

Brussels, Belgium, November 19-21, 2009



**The best international
Nutritional seminar
of the year**



Nutritional Therapies & Lifespan Medicine

Independent Module of the Anti-Aging Medicine Specialization (AAMS),
the international leading fellowship

The seminar consists of 6 days:

3 days of taught courses, completed by a 3-day self-learning course on DVD.

Program:

The content of the program is as **practical** as possible, helping physicians **improve** their **practice**, strengthened by solid evidence-based treatments, continuously updated.

Supervision: Dr Thierry Hertoghe, president of several international medical societies,
international key speaker, author of several renown books.

Speakers: Many speakers are leading international medical speakers.

Presented: at the Hertoghe Medical School

Rate:

- Full 6-day Module (3 days of taught courses + 3 days of self-learning courses on DVD): € 2.000,00 (Early bird registration : before Sept. 15, 2009 : € 1.800,00.)
- Separate rates: € 1.200,00 for 3 days, € 1.100,00 for 3 days self-learning on DVD.

Upcoming seminars: 2010 : January 28-31: Brussels

April 22-25: Brussels

For program: September 9-12: London or Brussels

See overview tables **2011 :** January 27-30: Brussels

Contact:

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Website: www.hertoghe.eu

**Belgian registrations
-30% for the November seminar**

**Each participant to the 3-day
November 19-21 seminar receives a unique
How to do guidebook of Nutritional Therapy!**

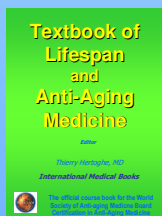


Nutritional Therapies and Lifespan Medicine (AAMS)

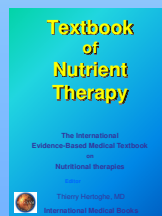
Brussels (Belgium), November 19-21, 2009 (8h30-12h30; 13h30-17h30)

MODULE	Day 1 Taught courses	Day 2 Taught courses	Day 3 Taught courses	Day 4 Self-learning - DVD	Day 5 Self-learning - DVD	Day 6 Self-learning - DVD
Nutritional therapies and metabolic endocrine approaches in lifespan medicine	<p>Micronutrients' impact on the endocrine system:</p> <ul style="list-style-type: none"> Minerals Trace elements Vitamins Fatty acids, etc. Silicium Iodine: Inorganic, non radioactive treatment of hyper- and hypothyroidism, auto-immune diseases, etc. <p>Herbal treatments of endocrine deficiencies</p> <p>Micronutrient therapy of breast, prostate, ovarian and cervical cancer: review</p> <p>Nutritional and endocrine treatments in sport:</p> <ul style="list-style-type: none"> Micronutrient treatment for sports performance and injuries Hormone doping in sports: controversies, treatments, risks <p>Micronutrient prevention and treatment of (short info)</p> <ul style="list-style-type: none"> Benign breast disease Premenstrual syndrome Dysmenorrhea Hyperestrogenism Hypoglycemia (functional) Infertility Menorrhagia Obesity 	<p>The ABC of lifespan medicine (adapted to the module)</p> <p>Nutritional therapies for mood, memory and sleep disorders (extensive reviews)</p> <ul style="list-style-type: none"> Fatigue and Energy Depression Anxiety Memory loss Macular degeneration Sleep <p>Interactive discussion session:</p> <p>Micronutrient prevention and treatment (short info) of</p> <ul style="list-style-type: none"> Acne Allergies Cataract, Carpal tunnel syndrome Constipation Diarrhea, Ecchymoses Edema Epilepsy Gingivitis Glaucoma, Headache 	<p>Nutritional therapies and somatic disorders :</p> <ul style="list-style-type: none"> Arterial hypertension Hyperlipidemia Coronary heart disease Diabetes Infections and Inflammation Cancer: the randomized placebo-controlled studies Micronutrient treatments to increase muscle mass and reduce fat mass <p>Plant extracts, therapies that may help fight disease and improve health</p> <p>Interactive session: Micronutrient prevention and treatment (short info) of</p> <ul style="list-style-type: none"> Herpes simplex Infection Immune depression Infertility Kidney stones Muscle cramps Osteoarthritis Pain Ulcers (duodenal and gastric) Urticaria Wound healing 	<p>Diabetes treatment:</p> <ul style="list-style-type: none"> Type 1 diabetes: Pathogenesis, diagnosis, clinical course, insulin therapy treatment Type 2 diabetes: Pathogenesis, diagnosis, clinical course, metformin treatment Foods that may reduce diabetes Clinical case studies <p>Insulin treatment of nondiabetics (cachexia, excessive thinness, sports abuse)</p> <p>Fat-influencing hormones:</p> <ul style="list-style-type: none"> Adrenaline and fat Prolactin and fat Opioids and fat 	<p>Nutritional therapies: theoretical</p> <ul style="list-style-type: none"> Mineral supplements (magnesium, calcium, potassium, sodium) Fat-soluble vitamins (vitamin A, D, E, K and Co Q10) Water-soluble vitamins (vitamins B's,C, H) Trace elements (zinc, iron, iodine, copper, selenium, manganese, etc.) Amino-acids (carnitine, glutamine, creatine, tyrosine, etc.) Healthy fatty acids (omega 3-6-9) Trans fatty acids <p>New functional foods from the Industry</p>	<ul style="list-style-type: none"> Recap on nutritional therapies Oxidative stress and its markers profile: lab tests Aging, age-related diseases and oxidative stress: the studies that show a relationship Prostate Cancer and micronutrients: extensive review Breast cancer and micronutrients: extensive review Anti-cancer effects of vitamin A Rheumatoid disorders and micronutrients Osteoporosis and micronutrients Stroke and micronutrients Peripheral artery disease and micronutrients
	<p>Speakers: Dr Thierry Hertoghe (Belgium) Dr Chantal Godefroit (Belgium) Dr M. Christine LHERMITTE (Belgium) Dr Georges Mouton (Belgium) Mr Erik-Alex RICHTER (Netherlands) Dr Englebert Valstar (Netherlands) Prof. Emar VOGELAAR (Netherlands) any other prominent speakers</p>					

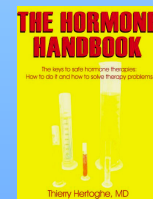
BOOKS: Purchase here the essential books/handout with the registration form on the website www.imbooks.info



The official handout/learning material for the World Society of Anti-Aging Medicine Society's (> 6500 physicians) Board Certification, with excellent evidence-based information for physicians specializing in anti-aging medicine.



400€ - The official handout/learning material for the World Society of Anti-Aging Medicine Society's (> 6500 physicians) Board Certification in Nutritional Medicine, with excellent evidence-based information for physicians specializing in nutritional therapies.



250 € - The international bestselling book on hormone therapy for physicians with complete information on all the traditional and cutting-edge hormone therapies including how to solve therapy problems with 300 pages of scientific references.

