

# Anti-aging Medicine Specialization (AAMS) of the World Society of Anti-aging Medicine - Hertoghe Medical School: 6 modules of 6 days (2 by DVD)

Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
<p><b>Senescence, exercise, environment and endocrinology</b></p> <p><b>Content of the Module</b></p> <p><b>The ABC of lifespan medicine</b> (adapted to the module): tools and approaches</p> <p><b>Juvenile anti-aging medicine:</b></p> <ul style="list-style-type: none"> <li>• Prenatal anti-aging medicine</li> <li>• Childhood anti-aging medicine</li> </ul> <p><b>Environmental health disease</b></p> <ul style="list-style-type: none"> <li>• Toxic world</li> <li>• Toxic world video</li> <li>• Strategies to avoid and eliminate pollutants</li> </ul> <p><b>Lifespan epidemiology</b>, major aging theories, premature aging syndromes? Statistics on the longest living humans</p> <p><b>Lifespan medicine:</b> an exploration into techniques that may extend lifespan from basic methods up forefront ones</p>	<p><b>Diet, obesity management and major anti-ageing therapies</b></p> <p><b>Content of the Module</b></p> <p><b>The ABC of lifespan medicine</b> (adapted to the module):</p> <p><b>Macronutrients and health and lifespan: 1 day 1/2</b></p> <ul style="list-style-type: none"> <li>• Good proteins: fish, meat, poultry</li> <li>• Controversial proteins (milk, ... plant, burned animal protein)</li> <li>• Healthy carbohydrates: vegetables and fruits</li> <li>• Sweet cravings</li> </ul> <p><b>Dysbiosis</b></p> <ul style="list-style-type: none"> <li>• Intestinal yeast infection</li> <li>• Parasitic infections</li> <li>• Leaky gut syndrome and its lab tests</li> </ul> <p><b>Digestive system and cancer prevention:</b></p> <ul style="list-style-type: none"> <li>• Probiotics</li> <li>• Aids for digestion: hydrochloric acid</li> </ul>	<p><b>Psychology, sexology and sexual endocrinology-in lifespan medicine</b></p> <p><b>Content of the Module</b></p> <p><b>The ABC of lifespan medicine</b> (adapted to the module):</p> <p><b>Psychological attitudes:</b></p> <ul style="list-style-type: none"> <li>• Stress and health</li> <li>• Burnout syndrome</li> <li>• Stress management</li> <li>• Humor and medicine</li> <li>• Meditation, relaxation and health: the scientific evidence</li> <li>• Psychology of active centenarians</li> <li>• Interactive discussion sessions on improving communication in the physician office</li> </ul> <p><b>Sexology:</b></p> <ul style="list-style-type: none"> <li>• Erectile dysfunction DG-TH</li> <li>• Patients with sexual problems treated with hormonal I treatments</li> <li>• Nonhormonal treatment of sexual senescence in men</li> <li>• Nonhormonal treatment of senescence in women</li> <li>• Extramedicinal aids for sexual activity</li> </ul> <p><b>Micronutrient supplementation for sexual dysfunction:</b></p> <ul style="list-style-type: none"> <li>• Male sexuality and micronutrients</li> <li>• Female sexuality and micronutrients</li> </ul> <p><b>The psychology of sexuality:</b> differences between male and female perceptions</p> <p><b>Interactive treatment sessions</b></p>	<p><b>Nutritional therapies and metabolic endocrine approaches in lifespan medicine</b></p> <p><b>Content of the Module</b></p> <p><b>The ABC of lifespan medicine</b> (adapted to the module):</p> <p><b>Nutritional therapies for mood, memory and sleep disorders</b></p> <ul style="list-style-type: none"> <li>- Fatigue, energy and micronutrients</li> <li>- Depression and micronutrients</li> <li>- Anxiety and micronutrients</li> <li>- Memory loss and micronutrients</li> <li>- Macular degeneration micronutrients:</li> <li>- Sleep and micronutrients</li> <li>- Interactive discussion session</li> </ul> <p><b>Nutritional therapies and somatic disorders:</b></p> <ul style="list-style-type: none"> <li>- Coronary heart disease and micronutrients</li> <li>- Arterial hypertension and micronutrients</li> <li>- Hyperlipidemia and micronutrients</li> <li>- Increasing muscle mass and reducing fat mass with nutritional supplementation</li> <li>- Diabetes and micronutrients</li> <li>- Infections and inflammation and nutrients</li> <li>- Nutrients to fight cancer:: the randomized placebo-controlled studies</li> <li>- Plant extracts, therapies that may help fight disease and improve health</li> </ul>	<p><b>Genetics, stem cell therapies and progressive lifespan medicine</b></p> <p><b>Content of the Module</b></p> <p><b>Genetic typing: theoretical</b></p> <p><b>Genetic typing tests</b>– unraveling genetic predisposition to diseases, strategies for improving the prognosis</p> <p><b>Genetic typing tests for:</b></p> <ul style="list-style-type: none"> <li>• Cardiovascular diseases</li> <li>• Obesity</li> <li>• Diabetes</li> <li>• Alzheimer 's and other neurodegenerative diseases</li> <li>• Osteoporosis</li> <li>• Rheumatic diseases</li> <li>• Breast cancer</li> <li>• Prostate cancer</li> <li>• Colon and other cancers</li> <li>• Genetic polymorphism of longevity</li> </ul> <p><b>Nutrigenomics:</b> how genetic typing tests help set up nutritional supplementation</p> <p><b>Gene therapy: from worms to humans</b></p> <p><b>Stem cell therapy:</b></p> <p><b>Introduction:</b> What are stem cells: the difference between stem cells and embryonic cells</p> <ul style="list-style-type: none"> <li>• Practical guidelines for using authorized stem cell therapy</li> <li>• Boosting endogenous stem cells proliferation by optimizing the person's health</li> <li>• Heart regeneration with stem cells after myocardial infarct</li> <li>• Experiences in animals with new teeth formation, blindness reversal with stem cells</li> <li>• In practice: how the stem cell experts do it</li> </ul> <p><b>Brain hormones:</b></p> <ul style="list-style-type: none"> <li>• Pregnenolone</li> <li>• Growth hormone treatment in adults</li> <li>• Growth hormone secretagogues</li> <li>• Growth hormone: risks, benefits, controversies</li> <li>• Somatostatin</li> <li>• Opioids and the brain</li> </ul> <p><b>Genetic typing and hormone therapy:</b></p> <ul style="list-style-type: none"> <li>• Endocrine-related polymorphisms</li> <li>• How genetic typing tests may help to set up safer hormone therapies</li> </ul>	<p><b>Practical approaches in anti-aging and hormone therapies</b></p> <p><b>Content of the Module</b></p> <p><b>The ABC of lifespan medicine</b> (adapted to the module)</p> <p><b>How to build up an anti-aging clinic</b></p> <p><b>How to acquire new knowledge and secure your practice</b> in lifespan medicine and endocrinology, legal issues</p> <p>The scientific evidence, certificates, society guidelines, searching up data on Internet</p> <p><b>The anti-ageing consultation</b></p> <ul style="list-style-type: none"> <li>- Fixing an appointment</li> <li>- Patient's medical history and actual symptoms</li> <li>- Physical examination</li> <li>- Principal laboratory and paramedical tests</li> <li>- Cancer screening</li> <li>- Interpretation of test results</li> <li>- Treatment: individualized treatment combining relevant approaches.</li> <li>- Financial considerations surrounding building up a clinic</li> <li>- Legal and ethical issues (medical councils, ethical commissions)</li> </ul> <p><b>Problem solving workshop</b></p> <ul style="list-style-type: none"> <li>- Unexpected changes that may occur in dietetic, nutritional and hormone therapies</li> <li>- Exchange of information on anti-ageing therapies</li> <li>- Patient cases from the practice of physicians from the audience</li> <li>- Interactive thinking and discussion groups about what best helps to overcome treatment problems</li> <li>• Practical session with patients from the audience</li> <li>• The best tips of masters of hormone therapy</li> </ul> <p><b>The ABC of hormone therapy</b> (adapted to the module):</p> <p><b>The practical hormone therapy workshop</b> with on-stage consultation:</p> <ul style="list-style-type: none"> <li>- Diagnosis, lab tests, treatment, follow-up</li> <li>- Practical thyroid diagnosis and treatment</li> <li>- Practical cortisol diagnosis and treatment</li> <li>- Practical DHEA diagnosis and treatment</li> <li>- Practical aldosterone diagnosis and treatment</li> </ul>
<p><b>Physical exercise:</b></p> <ul style="list-style-type: none"> <li>- Impact of physical exercise on the incidence of age-related diseases and lifespan</li> <li>- Tips from an experienced sportsman</li> <li>- Right exercises (dosing) for improving health</li> <li>- The exercise programs of top athletes</li> <li>- Best body postures to avoid neck and back problems</li> <li>- Exercise to reduce insulin resistance</li> </ul> <p>Sports medicine and exercise to reduce age-related diseases</p> <p><b>Chronic Fatigue Syndrome:</b></p> <ul style="list-style-type: none"> <li>- diagnosis and treatment</li> <li>- Infections (yeast, mycoplasma, toxoplasma, that cause CFS and their treatment</li> </ul> <p>Nutritional deficiencies that cause CFS and their treatments with chronic fatigue syndrome</p>	<p><b>Digestive system and cancer prevention:</b></p> <ul style="list-style-type: none"> <li>• Pancreatic and plant enzymes</li> </ul> <p><b>Diets of longer life</b></p> <p><b>Toxic drinks</b></p> <p><b>Electrolyte and pH balance:</b></p> <ul style="list-style-type: none"> <li>• Acid-base balancing in diet, drink water and lifestyle: introduction</li> <li>• Acid-base balancing workshop</li> </ul> <p><b>Obesity and health management:</b></p> <ul style="list-style-type: none"> <li>• How to reduce insulin</li> <li>• Toxic foods</li> <li>• Treatment of too thin patients</li> <li>• Diets that provide you with quick or full-day energy</li> <li>• Intermittent fasting ((missing))</li> </ul>	<p><b>Psychic and sexual factors that impact on the endocrine system:</b></p> <ul style="list-style-type: none"> <li>• Psychological attitudes</li> <li>• Stress</li> <li>• Sexual activities</li> </ul> <p><b>Female hormone in women: diagnosis and treatment</b></p> <ul style="list-style-type: none"> <li>• Safe female hormone therapy in pre- and postmenopausal women</li> <li>• Controversies in female hormone therapy</li> <li>• Female hormone therapies: practical cases</li> <li>• Female patients treated with bio-identical female hormones for birth-control</li> <li>• How to talk to patients and colleagues about the fear for cancer from female hormones</li> <li>• Reports on female patients treated with bio-identical female hormones in the premenopause</li> <li>• How to avoid hirsutism in women with androgens</li> </ul>	<p><b>Micronutrients that impact on the endocrine System and their control</b></p> <ul style="list-style-type: none"> <li>• Minerals</li> <li>• Trace elements</li> <li>• Vitamins</li> <li>• Fatty acids, etc.</li> </ul> <p><b>Herbal treatments of endocrine deficiencies</b></p> <p><b>Insulin and insulin-influencing hormones:</b></p> <ul style="list-style-type: none"> <li>• Insulin: physiology</li> <li>• Overcoming insulin resistance</li> <li>• Insulin secretagogues and their inhibitors</li> <li>• Glucagon treatment</li> <li>• Glucagon-like peptides, and other gut hormones that stimulate insulin secretion and their inhibitors</li> <li>• Gastrin, the stomach hormone</li> <li>• Hormone therapies that reduce insulin resistance</li> <li>• Clinical case studies</li> </ul>	<p><b>Brain hormones:</b></p> <ul style="list-style-type: none"> <li>• Pregnenolone</li> <li>• Growth hormone treatment in adults</li> <li>• Growth hormone secretagogues</li> <li>• Growth hormone: risks, benefits, controversies</li> <li>• Somatostatin</li> <li>• Opioids and the brain</li> </ul> <p><b>Genetic typing and hormone therapy:</b></p> <ul style="list-style-type: none"> <li>• Endocrine-related polymorphisms</li> <li>• How genetic typing tests may help to set up safer hormone therapies</li> </ul>	<p><b>The ABC of hormone therapy</b> (adapted to the module):</p> <p><b>The practical hormone therapy workshop</b> with on-stage consultation:</p> <ul style="list-style-type: none"> <li>- Diagnosis, lab tests, treatment, follow-up</li> <li>- Practical thyroid diagnosis and treatment</li> <li>- Practical cortisol diagnosis and treatment</li> <li>- Practical DHEA diagnosis and treatment</li> <li>- Practical aldosterone diagnosis and treatment</li> </ul>
<p><b>Introduction</b></p> <p><b>The endocrine system:</b> a review</p> <p><b>Hormone actions:</b> an overview</p> <p><b>Factors that impact on the endocrine System :</b></p> <ul style="list-style-type: none"> <li>• Aging</li> <li>• physical exercise</li> <li>• daylight and darkness</li> <li>• pollutants, toxics</li> </ul> <p><b>Effects of Hormone Therapies on</b></p> <ul style="list-style-type: none"> <li>• Free radicals: the antioxidant hormone</li> <li>• Lifespan</li> <li>• Interactive session</li> </ul>	<p><b>Factors that impact on the Endocrine System:</b></p> <ul style="list-style-type: none"> <li>• Diet</li> </ul> <p><b>Hormone, appetite and overweight</b></p> <ul style="list-style-type: none"> <li>• Leptin</li> <li>• Ghrelin</li> <li>• Other hormones of appetite (Cholecystokinin, ...)</li> <li>• Treatment of obese persons with hormone treatments</li> <li>• Bulimia and anorexia</li> </ul> <p><b>Famous people:</b></p> <ul style="list-style-type: none"> <li>• Famous endocrinologists and anti-aging therapists</li> <li>• The hormone deficiencies of famous people</li> </ul>	<p><b>Psychic and sexual factors that impact on the endocrine system:</b></p> <ul style="list-style-type: none"> <li>• Psychological attitudes</li> <li>• Stress</li> <li>• Sexual activities</li> </ul> <p><b>Female hormone in women: diagnosis and treatment</b></p> <ul style="list-style-type: none"> <li>• Safe female hormone therapy in pre- and postmenopausal women</li> <li>• Controversies in female hormone therapy</li> <li>• Female hormone therapies: practical cases</li> <li>• Female patients treated with bio-identical female hormones for birth-control</li> <li>• How to talk to patients and colleagues about the fear for cancer from female hormones</li> <li>• Reports on female patients treated with bio-identical female hormones in the premenopause</li> <li>• How to avoid hirsutism in women with androgens</li> </ul>	<p><b>Micronutrients that impact on the endocrine System and their control</b></p> <ul style="list-style-type: none"> <li>• Minerals</li> <li>• Trace elements</li> <li>• Vitamins</li> <li>• Fatty acids, etc.</li> </ul> <p><b>Herbal treatments of endocrine deficiencies</b></p> <p><b>Insulin and insulin-influencing hormones:</b></p> <ul style="list-style-type: none"> <li>• Insulin: physiology</li> <li>• Overcoming insulin resistance</li> <li>• Insulin secretagogues and their inhibitors</li> <li>• Glucagon treatment</li> <li>• Glucagon-like peptides, and other gut hormones that stimulate insulin secretion and their inhibitors</li> <li>• Gastrin, the stomach hormone</li> <li>• Hormone therapies that reduce insulin resistance</li> <li>• Clinical case studies</li> </ul>	<p><b>Brain hormones:</b></p> <ul style="list-style-type: none"> <li>• Pregnenolone</li> <li>• Growth hormone treatment in adults</li> <li>• Growth hormone secretagogues</li> <li>• Growth hormone: risks, benefits, controversies</li> <li>• Somatostatin</li> <li>• Opioids and the brain</li> </ul> <p><b>Genetic typing and hormone therapy:</b></p> <ul style="list-style-type: none"> <li>• Endocrine-related polymorphisms</li> <li>• How genetic typing tests may help to set up safer hormone therapies</li> </ul>	<p><b>The ABC of hormone therapy</b> (adapted to the module):</p> <p><b>The practical hormone therapy workshop</b> with on-stage consultation:</p> <ul style="list-style-type: none"> <li>- Diagnosis, lab tests, treatment, follow-up</li> <li>- Practical thyroid diagnosis and treatment</li> <li>- Practical cortisol diagnosis and treatment</li> <li>- Practical DHEA diagnosis and treatment</li> <li>- Practical aldosterone diagnosis and treatment</li> </ul>

<p><b>Effects of Hormone Therapies on sleep and sleep deprivation</b></p> <p><b>Endocrine dysfunctions in chronic fatigue syndrome</b></p> <p><b>The endocrine consultation:</b></p> <ul style="list-style-type: none"> <li>Hormone lab tests and treatment: overview, part 1&amp; 2</li> <li>Treating hormone deficiencies with tests borderline low within the reference range</li> <li>Balancing the endocrine system: How to balance one hormone with the other</li> <li>interactive discussion</li> </ul> <p><b>Thyroid Deficiency</b></p> <ul style="list-style-type: none"> <li>Physiology</li> <li>Diagnosis</li> <li>Effect of thyroid hormones on age related diseases</li> <li>Studies showing associations of disease with TSH and thyroid hormone levels within the reference range</li> <li>Treatment</li> <li>T3 + T4 treatment versus T4</li> <li>Follow-up problems : how to solve them</li> </ul>	<p><b>Adrenal hormones:</b></p> <ul style="list-style-type: none"> <li>Safe cortisol treatment</li> <li>DHEA treatment</li> <li>Controversies on DHEA treatment</li> <li>7-keto-DHEA</li> <li>Androstenedione</li> <li>Aldosterone</li> </ul> <p>and how to manage treatment problems</p> <p><b>Interactive sessions</b></p> <p><b>Mini-exam</b></p> <p><b>Pineal hormone:</b></p> <ul style="list-style-type: none"> <li>Melatonin deficiency and treatment</li> <li>Treating melatonin deficiency in patients with lab tests within reference ranges</li> <li>Critical studies on cancer and sleep</li> <li>Melatonin controversies</li> </ul>	<p><b>Androgen deficiencies in men: diagnosis and treatment</b></p> <ul style="list-style-type: none"> <li>Testosterone therapy in men: the basics, physiology, effects on age-related diseases, diagnosis, treatment, lab test weaknesses</li> <li>Boosting sexual potency in men with testosterone</li> <li>Practical patient cases</li> </ul> <p><b>Androgen deficiencies in women: diagnosis and treatment:</b></p> <ul style="list-style-type: none"> <li>Testosterone therapy in women: the basics, physiology, effects on age-related diseases, diagnosis, treatment, lab test weaknesses</li> <li>Boosting sexual potency in women with testosterone</li> <li>Testosterone and other hormone effects on female sexual organs</li> <li>Interactive session</li> <li>Practical patient cases</li> </ul> <p>Interactive session</p> <p>Mini-exam</p>	<p><b>Diabetes treatment:</b></p> <ul style="list-style-type: none"> <li>Type 1 diabetes: Pathogenesis, diagnosis, clinical course, insulin therapy treatment</li> <li>Type 2 diabetes: Pathogenesis, diagnosis, clinical course, metformin treatment</li> <li>Foods that may reduce diabetes Clinical case studies</li> </ul> <p><b>Insulin treatment of nondiabetics</b> (cachexia, excessive thinness sports abuse)</p> <p><b>Fat-influencing hormones:</b></p> <p>Adrenaline and fat Prolactin and fat Opioids and fat</p> <p><b>Hormone doping in sports</b></p> <p><b>Iodine</b></p> <p>Inorganic iodine for nonradioactive treatment of hyper- and hypothyroidism, auto-immune diseases and many other diseases</p> <p>Interactive session</p> <p>Mini-exam</p>	<p><b>Review course: Hormone therapies</b></p> <ul style="list-style-type: none"> <li>Basic lab tests</li> <li>Safe cortisol treatment</li> <li>Testosterone therapy in men</li> <li>Testosterone therapy in women</li> <li>Safe treatment with female hormones</li> <li>Adult growth hormone treatment</li> <li>DHEA treatment</li> <li>Thyroid all the basics and selection of optimal treatment is best</li> </ul> <p>Session with on stage consultation</p> <p><b>Interactive sessions</b></p> <p><b>Mini-exam</b></p>	<p><b>Practical hormone therapy workshop:</b></p> <ul style="list-style-type: none"> <li>Practical pregnenolone diagnosis and treatment</li> <li>Practical female hormone diagnosis and treatment</li> <li>Practical testosterone diagnosis and treatment in men</li> <li>Practical testosterone diagnosis and treatment in men</li> <li>Practical growth hormone diagnosis and treatment</li> <li>Practical melatonin diagnosis and treatment</li> </ul> <p><b>Interactive sessions</b></p> <p><b>Mini-exam</b></p>
<p><b>Senescence (pathological aging) and lifespan medicine:</b></p> <ul style="list-style-type: none"> <li>Lifespan epidemiology, basic mechanisms (including free radicals)</li> <li>Free radical theory of aging</li> <li>Senescence of the senses and of the nervous, muscular, cardiovascular, pulmonary, immune and osteoarticular systems: physiology and impact on organs and tissues, possibilities of partial senescence reversal</li> <li>Biological age measurement: how young is your body?</li> <li>Reports of measurement of biologic age in patients</li> </ul>	<p><b>Macronutrients and health and lifespan:</b></p> <ul style="list-style-type: none"> <li>The milk paradox</li> <li>Grains, cereals: the controversy (bread, pastas, muesli)</li> <li>Sprouted grains: the only edible grains?</li> <li>Fibre and health</li> <li>Sugar, sweets, soft drinks and other carbs</li> <li>Healthy and unhealthy fats</li> <li>The cholesterol paradox</li> <li>False claims in food industry</li> </ul>	<p><b>Anti-ageing neurology:</b></p> <ul style="list-style-type: none"> <li>The physiology of memory</li> <li>Neurodegenerative diseases (Alzheimer's disease, Parkinson's disease, macular degeneration, Amyotrophy sclerosis lateralis)</li> <li>Paralysis and paresia: causes, conventional and adjuvant treatment</li> <li>Paresthesias: causes, conventional and adjuvant treatment</li> </ul> <p><b>Micronutrient supplementation for severe psychiatric and neurological disorders:</b></p> <ul style="list-style-type: none"> <li>Schizophrenia and micronutrients</li> <li>Micronutrient therapies and Neurodegenerative diseases</li> </ul>	<p><b>Nutritional therapies: theoretical</b></p> <ul style="list-style-type: none"> <li>Mineral supplements (magnesium, calcium, potassium, sodium)</li> <li>Fat-soluble vitamins (vitamin A, D, E, K and Co Q10)</li> <li>Water-soluble vitamins (vitamins B's,C, H)</li> <li>Trace elements (zinc, iron, iodine, copper, selenium, manganese, etc.</li> <li>Amino-acids (carnitine, glutamine, creatine, tyrosine, etc.)</li> <li>Healthy fatty acids (omega 3-6-9)</li> <li>Trans fatty acids</li> <li>New functional foods from the Industry</li> </ul>	<p><b>Genetic typing: practical cases</b></p> <ul style="list-style-type: none"> <li>Newest studies on genetic polymorphism</li> <li>Intensive Practical session on genetic typing: part 1</li> <li>Intensive Practical session on genetic typing: part 2</li> <li>Intensive Practical session on genetic</li> </ul> <p><b>Practical cases of ill patients co-treated with anti-aging therapies</b></p>	<p><b>Anti-ageing and hormone therapies: practical cases of patients with disease</b></p> <ul style="list-style-type: none"> <li>Reports of female patients treated with transdermal estradiol and progesterone</li> <li>Interesting cases of patients treated with multiple hormone replacement, including GH</li> <li>Patients with cardiovascular disease</li> <li>Patients with depression and anxiety disorders</li> <li>Patients with rheumatoid diseases and osteoporosis treated with corrective hormone therapies</li> </ul>
<p><b>Pollution and health:</b></p> <ul style="list-style-type: none"> <li>Indoor and outdoor pollution</li> <li>Effects on health</li> <li>Toxic world</li> <li>Strategies to avoid and eliminate pollutants</li> <li>Dental amalgams</li> <li>Detoxification</li> <li>Lab tests</li> <li>Practical case studies</li> <li>Interactive sessions</li> </ul> <p><b>Mini exam</b></p>	<p><b>Obesity management:</b></p> <ul style="list-style-type: none"> <li>Statistics on leanness and overweight</li> <li>Diets to lose weight (Atkins, Paleolithic Diet, South beach diet, Zone diet, Montignac diet, Pritikin, Shelton, etc.)</li> <li>Water: longevity and preventive effects on age-related disease</li> <li>The psychology of obesity</li> <li>Healthy foods to eat</li> <li>Healthy food habits</li> </ul>	<p><b>Psychological attitudes:</b></p> <ul style="list-style-type: none"> <li>Negative emotion and attitudes - adverse effects on health</li> <li>Positive feelings and behavior that make you live longer and better.</li> <li>Sleep and health</li> <li>Interactive sessions</li> </ul> <p><b>Practical cases of</b></p> <ul style="list-style-type: none"> <li>Patients with sexual dysfunctions</li> <li>Patients with memory loss</li> <li>Patients with mood disorders or psychiatric diseases</li> </ul>	<ul style="list-style-type: none"> <li>Recap on nutritional therapies</li> <li>Oxidative stress and its markers profile: lab tests</li> <li>Aging, age-related diseases and oxidative stress: the studies that show a relationship</li> <li>Prostate Cancer and micronutrients:: review</li> <li>Breast cancer and micronutrients: review</li> <li>Anti-cancer effects of vitamin A</li> <li>Rheumatoid disorders and micronutrients</li> <li>Osteoporosis and micronutrients</li> <li>Stroke and micronutrients</li> <li>Peripheral artery disease and micronutrients</li> </ul>	<p><b>Stem cells and stem cell therapies:</b></p> <ul style="list-style-type: none"> <li>Can stem cells become malignant?</li> <li>Are the effect of stem cells endocrine-related: some scientific data</li> <li>Effect of stem cells on <ul style="list-style-type: none"> <li>the quality of life</li> <li>hematological diseases</li> <li>skin</li> <li>diabetes</li> <li>neurodegenerative disorders</li> <li>osteoporosis</li> </ul> </li> </ul> <p><b>Practical cases of ill patients with disease co-treated with anti-aging therapies</b></p>	<p><b>Anti-ageing and hormone therapies: practical cases of patients with disease</b></p> <ul style="list-style-type: none"> <li>Patients with obesity</li> <li>Patients with neurodegenerative disorders</li> <li>Patients with skin and hair disease treated with corrective hormone therapies</li> <li>Patients with cancer</li> </ul> <p><b>Interactive sessions</b></p> <p><b>Mini-exam</b></p>

**Distance learning:**

- **Digivision** + handout (copy PDF of powerpoint presentation)
- **Videocassettes** + handout (copy PDF of powerpoint presentation)
- **Audiocassettes** + handout (copy PDF of powerpoint presentation)