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)