

《黄瓜竟会导致痴呆？这份研究让人震惊！》

导读:近日，美国科学家研究显示黄瓜、西红柿、以及所有谷物中含有的一种蛋白质能够使人患上痴呆。



Gwyneth Paltrow faced scrutiny after a guest writer for her health website claimed a protein in cucumbers could lead to Alzheimer's.

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Goop is ridiculed for promoting expensive lifestyle products and many questionable health theories.

Goop??

In a recent post, Goop's Dr Steven Gundry, a heart surgeon and cardiologist specialist from California, said he found a link between memory loss and lectins, found in cucumbers, tomatoes and whole grains.

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He said such food could even lead eaters to develop dementia.

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The article sparked a flurry on Twitter, with readers gleefully making fun of the 'ridiculous' suggestion.

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But it seems this time Gwyneth may have the last laugh.

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Nutritionists and doctors who normally criticize Goop have admitted to Daily Mail online that there is evidence to show lectins are harmful to the gut and could cause a host of issues - and possibly memory loss.

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England's Dr Tom Greenfield, who examines the effects of lectins on different blood types, said the protein can 'absolutely' play a role in brain disorders.

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He said the protein impacts people differently and the damage they can cause really comes down to a person's genetics.

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He said: 'There is a specific link to blood types. You can't say "avoid all lectins" because some might be good for people and bad for others.

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'Lectins can change your body, immune system and blood levels. They can block insulin receptors and over time this can affect blood vessels, even in the brain.

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'So if blood vessels aren't working, it will cause damage to the brain.'

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Dr David Jockers said lectins have been shown to block nutrient absorption, which leads to problems.

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He said: 'In general they are stressful on the body. Lectins have an affinity to latch on to leptin and insulin receptors.'

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He added: 'I don't think lectins are a major cause of dementia and Alzheimer's, but I could see how they could be a factor.'

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