



REDEFINING MEDICINE®

A4M India Conference

January 18th- 19th, 2020

DAY 1 | Location:

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

DAY 2 | Location:

9:00 am – 9:30 am	Opening Remarks by Chief Guest	
9:00 am - 10:30 am	Mitochondria Disease & Endocrine Dysfunction	Dr. Anoop Bhagat
10:30 am - 11:30 am	Leaky Gut and The Gut Brain Axis	Andrew Heyman, MD, MHSA
11:30 am - 11:45 am	Coffee Break	
11:45 am - 12:30 pm	What You Must Know About Women's Hormones?	Pamela Smith, MD, MPH, MS
12:30 pm - 1:15 pm	Growth Hormone in Anti-Aging	Deepak A V Chaturvedi, MD
1:15 pm - 2:00 pm	Role of Toxic Exposures in Hormone Imbalance & Weight Gain	Andrew Heyman, MD, MHSA
2:00 pm - 3:00 pm	Lunch	
3:00 pm - 3:30 pm	Nutrigenomics for Advanced Healthcare	A. Sreekumar, MBBS, DLO, FACNEM, FSAAARMN
3:30 pm - 4:00 pm	Gut Vs Skin	Sonali Choudhary, MBBS, DFM, MSC
4:00 pm - 4:30 pm	TBA	TBA
4:30 pm - 5:00 pm	Case Histories: Menopause, Perimenopause, PMS, PCOS	Pamela Smith, MD, MPH, MS
5:00 pm - 5:45 pm	Stress & The Brain	Andrew Heyman, MD, MHSA
5:45 pm - 6:00 pm	Closing Remarks	