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Functional Medicine

TWEET GM #31

2018-07-21

Title

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WHY YOU MAY NOT HEAR ABOUT THIS NEW PUBLICATION...

We have just posted QUOTE GM #31 today, which you will hopefully read. This article has been published a few days ago in July 2018 by the *Journal of Clinical Neurology*. It finally reflects the usefulness and safety of **GABA**, the cheap food supplement that can help patients suffering from insomnia.

Even though this preliminary study shows certain limitations, e.g. reduced number of placebo controls, it shows very reassuring for the doctors who have already been recommending this natural molecule to their patients. Importantly, the molecule shows both efficient and safe, especially if you compare with traditional prescriptive sleeping tablets. These also activate GABA receptors in the brain, but they often lead to significant side effects.

Such study can certainly help numerous patients who struggle finding an appropriate treatment for mild insomnia. Do not you think it should then appear on the front page of our newspapers aside all the announcements regarding a new miracle cancer cure or a fascinating advance in vaccines?

I suggest that we all start thinking about the issue: why do we experience such discrepancy between publications about natural treatments (that can never be patented) and announcements about the patentable treatments?