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A sedative or tranquilliser is a substance that induces sedation by reducing irritability or excitement. They are central nervous depressants and interact with brain activity causing its deceleration. Various kinds of sedatives can be distinguished, but the majority of them affect the neurotransmitter gamma-aminobutyric acid (GABA), which are brain chemicals performing communication between ...

Sedative - Wikipedia

I've been trying to solve a few health riddles lately, including insomnia and baby fat on my mid-section that won't budge. A lot of people like to tout intermittent fasting as a way to lose weight. Turns out it's not such a good idea, at least in my experience. I know, I know, I'm an n of one. But ...

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