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Functional Medicine

**TWEET GM #24**

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Title

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## **JUICING OR NOT JUICING? THAT IS THE QUESTION**

I just wanted to share with you an anecdote from yesterday's consultation with that nice lady whom I have been following for more than 14 years...

We were sharing her results from last month's blood and urine tests, and I explained that something raised my concern. Her HbA1c (glycosylated haemoglobin) level has brutally jumped from 5.27% last year, an excellent result for this 58 year-old patient, to 5.76% now! Shocking, especially if you are aware that 5.80% represents prediabetic threshold. Why is that?

As you can imagine, the poor woman has been submitted to a thorough "Hercule POIROT style" inquiry, because her food questionnaire duly filled in March did not explain such worsening. This inevitably led to a number of confessions: occasional chocolates at 11 pm and an apple for teatime.

These two "sins" could certainly explain harsh glucose spikes at perilous moments, well known to trigger sugar cravings and awful vicious circles.

I was starting to think we found the culprit... but bouncing almost half per cent HbA1c in six months? I then found out that she had been making those mistakes in the past as well, perhaps less often: we needed more!

The next move was of course to make sure her breakfast is correct... and that is the case, with nice proteins to start the day. Then came the full confession: she had read in a magazine about the so-called benefits from taking a "green juice first thing in the day". Yes, you guess well: she had started drinking green celery juice with ginger a few months ago. Plus of course half green apple to make it nicer. **THAT IS A TERRIBLE MISTAKE!**