

# Dr Georges MOUTON MD

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## PERSONAL INFORMATION

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### Office

107 rue du Village

4460 VELROUX

Belgium

☎ + 44 2079003530

✉ office@gmouton.com

Skype: georges.mouton



Born 3rd January 1957  
Port-au-prince (Haiti)

### Assistants

☎ + 44 7949440893

✉ admin@gmouton.com

## EDUCATION

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1978 - 1985

Medical Doctor Certificate - University of Liège (Belgium)

## EXPERIENCE

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Since 2016

Functional Medicine practice in London

2000 - 2015

Functional Medicine practice in London and Madrid

1984 - 1999

Sports Medicine practice in Liège (Belgium)

## APPOINTMENTS

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The Hale Clinic

7 Park Crescent

W1B 1PF LONDON (United Kingdom)

☎ + 44 7949440893

✉ appointments@gmouton.com

Skype: georges.mouton

The White Room

46 Walton Street

SW3 1RB LONDON (United Kingdom)

☎ + 44 7949440893

✉ appointments@gmouton.com

Skype: georges.mouton

## LANGUAGES

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French: mother tongue.

English: advanced level (C2) certified by the International English Language Testing System (IELTS).

Spanish: fluent (written and spoken).

Dutch and Italian: working knowledge.

German, Luxembourgish, and Walloon: basic knowledge.

## PUBLICATIONS

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### BOOKS

#### **« Les Méthodes du Docteur Mouton »**

Éditions Universitaires Européennes – 2016 - ISBN: 978-3-639-50432-3

This book examines how Nutritional and Functional Medicine applies to Sports Medicine. It's a practical guide for athletes and their relatives.

#### **« Écosystème Intestinal & Santé Optimale »**

Éditions Résurgence – 2004 - ISBN: 2-87211-078-X

5<sup>th</sup> edition in April 2014

« Because he sought an overall and peculiar approach, Dr Mouton has given us an inspiring book which represents a significant progress for physicians and their patients ».

Marcel ROBERFROID, Emeritus Professor from Catholic University of Louvain (Belgium).

#### **« Les Blogs du Docteur Mouton »**

#### **« Introduction à la Médecine Fonctionnelle »**

Editions Medicatrix – 2014 - ISBN: 978-2-87211-129-9

This book is an introduction to Functional Medicine via 52 easy to read blogs. It also presents reflections on this new approach to Medicine.

#### **“An Introduction to Functional Medicine”**

Edition Medicatrix – 2014 - ISBN : 978-2-87211-147-3

This book is the English version of « Les Blogs du Docteur Mouton ».

It has been translated in collaboration with Dr Mouton's nutritionist, Glen MATTEN.

ARTICLES

**"Énergétique de la course supra maximale chez les coureurs de demi-fond"**

**G. CAMUS, G. MOUTON**

*Biomécanique du mouvement et du muscle, volume 10 ; 1986 ; pages 57 & 58.*

**"A propos des conséquences du déficit en fer sur l'aptitude physique"**

**G. MOUTON, F. SLUSE**

*Revue Médicale de Liège volume XLII n° 21 ; 1987 ; pages 859 to 863.*

**"Iron Status in Runners of Various running specialities"**

**G. MOUTON, F. SLUSE**

*Archives Internationales de Physiologie et de Biochimie, volume 98 ; 1990 ; pages 103 to 109.*

**"Nutrition and Digestive Cancer Prevention"**

**G. MOUTON**

*Journal of European Anti-Aging Medicine - volume 1 September 2005; pages 19 & 20.*

**"Low Thyroid and Aging"**

**G. MOUTON**

*Journal of European Anti-Aging Medicine - volume 2 December 2005; pages 15 & 16*

*British Anti-Aging Medicine Journal - volume 1 December 2005; pages 15 & 16.*

**"Coeliac Disease: An Important Clinical Entity Reveals Its Secrets"**

*Scientific current evidence concerning gluten enteropathy*

**G. MOUTON, E. ZANGER**

*The Nutrition Practitioner - volume 7 issue 3 (Winter 2006); pages 4 to 6.*

**"Urinary Organic Metabolites"**

**G. MOUTON, E. ZANGER**

*The Nutrition Practitioner - volume 8 issue 3 (Winter 2007); pages 38 to 41.*

**"Elevated Blood Levels of Vitamin B12"**

*A Sign of Small Intestinal Bacterial Overgrowth?*

**G. MOUTON, E. ZANGER**

*The Nutrition Practitioner - volume 9 issue 3 (Winter 2008); pages 47 to 52.*

## LECTURER

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### **British College of Nutrition and Health (BCNH)**

PO Box 43807 – LONDON - NW6 3WQ – UK / University College of London  
Nutritional Therapy Diploma/Foundation Degree Course  
Accredited by the University of Greenwich

- ✓ Lecturer from 2001 to 2012.

### **Institute for Optimum Nutrition (ION)**

Avalon House, 72 Lower Mortlake Road – RICHMOND - TW9 2JY - UK  
Nutritional Therapists' Diploma/Foundation Degree Course (DiplON)  
Accredited by the University of Bedfordshire

- ✓ Lecturer from 2004 to 2011.

### **Universidad Europea de Madrid (UEM)**

Facultad de Ciencias de la Salud – Campus de Villaviciosa de Odón  
Master Oficial en Fisioterapia y Mujer

- ✓ Lecturer from 2008 to 2011.

### **British Association for Nutritional Therapy (BANT)**

- ✓ Webinar delivered live on 9th June 2014.

## MEMBER OF SCIENTIFIC SOCIETIES

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### **Royal Society of Medicine (RSM)**

1 Wimpole Street – LONDON - W1G OAE – UK

- ✓ Member since 2000 (*Overseas Fellow*).

### **Sociedad Española de Medicina Biológica y Antienvejecimiento (SEMBA)**

Ilustre Colegio de Médicos de Madrid – 51, Calle Santa Isabel - 28012 - MADRID – SPAIN

- ✓ Member since 2005.

### **Journal of European Anti-Aging Medicine (JEAAM)**

55 Wimpole Street – LONDON - W1G 8YL – UK

- ✓ Member of the Medical Committee from 2005 to 2007 (*Medical Editorial Board*).

### **Anti-Aging Medicine World Congress (AAWC)**

Scientific Organization by the World Society of Anti-Aging Medicine

- ✓ Member of the International Scientific Committee since 2007, representing Belgium (*International Scientific Advisory Board Member*).

### **World Society of Anti-aging Medicine (WOSAAM)**

29, Boulevard de la République – 92250 – LA GARENNE-COLOMBES - France

- ✓ International representative for Belgium since 2008.

### **Société Scientifique de Médecine Générale (SSMG)**

Rue de Suisse, 8 – 1060 – BRUXELLES – Belgium

- ✓ Member since 2009.

### **Association Royale des Médecins Diplômés de l'Université de Liège (A.M.Lg)**

Boulevard Piercot, 10 – 4000 – LIÈGE – Belgium

- ✓ Member since 1985.

**Universidad Europea de Madrid (UEM)**

Facultad de Ciencias de la Salud – Campus de Villaviciosa de Odón  
Master Oficial en Fisioterapia y Mujer – 21st & 22nd May 2011

- ✓ Saturday 21st May 2011: *“Salud natural de la Piel”*
- ✓ Sunday 22nd May 2011: *“Ecosistema intestinal”*

**Universidad Europea de Madrid (UEM)**

Facultad de Ciencias de la Salud – Campus de Villaviciosa de Odón  
Master Oficial en Fisioterapia y Mujer – 4th & 5th June 2010

- ✓ Friday 4th June 2010: *“Ácidos Grasos”*
- ✓ Saturday 5th June 2010: *“Ecosistema intestinal”*

**8th Anti-Aging World Conference (AAWC)**

Monaco – Monte Carlo, Forum Grimaldi – 8th April – 10th April 2010

- ✓ Friday 9th April 2010: *“Intestinal Nutrition, Inflammation, Obesity and Metabolic Syndrome”*

Chair of the above-mentioned session.

- ✓ Saturday 10th April 2010: *“Liver Detox: Myth or Reality?”*

Scientific coordinator in Anti-Aging Medicine for the conference.

**2nd International Congress in Aesthetic, Anti-Aging Medicine & Medical Spa  
Middle East (ICAAM)**

Dubai (UAE) – Al Bustan Rotana Hotel – 19th November – 21st November 2009

- ✓ Saturday 21st November 2009: *“Metabolic syndrome, obesity and vitamin D deficiency”*

Chair of the Nutrition Session.

- ✓ Saturday 21st November 2009: *“Nutritional and Micronutritional therapies supporting liver detox”*

Member of the Scientific Committee in Anti-Aging Medicine.

## **5th European Masters in Esthetical & Anti-Aging Medicine (EMAA)**

Paris - Palais des Congrès – 2nd & 3rd October 2009

- ✓ Friday 2nd October 2009: “*Alpha-linolenic acid, the forgotten omega 3 fatty acid*”
- ✓ Saturday 3rd October 2009: “*Laboratory tests: testing fatty acids*”

Chair of two Nutrition Sessions.

Member of the Scientific Committee in Anti-Aging Medicine.

## **Universidad Europea de Madrid (UEM)**

Facultad de Ciencias de la Salud – Campus de Villaviciosa de Odón

Master Oficial en Fisioterapia y Mujer – 6th & 7th June 2009

- ✓ Saturday 6th June 2009: “*Ácidos Grasos*”
- ✓ Sunday 7th June 2009: “*Ecosistema intestinal*”

## **7th Anti-Aging World Conference (AAWC)**

Monaco – Monte Carlo, Forum Grimaldi – 19th March – 21st March 2009

- ✓ Friday 20th March 2009: “*The anti-cholesterol diet. Hypocholesterolemic foods and their means of action*”

Scientific Coordinator in Anti-Aging Medicine for the Conference.

## **International Congress in Aesthetic, Anti-Aging Medicine & Medical Spa Middle East (ICAAM)**

Dubai (UAE) – Al Bustan Rotana Hotel – 29th November – 1st December 2008

- ✓ Saturday 29th November 2008: “*Workshop about Skin Health by Nutrition and Micronutrition*”
- ✓ Sunday 30th November 2008: “*The explanation of unexplainably high vitamin B12 blood levels*”
- ✓ Monday 1st December 2008: “*Leaky Gut Syndrome: unsuspected damage*”  
“*Interest of Prebiotics: feeding the healthy bacteria*”  
“*The Aging Gut: impact on Irritable Bowel Syndrome*”

Chair of the Nutrition Session.

**7th International Congress of Anti-aging Medicine**  
**Sociedad Española de Medicina Antienvejecimiento y Longevidad (SEMAL)**  
Valencia - Spain – 2nd October – 5th October 2008

- ✓ Saturday 4th October 2008: “*Receptores intestinales al sabor dulce o porque engordamos con edulcorantes*”

**1st Pan-American Congress on Anti-aging and Aesthetic Medicine (PACAAM)**  
Montreal – Palais des Congrès – 4th September - 6th September 2008  
Accredited by McGill University Faculty of Medicine

- ✓ Friday 5th September 2008: “*Effects of stress on the gastrointestinal tract*”
- ✓ Saturday 6th September 2008: “*Food allergy and food intolerance: lab tests & nutritional advice*”  
“*Nutritional supplements and foods for skin health*”

Chair of the “Optimal Nutrition for Anti-aging & Preventive Medicine” Session.

**33rd Annual General Meeting & Dermatology Congress Dermatological Society of Malaysia**  
Marriott Hotel – Putrajaya - Malaysia – 21st August – 24th August 2008

- ✓ Saturday 23rd August 2008: “*Probiotics and the Skin*”

**Université Paris V – Hôpital Bichat**  
Diplôme Inter Universitaire de Morphothérapie et de Médecine Anti-âge  
Paris – 5th June – 7th June 2008

- ✓ Saturday 7th June 2008: “*Écosystème intestinal : aspects théoriques et pratiques*”

**8ème Congrès de l’Association Française des Médecins esthéticiens (AFME)**  
Médecine morpho-esthétique et anti-âge  
Paris – Cité des Sciences et de l’Industrie – 6th June – 8th June 2008

- ✓ Saturday 7th June 2008: “*Table ronde sur l’Écosystème intestinal*”



**1st Annual Iberian Congress on Anti-Aging medicine And Biomedical Technologies**  
Estoril Portugal – 29th May – 31st May 2008

- ✓ Thursday 29th May 2008: “*Urinary Organic Metabolites Testing*”

**Université Paris V – Quartier latin**  
**Diplôme Inter Universitaire de Morphothérapie et de Médecine Anti-âge**  
Paris – 10th April – 12th April 2008

- ✓ Saturday 12th April 2008: “*Les Acides Gras : aspects théoriques et pratiques*”

An hour-long lecture given to the practitioners who were following this course.

**6th Anti-Aging World Conference (AAWC)**  
Paris – Palais des Congrès – 10th April – 12th April 2008

- ✓ Friday 11th April 2008: “*Gut sweet taste receptors: why sweeteners trigger weight gain*”

Chair of the Gastroenterology Session and of the corresponding workshop.

**Spécialisation en Médecine Anti-âge (SMAA)**  
Paris – Hôtel Étoile Saint-Honoré – 4th April – 9th April 2008

- ✓ Sunday 6th April 2008: “*Évaluation de la Microflore intestinale*”

An hour-long lecture given to the practitioners who were following this course.

**2nd Eurasian Congress in Aesthetic and Anti-aging (ECAA)**  
Bangkok – World Trade Centre – 17th January – 19th January 2008

- ✓ Friday 18th January 2008: “*Improving digestion to overcome multiple sclerosis*”
- ✓ Saturday 19th January 2008: “*Optimizing the physical appearance and energy levels by improving the digestive system*”

**5th Anti-Aging World Conference (AAWC)**  
Monaco – Monte Carlo, Forum Grimaldi – 22nd March – 24th March 2007

- ✓ Thursday 22nd March 2007: “*Multiple sclerosis: the efficacy of a functional approach*”

**Universidad de Alcalá de Henares**

Curso Experto Universitario en Medicina Biológica y Antienvjecimiento (2° edición)  
Madrid – 16th February – 18th February 2007

- ✓ Saturday 17th February 2007: “***Presentación del Ecosistema Intestinal - Evaluación del Ecosistema Intestinal***”

5-hour-long lecture given to the practitioners who were following this course.

**Universidad de Alcalá de Henares**

Master en Medicina Biológica y Antienvjecimiento (2° edición)  
Madrid – 12th January – 14th January 2007

- ✓ Saturday 13th January 2007: “***Ácidos Grasos y Función – Metabolitos Orgánicos Urinarios y Disbiosis Intestinal***”

10-hour-long lecture given to the practitioners who were following this course.

**2nd International Anti-Ageing Conference Moscow (AACM)  
“Longevity and Life Quality Medicine”**

Moscow – Crocus Expo Exhibition Complex – 21st & 22nd April 2006

- ✓ Saturday 22nd April 2006: “***Effects of pollutants on auto-immune thyroiditis and aging***”  
“***The dangers of trans fatty acids***”  
“***Intestinal microflora impact on health and well-being***”  
“***Biological Profiles in Anti-Aging Medicine***”

**4th Anti-Aging World Conference (AAWC)**

Paris – Palais des Congrès – 23rd March – 25th March 2006

- ✓ Thursday 23rd March 2006: “***Milk, cheese and yoghurt: dangerous foods?***”

**Université Paris XIII - Bobigny**

Diplôme Inter Universitaire de Médecine Morphologique et Anti-âge  
Bobigny – 9th March – 12th March 2006

- ✓ Sunday 12th March 2006: “***Écosystème intestinal : muqueuse - probiotiques et peau - tests***”

3-hour-long lecture given to the practitioners who were following this course, in association with Professor Marcel ROBERFROID (UCL - Belgium).

**Universidad de Alcalá de Henares**  
Especialización de segundo grado en Medicina Biológica (1º edición)  
Madrid – 10th March – 12th March 2006

- ✓ Saturday 11th March 2006: “*Ecosistema intestinal: mucosa intestinal - diagnósticos*”

5-hour-long lecture given to the practitioners who were following this Master degree.

**7ème Congrès de l'Association Française des Médecins esthéticiens (AFME)**  
Paris – Cité des Sciences et de l'Industrie – 28th & 29th January 2006

- ✓ Saturday 28th January 2006: “*Écosystème intestinal et santé*”

**Nutrition, Cerveau et Comportement Association pour le Développement de la  
Nutrition Orthomoléculaire (ADNO)**  
Paris – 27th November 2005

- ✓ Sunday 27th November 2005: “*L'intestin deuxième cerveau : influence des hormones gastro-intestinales sur le cerveau humain.*”

**2nd European Masters in Esthetical & Anti-Aging Medicine (EMAA)**  
Paris - Palais des Congrès – 30th September – 2nd October 2005

- ✓ Saturday 1st October 2005: “*The dangers of trans fatty acids: studies, risks, type of fatty acids, in which foods are they found, how to avoid them*”

**International Hormone Society (IHS) 2nd Practical Symposium**  
Paris - Hôtel Concorde La Fayette – 28th & 29th September 2005

- ✓ Thursday 29th September 2005: “*Omega 3 intake: effects on endocrine system*”  
“*Omega 6 & 9: effects on the endocrine system*”

**Formation à la nutrition et prise en charge des problèmes de surpoids et d'obésité  
Fondation Hodie Vivere (Asbl créée par l'Université Libre de Bruxelles)**  
Brussels – ULB – 28th May 2005

- ✓ Saturday 28th May 2005: “*Troubles digestifs et dysbiose*”

**1st International Anti-Ageing Conference Moscow (AACM)  
“Longevity and Life Quality Medicine”**

Moscow - World Trade Centre – 21st & 22nd April 2005

- ✓ Thursday 21st April 2005: “*Dependence between the premature ageing and the reduced function of thyroid hormones*”
- ✓ Thursday 21st April 2005: “*Nutrition and prophylaxis of digestive system cancers*”

**3rd Anti-Aging World Conference 2005 (AAWC)**

Monaco – Monte Carlo, Forum Grimaldi – 10th March – 12th March 2005

- ✓ Friday 11th March 2005: “*Effects of pollutants on auto-immune thyroiditis and aging*”
- ✓ Saturday 12th March 2005: “*Nutritional aspects of celiac disease prevention*”

**Journée Nutrition et Immunothérapie Association pour le Développement de la  
Nutrition Orthomoléculaire (ADNO)**

Paris – 5th December 2004

- ✓ Sunday 5th December 2004: “*Hyperperméabilité intestinale, troubles de l’immunité et allergies alimentaires, ou comment une immunité efficace dépend d’un écosystème intestinal performant.*”

**Anti-Ageing Conference London (AACL) 2004**

London – 10th & 11th September 2004

- ✓ Friday 10th September 2004: “*Dysfunctional thyroid and ageing*”

**International Medical University of Malaysia**

Presentation to the 3<sup>rd</sup> year students in Pharmacy

Kuala Lumpur – IMU – 5th August 2004

- ✓ Friday 5th August 2004: “*The brain-gut connexion*”

**2nd Anti-Aging World Conference (AAWC)**  
Paris – La Défense – 19th March – 21st March 2004

- ✓ Sunday 21st March 2004: “*Nutrition and protection against digestive cancers*”

**Formation à la nutrition et prise en charge des problèmes de surpoids et d’obésité**  
**Fondation Hodie Vivere (Asbl créée par l’Université Libre de Bruxelles)**  
Brussels – ULB – 15th March 2003

- ✓ Friday 15th March 2003: “*La gestion des patients souffrant de maladies inflammatoires: l’écosystème intestinal*”

**Annual Endocrinology Conference**  
Stamford, Connecticut – USA – 22nd February – 24th February 2002

- ✓ Tuesday 23rd April 2002: “*Intestinal ecosystem: mucosa and microflora*”

MISCELLANEOUS

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- ✓ Member of “Société Scientifique de Médecine Générale Belge”.
- ✓ Member of “Association Royale des Médecins Diplômés de l’Université de Liège”.
- ✓ Member of “Cercle des Naturalistes de Belgique”.
- ✓ Member of “Société Botanique de Liège”.
- ✓ Member of “Mycologues du Luxembourg Belge asbl”.
- ✓ Special interest for Mycology since August 2014.
- ✓ In 1979, founded the Athletics European Cup of Junior Champion Clubs organised in 3 European countries at the same time during the third weekend of September. President of this European Cup from 1979 to 2008. Named Honorary President for life in 2009.
- ✓ Between 1999 and 2007, consultant for various European & American companies specialised in nutrition, micronutrition, and functional biology.
- ✓ Friend of the Royal Opera House, Covent Garden (London).
- ✓ Patron of the Barbican Centre, Silk Street (London).
- ✓ Supporting School of Plato, Grange Park Opera (West Horsley Place).