

## 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 5<sup>th</sup> MAY

9:00 Welcome - Authorities and President of Fondazione Paolo Sorbini

9:15 Introduction - *Giovanni Scapagnini (Italy)*

#### 9:30 - 12:00 **1<sup>st</sup> 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 **2<sup>nd</sup> 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 6<sup>th</sup> MAY

#### 9:00 - 14:00 **3<sup>rd</sup> 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)*