POSITIVE NUTRITION
THE LATEST DISCOVERIES ON THE POWER OF NUTRITION RELATED TO HEALTH SLIMMING, ANTI-INFLAMMATORY DIET AND SPORTS PERFORMANCE

PROGRAM

Congress Presidents
Benvenuto Cestaro (Italy), Giovanni Scapagnini (Italy), Barry Sears (USA)

FRIDAY 5th MAY

9:00 Welcome - Authorities and President of Fondazione Paolo Sorbini
9:15 Introduction - Giovanni Scapagnini (Italy)
9:30 - 12:00 1st Session – POSITIVE NUTRITION FOR HEALTH & SLIMMING
Chairman: Barry Sears (USA)
Artemis Simopoulos (USA) - “A Balanced Omega-6 to Omega-3 Ratio for Health”
Camillo Ricordi (USA) - “New Treatments for Diabetes”
Coffee Break
Sara Farnetti (Italy) - “Functional Nutrition: the Key of Life”
Carol Johnston (USA) - “Nutritional Management of Insulin Resistance”
Conclusions: Barry Sears (USA)

12:30 – 13:45 Media Meeting
Buffet Lunch

15:00 - 19:00 2nd Session – POSITIVE NUTRITION FOR ANTI-INFLAMMATORY DIET
Chairmen: Benvenuto Cestaro (Italy), Giovanni Scapagnini (Italy)
Barry Sears (USA) - “The Role of Anti-inflammatory Nutrition in the Treatment of Chronic Disease”
Giovanni Scapagnini (Italy) - “Positive Nutrition and Nutraceutical Interventions for Improving Healthspan and Longevity”
Benvenuto Cestaro (Italy) - “Biochemical Mechanism and Nutritional Treatment to Prevent Inflammation, Oxidative Stress, Aging and Chronic Disease”
Coffee Break
Jing Kang (USA) - “The Role of Omega-3 Fatty Acids in the Management of Chronic Diseases”
Enrico Ferrazzi (Italy) - “Prevention of Metabolic Complications in Pregnant Women”
Conclusions: Benvenuto Cestaro (Italy)

With special attendance of Alex Zanardi

SATURDAY 6th MAY

9:00 - 14:00 3rd Session – POSITIVE NUTRITION FOR SPORTS PERFORMANCE
Chairman: Rodolfo Tavana (Italy)
Remembering Enrico Arcelli
Fabrizio Angelini (Italy) - “Nutraceuticals Role in Sports Nutrition”
Asker Jeukendrup (UK) - “Sports Nutrition of the Future”
Gregory Paul (USA) - “The Role of Betaine on Body Composition and Performance”
Coffee Break
Luca Mondazzi (Italy) - “Updating Nutrition for Performance”
Davide Grassi (Italy) - “Cocoa Flavanols and Endothelial Function: what Perspectives in Sports”
Stefano Righetti - Elena Casiraghi - Serena Martegani - Francesco Chiappero - (Italy)
“Anti-inflammatory Diet and Injury Risks in Sportsmen”
Conclusions: Rodolfo Tavana (Italy)