

BSAAM's 13th Annual Anti Ageing Conference London 2016

Programme for Friday Morning, October 14th, 2016

8:30 am • Registration Opens

9:00 - 9:15 • Welcome



Heather Bird MBA

Chairperson, AACL. Founder and President, HB Health.
Director, World Academy of Anti-Aging Medicine WAAAM
Director, British Society of Anti-Ageing Medicine BSAAM
Board member for ESAAM

9:15 - 9:40 • Lecture **Applications of Redox Biochemistry in Health and Aging - Clinical Advances Interventions and Implications**



Ms Deirdre Morrin RN PSN

Deirdre Morrin R.N., P.S.N., is a Nurse and Nutritional Consultant who overcame extensive and debilitating Rheumatoid Arthritis nearly 30 years ago using nutrition when pharmaceutical treatment options proved ineffective and destructive. Her interest in the body's ability to heal itself in the correct environment has since been her passion and is the basis of her presentation. Achieving health and balance at cellular level for optimal efficiency lies at the core of wellbeing.

9:40 - 10:05 • Lecture **Longevity Genes: The Latest Findings**



Prof Donald Craig Willcox MD

Dr. Willcox is Visiting Professor in the Department of Geriatric Medicine at University of Hawaii and Co-Principal Investigator of the Okinawa Centenarian Study, a 30-plus year, ongoing study of the genetic and environmental correlates of exceptional longevity that identified the first gene to be associated with human longevity (Takata et al. Lancet 1987) and numerous lifestyle factors important to healthy aging.

10:05 - 10:30 • Lecture **Metformin and rapamycin as geroprotectors and anti-carcinogens**



Ms Maria N Yurova PhD

Senior Researcher, Department of Carcinogenesis and Oncogerontology N.N. Petrov Research Institute of Oncology Pesochny-2, St.Petersburg, Russia

10:30 - 11:15 • Fruit Break

11:15 - 11:40 • Lecture **The Effects of Toxic Chemicals on Chronic Illness**



Dr William Shaw PhD

William Shaw received his Ph.D. in biochemistry and human physiology from the Medical University of South Carolina and is board certified in clinical chemistry and toxicology. Dr. Shaw has supervised large endocrinology, nutritional biochemistry, toxicology, and immunology departments in positions at the Centers for Disease Control (CDC) and Smith Kline Laboratories in Atlanta, Georgia.

11:40 - 12:05 • Lecture

Can a psychobiological nutritional approach reverse an autoimmune disease?



Dr Najat Youssef MD

Italian-Lebanese Dietician and Biologist, Dr Najat Youssef is European Second Level Master in Health Care Agencies Management and Innovation. She is also Professor at Università Popolare Medicina degli Stili di Vita Lifestyle Medicine c/o Ascea, Salerno, Italy and Founder of Io e il Cibo, a body composition-based personalised nutrition programme. Doctor Youssef is also Chief of the Functional Nutrition Section of the International Observatory of Oxidative Stress.

12:05 - 12:30 • Lecture **Self-Awareness versus Meditation**



Dr Jose Foglia MD

Dr Foglia was educated in Punta del Este and in Montevideo where he attended the Deutsche Schule. He studied abroad specifically India, France and Rome, Italy. Currently Dr Foglia is working to investigate the human potential and developing a new approach to medicine.

12:30 - 13:00 • Speaker Panel

Prof Donald Craig Willcox
Dr William Shaw

Ms Maria N Yurova
Ms Deirdre Morrin

Dr Najat Youssef
Dr Jose Foglia

13:00 - 14:15 • Lunch Break

This program may be subject to change.

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Programme for Friday Afternoon, October 14th, 2016

14:15 - 14:40 • Lecture Epigenetics: How our Lifestyle can impact our Genes



Dr Karl J Neeser PhD

Karl J. Neeser's effort to study the field of anti-ageing for more than twenty years reflects his own diverse experiences. He has been Professor at Lausanne University/Switzerland, Founder/Manager of two European Top Health Clubs and has authored several books. Today he is a worldwide appreciated Health Consultant, Key Speaker and lives in Bangkok/Thailand where he is currently a Professor at Chulalongkorn University School of Sports Science.

14:40 - 15:05 • Lecture The Endocannabinoid System



Mr Phil Hawes

Managing Director of Uniden UK Ltd. Responsible for the development of the "Bioage" system. UK's leading expert on the effects of "Parent Essential Oil" and is a published author on this subject. He is currently writing another book, "The Essential Role of Flavonoids". Phil is also studying for a PhD in Nutritional Science.

15:05 - 15:30 • Lecture The Microbiome and Healthy Aging - How gut bacteria play a pivotal role in age related disorders.



Dr Tom Bayne DC

Tom is a chiropractic physician who specializes in nutritional therapies and is an international expert in digestive health and detoxification. His philosophy addresses the relationship between structure and function of the human body and how that translates into your best health. Tom has over 20 years of experience in natural health and medicine.

15:30 - 16:15 • Fruit Break

16:15 - 16:40 • Lecture Nutraceutical and Nutrigenomics: new perspectives for age-related diseases prevention



Prof Giovanni Scapagnini MD PhD

Currently an Associate Professor of Clinical Biochemistry and Molecular Biology at Università of Molise, Italy. He was previously employed as an Assistant Professor at the Blanchette Rockefeller Neurosciences Institute, West Virginia University, Rockville, MD and at the Institute of Neurological Sciences, Italian National Research Council. Since 2004, he is a Visiting Professor at the University of Maryland (IHV), Baltimore, MD. Dr. Scapagnini is a founder and member of the Board of Directors of the Italian Society of Nutraceuticals SINUT. His current work focuses on the functional roles of food phytochemicals as redox regulators of aging process.

16:40 - 17:05 • Lecture

Age-Related Macular Degeneration. A New hypothesis.



Dr Sergey A Dzugan MD PhD

Co-founder and Chief Scientific Officer of the Dzugan Institute of Restorative Medicine, Deerfield Beach, FL. Dr. Dzugan is a former heart surgeon. International Academy of Creative Endeavors (Russia) awarded Dr. Dzugan with the honorary title of Academician for outstanding contribution to the development of new methods of hypercholesterolemia and migraine treatment.

17:05 - 17:35 • Lecture Vitamin K2 and the role it plays in defining the structural integrity and rate of aging in virtually every tissue in the body.



Mr Kiran Krishnan Microbiologist

Kiran has been involved in the dietary supplement and nutrition market for the past 15 years. He comes from a strict research background having spent several years with hands-on R&D in the fields of molecular medicine and microbiology at the University of Iowa. He left University research to take a position as the U.S. Business Development and Sales Manager for Amano Enzyme, USA.

17:35 - 18:00 • Lecture Healthy Ageing: The Mouth - Gut - Brain Connection



Dr Brian Halvorsen BDS LDS, RCS. FRSH

Founded Prestwood Dental Health Centre. Founder Member British Nutrition Society. Founder Member IAOMT (International Academy of Oral Medicine & Toxicology). Founder Member Mercury Free Society. Founder of CDP Dental TV. Section chairman BDA. Author of 2 best selling books and an International Speaker.

18:00 - 18:25 • Speaker Panel

Dr Karl J Neeser
Dr Sergey A Dzugan
Dr Brian Halvorsen

Prof Giovanni Scapagnini
Dr Tom Bayne

Mr Phil Hawes
Mr Kiran Krishnan

18:25 • End of Day 2

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