Dr Georges MOUTON MD - Curriculum Vitae 17.09.2020

PERSONAL INFORMATION

Office
18 Im Dahl
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Born 3rd January 1957
Port-au-prince (Haiti)

EDUCATION

1978 - 1985	Medical Doctor Certificate - University of Liège (Belgium)

EXPERIENCE

1984 - 1999	Sports Medicine practice in Liège (Belgium)
2000 - 2014	Functional Medicine practice in London and Madrid
2015 - 2019	Functional Medicine practice in London
Since 2020:	Functional Medicine Practice in Kleinhoscheid

APPOINTMENTS

The Kleinhoscheid Centre
18, Im Dahl
L-9759 – KLEINHOSCHEID (Luxembourg)
+ 352 621177530
office@gmouton.com

LANGUAGES

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

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
5th 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 I 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.

"**Cœliac 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

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

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 (AMLg)
Boulevard Piercot, 10 – 4000 – LIÈGE – Belgium

- ✓ Member since 1985.

Society for Endocrinology UK
Starling House - 1600 Bristol Parkway – NORTH BRISTOL - BS34 8YU - United Kingdom

- ✓ Member since 2019.

INTERNATIONAL SPEAKER

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 Antienvejecimiento (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 Antienvejecimiento (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 (1° 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 cœliac 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 3rd 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

- ✓ 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.