

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

8:45 Welcome - Authorities and President of Fondazione Paolo Sorbini

9:00 Introduction - *Giovanni Scapagnini (Italy)*

1st Session – POSITIVE NUTRITION FOR HEALTH & SLIMMING

Chairman: *Barry Sears (USA)*

9:15 - **Artemis Simopoulos (USA)** - "A Balanced Omega-6 to Omega-3 Ratio for Health"

9:50 - **Camillo Ricordi (USA)** - "New Treatments for Diabetes"

10:25 - Coffee Break

11:00 - **Sara Farnetti (Italy)** - "Functional Nutrition: the Key of Life"

11:35 - **Carol Johnston (USA)** - "Nutritional Management of Insulin Resistance"

12:10 - Conclusions: *Barry Sears (USA)*

12:30 – 13:45 **Round Table – Positive Nutrition: Longevity Pillars**

13:45 Buffet Lunch

2nd Session – POSITIVE NUTRITION FOR ANTI-INFLAMMATORY DIET

Chairmen: *Benvenuto Cestaro (Italy), Giovanni Scapagnini (Italy)*

15:15 - **Barry Sears (USA)** - "The Role of Anti-inflammatory Nutrition in the Treatment of Chronic Disease"

15:50 - **Giovanni Scapagnini (Italy)** - "Positive Nutrition and Nutraceutical Interventions for Improving Healthspan and Longevity"

16:25 - **Benvenuto Cestaro (Italy)** - "Biochemical Mechanism and Nutritional Treatment to Prevent Inflammation, Oxidative Stress, Aging and Chronic Disease"

17:00 - Coffee Break

17:35 - **Jing Kang (USA)** - "The Role of Omega-3 Fatty Acids in the Management of Chronic Diseases"

18:10 - **Enrico Ferrazzi (Italy)** - "Prevention of Metabolic Complications in Pregnant Women"

18:45 - Conclusions: *Benvenuto Cestaro (Italy)*

SATURDAY 6th MAY

3rd Session – POSITIVE NUTRITION FOR SPORTS PERFORMANCE

Chairman: *Rodolfo Tavana (Italy)*

9:00 - **Rodolfo Tavana (Italy)** - "Remembering Enrico Arcelli"

9:30 - **Fabrizio Angelini (Italy)** - "Nutraceuticals Role in Sports Nutrition"

10:05 - **Asker Jeukendrup (UK)** - "Sports Nutrition of the Future"

10:40 - **Gregory Paul (USA)** - "The Role of Betaine on Body Composition and Performance"

11:15 - Coffee Break

11:50 - **Luca Mondazzi (Italy)** - "Hydration Management for Training and Competitions: New Perspectives"

12:25 - **Davide Grassi (Italy)** - "Cocoa Flavanols and Endothelial Function: what Perspectives in Sports"

13:00 - **Stefano Righetti - Elena Casiraghi - Serena Martegani - Francesco Chiappero (Italy)**

- "Anti-inflammatory Diet and Injury Risks in Sportsmen"

13:35 - Conclusions: *Rodolfo Tavana (Italy)*