

## POSITIVE NUTRITION

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

### PROGRAMMA

Presidenti del Congresso

*Benvenuto Cestaro (Italia), Giovanni Scapagnini (Italia), Barry Sears (USA)*

### VENERDÌ 5 MAGGIO

8:45 Saluto delle Autorità e del Presidente della Fondazione Paolo Sorbini

9:00 Introduzione dei lavori - *Giovanni Scapagnini*

#### **1<sup>a</sup> Sessione – 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 (Italia)** - "Functional Nutrition: the Key of Life"

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

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

12:30 – 13:45 **Tavola Rotonda** - Positive Nutrition: i pilastri della longevità

13:45 Buffet Lunch

#### **2<sup>a</sup> Sessione – POSITIVE NUTRITION FOR ANTI-INFLAMMATORY DIET**

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

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

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

16:25 - **Benvenuto Cestaro (Italia)** - "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 Disease"

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

18:45 - Conclusioni: *Benvenuto Cestaro (Italia)*

### SABATO 6 MAGGIO

#### **3<sup>a</sup> Sessione – POSITIVE NUTRITION FOR SPORTS PERFORMANCE**

Chairman: *Rodolfo Tavana (Italia)*

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

9:30 - **Fabrizio Angelini (Italia)** - "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 (Italia)** - "Hydration Management for Training and Competitions: New Perspectives"

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

13:00 - **Stefano Righetti - Elena Casiraghi - Serena Martegani - Francesco Chiappero - (Italia)**  
"Anti-inflammatory Diet and Injury Risks in Sportsmen"

13:35 - Conclusioni: *Rodolfo Tavana (Italia)*