



REDEFINING MEDICINE®

## A4M India Conference

January 18<sup>th</sup>- 19<sup>th</sup>, 2020

### DAY 1 | Location:

9:00 am – 10:00 am	<b>Inaugural/Opening Ceremony</b>	
10:00 am - 10:45 am	<b>Introduction to Anti-Aging</b>	Tribhuvan Gulati, MD, MACP
10:45 am - 11:30 am	<b>Hormone Therapy for Anti-Aging and Memory</b>	Pamela Smith, MD, MPH, MS
11:30 am - 11:45 am	<b>Coffee Break</b>	
11:45 am - 12:00 pm	<b>Introduction to Fasting</b>	Tribhuvan Gulati, MD, MACP
12:00 pm - 12:30 pm	<b>Time Restricted Eating &amp; Intermittent Fasting (Case Discussion)</b>	Dr. Shabnam D Kar
12:30 pm - 1:00 pm	<b>Intermittent Fasting &amp; It's Impact on Cardiovascular Health</b>	Kalpna Shekhawat, MD
1:00 pm - 1:30 pm	<b>Fasting Regimens &amp; Enhancing the Lifespan</b>	Deepak A V Chaturvedi, MD
1:30 pm - 2:00 pm	<b>FASTING MIMICKING DIET &amp; IT'S IMPACT ON LONGEVITY</b>	Dr. Anjali Hooda
2:00 pm - 3:00 pm	<b>Lunch</b>	
3:00 pm - 3:45 pm	<b>Subfertile Male – Understanding the Problem</b>	Vineet Malhotra, MBBS, MS, DNB
3:45 pm - 4:30 pm	<b>Autoimmunity Basics &amp; Covering the Triad</b>	Andrew Heyman, MD, MHSA
4:30 pm - 5:30 pm	<b>Autoimmune Thyroid – Hashimotos With Case Discussion</b>	Dr. Shabnam D Kar
5:30 pm - 6:00 pm	<b>Biochemical Detox for Anti-Aging</b>	A. Sreekumar, MBBS, DLO, FACNEM, FSAAARMN

## DAY 2 | Location:

9:00 am – 9:30 am	<b>Opening Remarks by Chief Guest</b>	
9:00 am - 10:30 am	<b>Mitochondria Disease &amp; Endocrine Dysfunction</b>	Dr. Anoop Bhagat
10:30 am - 11:30 am	<b>Leaky Gut and The Gut Brain Axis</b>	Andrew Heyman, MD, MHSA
11:30 am - 11:45 am	<b>Coffee Break</b>	
11:45 am - 12:30 pm	<b>Microbiome</b>	Pamela Smith, MD, MPH, MS
12:30 pm - 1:15 pm	<b>Growth Hormone in Anti-Aging</b>	Deepak A V Chaturvedi, MD
1:15 pm - 2:00 pm	<b>Role of Toxic Exposures in Hormone Imbalance &amp; Weight Gain</b>	Andrew Heyman, MD, MHSA
2:00 pm - 3:00 pm	<b>Lunch</b>	
3:00 pm - 3:30 pm	<b>Nutrigenomics for Advanced Healthcare</b>	A. Sreekumar, MBBS, DLO, FACNEM, FSAAARMN
3:30 pm - 4:00 pm	<b>Gut Vs Skin</b>	Sonali Choudhary, MBBS, DFM, MSC
4:00 pm - 4:30 pm	<b>TBA</b>	TBA
4:30 pm - 5:00 pm	<b>TBA</b>	Pamela Smith, MD, MPH, MS
5:00 pm - 5:45 pm	<b>Stress &amp; The Brain</b>	Andrew Heyman, MD, MHSA
5:45 pm - 6:00 pm	<b>Closing Remarks</b>	