

A4M India Conference

January 18th- 19th, 2020

DAY 1 | Hyatt Regency, New Delhi:

9:00 am – 10:00 am	Inauguration by Dr Harshvardhan , Hon'ble Union Minister for Science, Technology & Earth Sciences and Health & Family Welfare	
10:00 am - 10:45 am	Introduction to Anti-Aging & Diabetes Reversal - Is it possible?	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 & Exhibition Time	
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)	Shabnam D Kar, MD, FMNM
12:30 pm - 1:00 pm	Intermittent Fasting & Its' Impact on Cardiovascular Health	Kalpana 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 & its' impact on longevity	Anjali Hooda, MBBS, MD
2:00 pm - 3:00 pm	Lunch	
3:00 pm - 3:30 pm	Advances in Regenerative Medicine	Daniyar Jumaniyazov, MD, PhD
3:30 pm - 4:00 pm	Stem Cells as New Age Medicine	BS Rajput. MBBS, D.Orth, M. Ch Orth
4:00 pm - 4:30 pm	Stem Cells as an Anti Aging Tool for Neurodegenerative disorders	Alok Sharma MS, MCh
4:30 pm - 5:15 pm	Autoimmunity Basics & Covering the Triad	Andrew Heyman, MD, MHSA
5:15 pm - 6:00 pm	Autoimmune Thyroid – Hashimotos With Case Discussion	Shabnam D Kar, MD, FMNM
6:00 pm - 6:30 pm	Biochemical Detox for Anti-Aging	A. Sreekumar, MBBS, DLO, FACNEM, FSAARMN
6:30 pm - 7:00 pm	Subfertile Male – Understanding the Problem	Vineet Malhotra, MBBS, MS, DNB

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DAY 2 | Hyatt Regency, New Delhi:

9:00 am – 9:30 am	How to restore Insulin sensitivity to increase health span and life span	Graham Simpson, MD
9:30 am - 10:00 am	Vitality in Aging	Brian Delaney, PhD
10:00 am - 10:30 am	Mitochondria Disease & Endocrine Dysfunction	Anoop Bhagat, MD, ABARM, FMNM
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 & Exhibition Time	
11:45 am - 12:30 pm	What You Must Know About Women's Hormones	Pamela Smith, MD, MPH, MS
12:30 pm - 1:00 pm	Growth Hormone in Anti-Aging	Deepak A V Chaturvedi, MD
1:00 pm - 1:45 pm	Role of Toxic Exposures in Hormone Imbalance & Weight Gain	Andrew Heyman, MD, MHSA
1:45 pm - 2:45 pm	Lunch	
2:45 pm - 3:15 pm	Nutrigenomics for Advanced Healthcare	A. Sreekumar, MBBS, DLO, FACNEM, FSAAARMN
3:15 pm - 3:45 pm	Genes, Life and Beyond	Biren Bannerjee, PhD
3:45 pm - 4:15 pm	Disease reversal through Anti Aging	Jeya Prakash MS, FRCS
4:15 pm - 4:45 pm	How skin is affected by the Gut	Sonali Choudhary, MBBS, DFM, MSC
4:45 pm - 5:30 pm	Case Histories: Menopause, Perimenopause, PMS, PCOS	Pamela Smith, MD, MPH, MS
5:30 pm - 6:15 pm	Stress & The Brain	Andrew Heyman, MD, MHSA
6:15 pm - 6:30 pm	Closing Remarks	