permeable to bacterial particles called lipopolysaccharides LPSs and I am convinced and I’ll bet you’re convinced that much of what we see going on in the brain is due to its fundamental area leaky gut and NSAIDs-Aleve and Advil are actually one of the biggest unknown causes of this that are out there. And we’re giving children Advil and you’re right this stuff is given away like candy. The drug companies have known that the more of this we take more information will actually insight and the more of these we will need it. This is a gateway drug and they have known for years that you will then graduate to the opioids. And that’s exactly what happened.

David Perlmutter MD: Well let me back up a little bit for our viewers and just kind of walk through what Dr. Gundry has just talked about. And that is the availability of these drugs and their effects upon increasing permeability. Now why would I as you mention as a neurologist at all be concerned about the permeability of the gut lining. I mean that’s miles and miles away. Well it turns out that as Dr. Gundry just mentioned when the gates are opened and a certain covering over bacteria a gram negative bacteria in the gut called the LPS, or lipopolysaccharide makes its way into the systemic circulation, it stimulates the immune system and causes the immune system to secrete these inflammatory chemicals called cytokines that dramatically relates to brain disorders. We can measure either lipo polysaccharide or the antibodies against LPS and see that they are dramatically elevated in Lou Gehrig’s disease, Autism, Major depressive disorder and yes even Alzheimer’s disease. So it is really time that we recognize that so much of our illness is a
consequence of exactly that notion of leakiness of the gut. And as our discussion just now centered on brought on by these non-steroidal anti-inflammatory drugs that everybody thinks they need to take.

David Perlmutter MD: Another big category of drugs that seems to be related are what are called the proton pump inhibitors or these acid blocking drugs that Larry the Cable Guy seems to think we all need to take so we can be looking like Larry the Cable Guy ‘get er done’. And I think it’s really interesting that several months ago actually it was last year in the Journal of the American Medical Association Neurology specialty Journal there was an indication of a fairly large study that demonstrated over a 40 percent increased risk of dementia in those individuals who took these as seemingly innocuous acid blocking drugs over a period of time. You know the other thing that you get into in your book that I think was I was really happy to see it there was this notion that while we shouldn’t drink sugar sweetened beverages that these artificial sweeteners are somehow a better choice. And you absolutely challenge that. I was so so very happy to see that. What’s the story with all these diet drinks.

Dr. Steven Gundry: So you know I when I was a big fat guy I was actually drinking 8 Diet Cokes a day. I was famous for having a Diet Coke glued to my hand as I you know made rounds in the hospital and you know I couldn’t figure out why I’m drinking all these diet coke. You know why am I such a fat guy. Well this gets back down to actually evolutionary pattern matching in a couple things first of all all of these artificial sweeteners we now know completely change the microbiome. A Duke University study in 2007 show the equivalent of a package of Splenda would kill off 50 percent of the microbiome. That’s rather impressive. And the more we’re learning about the microbiome the more we realize that we don’t want to go killing off half of our bugs just to have a sweet cup of coffee. But it’s even more important than that. We do not have sugar receptors on our tongue. We have sweet receptors. And two thirds of our tongue is devoted to sweet receptors. That’s because way back when when the sweetness of fruit was available we ought to eat that stuff up and it ought to send a phenomenal Bing bing bing bing bing up to the pleasure center of our brain. So we’re hard wired to seek out sweet. Now the problem is originally sweet was associated with sugar and so it’s a win win because it was only available once a year. Now if we taste a sweet taste from even Stevia
which doesn't kill the microbiome- it hits the pleasure center in our brain. Number one. But number two the brain says oh you just tasted sugar.

Dr. Steven Gundry: I know it’s sugar because I don’t know anything else that could do this. I’m expecting sugar to arrive momentarily. When sugar doesn’t arrive your brain says Hey wait a minute you’ve been cheated you didn’t get it of the piece of fruit. Go back and get some more and keep eating until the sugar arrives. And we now know that this fundamental mechanism this hard wiring is why all sweeteners actually even if they’re healthy like stevia actually make people hungry because well you know we run a version 1.0 of our operating system. We’ve never had an upgrade. There’s no iPhone 7 running in here. There’s no windows 10 there’s no Android. We run version 1.0 and we have to understand how we as the basic fundamental level are wired. And we’ve unfortunately had 365 days of endless summer and we were never designed for that.

David Perlmutter MD: The endless summer. Now I’m thinking about surfing around the world. You know I want to close on another idea and you know we sort of live in the world where we you and I live in a world where if it’s a natural nutritional supplement will likely that’s going to be a better choice and one of the very common sublets it’s really taken the mainstream you see commercials for it even on the evening news is glucosamine and glucosamine is being offered up along with MSM typically as a really good choice for individuals suffering from arthritic type pain. But yet you challenge glucosamine again based on some of these premises that we’ve already discussed. Can you walk us through that a little bit.

Dr. Steven Gundry: Yeah. So glucosamine is a sugar molecule that actually binds lectins actually quite nicely. In fact the true active form is a acetylglucosamine that’s far more potent, if you will, as a lectin attractor than Glucosamine. But the interesting thing is glucosamine doesn’t do something magical, mystical in people’s joints nor does him MS. What I propose to people is in fact the reason many people get relief of their arthritic symptoms with glucosamine is because glucosamine is actually binding the lectins that people eat in their gut before they can get through the gut wall and you know I actually have my own formula called lectin shield that has n-acetylglucosamine and many other lectin binders. So I think it’s it’s unfortunate that people think that glucosamine is doing something to
help their joints. Indirectly it is because they’re actually binding lectins and it’s actually proof that in fact lectins are the actual problem and it’s not the glucosamine that’s somehow miraculously solving their problem their joints.

David Perlmutter MD: The last thing I’d like to cover and we’ve touched upon it a little bit today and that is glyphosate that is so pervasive in our food supply. Glyphosate being a weed killer that goes on our crops our corn and soy and even wheat which is not genetically modified. So it’s really very pervasive in the human diet. And you call out glyphosate as well, as well you should, as being responsible for changes in various things including the gut bacteria could you spend a few moments talking about that.

Dr. Steven Gundry: Yeah. You know this originally glyphosate was was for GMO crops so that you could kill weeds but the soybeans and the corn would be resistant to being killed. And that’s all well and good but what happens is glyphosphate can be used as a desiccant in regular crops and industrial farming now is so advanced that you have to have the harvester on a particular field on a particular day. And the field needs to be ready to harvest. So what you do is you kill conventional crops desiccate them with Roundup. And what happens is we take those foods and corn the wheat the soybeans and then we don’t wash the round-up of them. We then feed them to our cattle our pigs our chicken. And we know that it’s present in their tissues. and we then eat those conventionally raised foods. They’re not GMO. And we feel pretty good about that. You know we glyphosphate in us. Now the problem with that is that this completely alters the gut microbiome and not only that But the microbiome is capable of making glyphosate through the Shikimate pathway available as an absorbed compound into the human being where Monsanto said it would never come. It changes how vitamin D works in our body it changes how cholesterol synthesis works. It changes how we manufacture coenzyme Q10 we find it in mother’s breast milk. Now recently we know that in California wines even in organic California wines. And one of the things that is amazing is it makes people who are not necessarily sensitive to gluten, sensitive to gluten.

Dr. Steven Gundry: So I see many people who swear on a stack of bibles that they’re sensitive to gluten but they don’t test positive for any of the gluten genes. They don’t test positive for celiac. They eat bread and pastas over in Europe and do fine. But then immediately upon coming back and
David Perlmutter MD: No argument for me. You can be sure of that. Well listen I want to thank you for spending time with us today. This is great information and I hope to see that you know one of these lectures that you do this is you’re doing great work. Appreciate it.

Dr. Steven Gundry: Well you too as well. And let me end with a story. I was actually lecturing up at Harvard and MIT three weeks ago. And some beautiful neuroscience looking at how neurons their dendritic processes. As you and I know microglia are the immune cells that protect the nervous system the handlers of neurons. And beautiful work showing that microglia in Alzheimer’s and Parkinson’s and other forms of dementia are pruning these dendritic connections between neurons and I stood up and I said well why are they doing this. And a brilliant researcher said well it’s because of neuro-inflammation that’s why they’re doing it. And I said Well where do you think the neuro inflammation is coming from? And it blew me away. They said well we don’t care because we’re developing drugs to stop neuro-inflammation. And you know it’s it’s unfortunate that those of us who you work in one discipline say the heart or the brain don’t understand that all of our disciplines are connected to where Hippocrates told us to look Twenty five hundred years ago.

David Perlmutter MD: Right. It’s all connected in the gut. And so we just got to keep pushing to get big drug money out of this and let people heal themselves.

David Perlmutter MD: Well I often say it’s time to focus on the fire not just the smoke. This inflammation to which you refer is really a downstream event many steps removed from the inciting event which I think you and I agree often times is in the gut and oftentimes is directly related to this increased permeability that can come about as a consequence of disruption of the microbiome exposure to gliadin and exposure to other xenobiotics other types of chemicals, medications, antibiotics for sure you know. So I think that you know a comprehensive book like what you’ve written really goes a long way so people can start to frame it in is it compelling? You bet. Is it challenging? You bet. But what’s the alternative that you hope for mainstream medicine and pharmacology to create a magic pill. You know it’s who knows if that will ever come and how that will be specifically directed at the issues that I focus on i.e. Alzheimer’s and neurodegenerative conditions autism etc. but you know we tried to be so specialized in our approach to each individual
problem and you know you make it very clear that we should take steps back and recognize that there are broad strokes here that open the door for the mechanisms that lead to disease across the spectrum of specialties whether it is in the heart the immune system or the brain. So it’s really great information and I want to thank you for joining us today and thank you for sharing this.

Dr. Steven Gundry: Well I really appreciate being on so real honor. Keep all your good work.

David Perlmutter MD: [00:45:10] Well that was interesting information, lectins are proteins again manufactured by plants to shield them to keep them from being eaten do we shield them from predation. A very interesting book. The Plant Paradox by Dr Steven Gundry worth considering a lot of great information and gratitude on my part that he joined us today. Thanks to you for joining us as well. I’m Dr. David Perlmutter. See you soon.

Thanks for joining me. I’m Dr. David Perlmutter.

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