



ACADEMY

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Universities

# Reduce Clinical Cost - Preventive Medicine & Anti Aging Therapy ( 1 day)

This is an intensive one-day workshop that imparts in-depth understanding on the preventive and treatment strategies using the latest research knowledge in the fields of Nutrition Therapy and Anti-aging Medicine

## COURSE PROGRAMME

### 1. The **CHOLESTROL** Myth

- What type of food contribute to good, bad, and ugly cholesterol
- What other blood markers are more serious than just total cholesterol
- Chronic nutrition-linked health problems such as:
  - obesity
  - Diabetes
  - Heart disease
  - Hypertension
  - Tumour growth
  - Accelerated aging

### 2. How an alkaline condition in your body promotes health

Why acidic conditions lead to chronic health problems

How major dietary Excesses cause health problems

- Excess sodium
- Excess calcium
- Excess Refined carbohydrates
- Excess Sugars and sweeteners

### 3. Modern theories of Aging: why do we age?

- Biological processes in our body that decline with age
- Brain aging vs. physical aging

#### 4. Link between optimum nutrition with the aging process

- Link between your hormonal levels and aging : key hormones that decline with age
- How foods influence our hormonal balance at different ages
- Questions & Answers session

#### **Course Methodology**

This is a practical-oriented workshop using lectures and interacting through questions and answers providing the latest clinical evidence-based knowledge in reversing chronic health problems.

#### **Course Facilitator**

Dato' Steve Yap

*(Nutritional Therapist & Board Certified Anti-Aging Health Practitioner)*

#### **Professional Fee**

RM4,500 (Group of 20 – 25 participants)

**For further information please fill up the inquiry form or contact us at 03-42700107 or email: [zaitun@ctawellness.com](mailto:zaitun@ctawellness.com)**