

OBJECTIFS PÉDAGOGIQUES : APRÈS VALIDATION DE CE MODULE 4, LE PARTICIPANT DEVRA :

- ◆ Connaître les implications de la génomique en MAA
- ◆ Connaître les grands principes de la prise en charge psychologique en MAA
- ◆ Connaître les implications environnementales sur la santé
- ◆ Connaître les indications et contre indications des adjuvants en MAA
- ◆ Interpréter un bilan de stress oxydant et connaître les implications pratiques
- ◆ Savoir comment créer et organiser sa consultation de MAA
- ◆ Savoir quelles précautions prendre
- ◆ Répondre aux exercices pratiques de mise en situation
- ◆ Reconnaître dans une pratique quotidienne les différents aspects théoriques abordés dans les modules

**MODULE 4 : 4, 5, 6, 7, 8, 9 avril 2008****LIEU : Hôtel Best Western Etoile Saint-Honoré
214, rue du Faubourg Saint Honoré - 75008 Paris****EXAMEN : 10 avril 2008
Palais des Congrès de Paris****INSCRIPTIONS ET RENSEIGNEMENTS GENERAUX**

Secrétariat de l'enseignement

EuroMediCom

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www.euromedicom.com

Nom Prénom

Institution & Spécialité.....

Adresse Code postal

Ville.....Pays.....Tél.....

Fax.....E-mail.....

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Avant le 10/03/2008 Après le 10/3/2008

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 Je suis intéressé par les Séminaires de Formation Anti-Age, merci de m'envoyer plus d'informationsEnvoyez votre inscription à : **ISFMAA/EuroMediCom**

29 Bd de la République, 92250 La Garenne-Colombes - FRANCE - par Fax: (+33) 01 56 83 78 05

Inscrivez vous en ligne : www.euromedicom.com**FORMATION POST-UNIVERSITAIRE****MEDECINE ANTI-ÂGE**
MÉDECINE DE PRÉVENTION ET DE LONGEVITÉwww.isfmaa.org**Certificat Post - Universitaire
Formation sur 2 ans**

Les meilleurs experts francophones de la médecine Anti-age vous transmettent les informations opérationnelles en Médecine de Prévention et Longévité

Appliquer la médecine Anti-Age dans sa pratique médicale...

MODULE 4**Spécialisation en Médecine Anti-Age****du 4 au 9 avril 2008**

Hôtel Best Western Etoile Saint-Honoré
214 rue du Faubourg Saint Honoré - 75008 Paris



Avec le soutien des Sociétés Scientifiques de médecine Anti-Age les plus réputées :

Cette formation est soutenue par les sociétés scientifiques de médecine anti-âge française, belge, européenne, américaine et Mondiale : Société Française de Médecine de Prévention et Longévité (SFMPL), French Society of Anti-Aging Medicine, Belgian Society of Anti-aging Medicine, American Academy of Anti-Aging Medicine, European Academy of Quality of Life and Longevity Medicine, World Society of Anti-Aging Medicine, European Organisation of Scientific Anti-Aging medicine, l'Association pour le Développement de la Médecine Orthomoléculaire (ADNO).

FORMATION MÉDICALE POST-UNIVERSITAIRE

INSTITUT SUPÉRIEUR FRANCOPHONE DE FORMATION À LA
MÉDECINE ANTI-ÂGE (ISFMAA)

L'Institut est une structure de formation médicale post-universitaire indépendante. Elle se compose d'un Comité Pédagogique formé d'enseignants reconnus dans leur domaine et ayant une expérience incontestable comme experts en médecine préventive et anti-âge. Le contenu de l'enseignement est validé par un Comité Scientifique composé d'Enseignants Universitaires et de Chercheurs.

Ce comité est présidé par le Professeur Patrick Cherin, Docteur Christophe de JAEGER, Docteur Thierry HERTOGHE, Docteur Claude DALLE

QUEST CE QUE LA MÉDECINE ANTI ÂGE (MAA) ?

La médecine anti-âge est une spécialité médicale et un domaine de recherche scientifique basé sur la détection, la prévention et le traitement des déclins physiologiques liés au vieillissement. Elle s'appuie sur une parfaite connaissance des mécanismes physiologiques de la sénescence et sur des moyens diagnostiques évolutifs.

Son objectif principal est de rétablir dans l'organisme des équilibres homéostasiques défaillants permettant d'optimiser notre fonctionnement physiologique et ainsi préserver ou rétablir notre santé en aidant notre organisme à lutter contre les maladies dégénératives. La MAA s'appuie donc sur une connaissance approfondie des mécanismes physiologiques, des interactions environnementales et des prédispositions génétiques qui influencent notre santé ainsi que la survenue des maladies. Plusieurs grands principes participent à la MAA : il s'agit d'une médecine à base scientifique proche de la recherche, basée sur l'individualité biochimique et l'unicité génétique et environnementale, centrée sur le patient plutôt que sur une maladie ou un organe, respectant les équilibres dynamiques des facteurs internes et externes qui affectent le fonctionnement de notre organisme, considérant la santé comme une vitalité positive et non simplement comme l'absence de la maladie.

UN PROGRAMME SUR DEUX ANS :

Le programme complet se compose de 200 heures de cours sur deux ans complétées par une formation pratique.

Cet enseignement comporte quatre principaux modules répartis sur deux ans : un module BASES PHYSIOLOGIQUES du vieillissement, un module NUTRITION et médecine anti-âge, un module EXERCICE PHYSIQUE et médecine anti-âge, un module BASES HORMONALES et médecine anti-âge et enfin, un module d'EXERCICE PRATIQUE DE SYNTHÈSE de la médecine anti-âge.

Chaque module associe une partie théorique et une partie pratique intégrée.

VOUS POUVEZ REJOINDRE LE COURS A TOUT MOMENT

Il suffira de suivre l'ensemble des modules qui se répètent dans le temps.

Le contrôle des connaissances se fait annuellement par la remise d'un mémoire (sujet choisi en accord avec le Comité Pédagogique) et la passation d'un examen par

ENSEIGNANTS

H. BARANOVA	Paris-France
B. BEAUFRE	Clermont-Fd-France
A. BOULIER	Paris-France
J-L. BRESSON	Paris-France
D. CARLY	Fleurus-Belgium
P. CHERIN	Paris-France
C. COUET	Tours-France
C. DALLE	Paris-France
C. DE JAEGER	Paris-France
A. FAVIER	Grenoble-France
E. GRASSET	Vélizy-France

questions à choix multiples (QCM). La validation de l'ensemble de l'enseignement se fait par un examen final auquel l'inscription peut se faire après la validation de l'ensemble des modules.

Pour les non médecins, l'examen final sera remplacé par la soutenance d'un mémoire final dont le sujet aura été validé par le Comité Pédagogique.

L'enseignement se tiendra au cours de séminaires de 5 à 6 jours qui se tiendront en préambule des deux principaux Congrès de médecine anti-âge (Congrès Européen - EMAA/SFMP, et Congrès Mondial - AMWC).

Cet enseignement est dispensé en Français, avec des documents en français.

LES OBJECTIFS GÉNÉRAUX DE LA FORMATION :

* **Transmettre par des cours de niveau universitaire l'information médicale indispensable tant théorique que pratique pour pratiquer la médecine anti-âge de manière prudente, efficace et scientifique.**

* Présenter dans chaque cours, à côté des données théoriques, les informations scientifiques utiles à la pratique médicale qui permettent de mieux savoir comment prévenir ou minimiser les effets de la sénescence. Le contenu des cours est basé sur les données scientifiques les plus rigoureuses et est en permanence mis à jour en fonction des progrès médicaux.

* **Délivrer des certificats qui attestent de la participation du médecin et d'éventuels autres professionnels de la santé à chaque séminaire et/ou année de cours, et de leur niveau de compétence après réussite de l'examen.**

* **Confirmer par ces certificats la formation du médecin** auprès de ses patients, des confrères, des associations médicales, de l'Ordre des Médecins, des assurances, ou de toute autre personne.

QUI PEUT PARTICIPER ?

Le cours est un **cours spécialisé pour les médecins**. Seuls les titulaires d'un diplôme de Docteur en médecine peuvent assister au programme complet de 2 ans avec examen. Après réussite de l'examen, le médecin reçoit le certificat qui atteste qu'il a suivi une formation de base pour prescrire des thérapies Anti-Age (incluant les thérapies hormonales substitutives).

Mais cet enseignant peut également être suivi par tout autre professionnel de santé avec profit après acceptation du Comité Pédagogique. Cette formation est également conclue par la remise d'un certificat à l'issue des épreuves finales (différentes pour les non médecins).

A SAVOIR :

* Cette formation unique est un cours continu qui se reconduit chaque année civile. Vous pouvez prendre la formation à mi-parcours, assister aux séminaires en cours d'année et rattraper les séminaires manqués dès l'édition suivante.

* Vous pouvez aussi n'assister qu'à un seul séminaire qui vous intéresse plus particulièrement et obtenir un certificat validant pour ce séminaire.

PROGRAMME

PARIS : 4 - 5 - 6 - 7 - 8 - 9 AVRIL, 2008

MODULE 4 : LA PRATIQUE

VENDREDI 4 AVRIL 2008

09h00 - 9h30	Informations générales sur la formation de médecine préventive et anti-âge	
9h30 - 10h00	Qu'est ce que la médecine de prévention et anti-âge	C. de Jaeger
10h00 - 11h00	Considérations éthiques et médecine préventive et anti-âge	
	PAUSE	

11h15 - 12h00	Quelle assurance de responsabilité civile professionnelle (RCP) pour la pratique de la médecine préventive et anti-âge ?	
12H00 - 13H00	Création de sa consultation de prévention et de médecine Anti-âge	C. de Jaeger

14h00 - 15h00	L'information du patient : le consentement éclairé	C. de Jaeger
15h00 - 16h00	Rappel sur interrogatoire, examen clinique, examens complémentaires en médecine préventive et anti âge	C. de Jaeger

16h15 - 17h15	PAUSE	
17h15 - 18h00	Environnement et pollutions ? Comment évaluer les risques en pratique ?	C. Dalle

18h00 - 18h30	Comment se protéger des polluants et toxiques de l'environnement ?	C. Dalle
	Discussion avec les orateurs	

SAMEDI 5 AVRIL 2008

09h00 - 10h00	Comment bien manger en pratique en 2008 et éviter les toxiques alimentaires	B. Lacroix
	PAUSE	

11h15 - 13h00	La physiologie, la silhouette et l'adaptation métabolique	L. Wetchoko
	DÉJEUNER	

14h00 - 16h00	Le régime alimentaire adapté à notre rythme de vie	L. Wetchoko
	PAUSE	

16h15 - 18h00	Examens complémentaires et interprétations : L'immunonutrition en pratique	C. Liners
	Discussion avec les orateurs	

DIMANCHE 6 AVRIL 2008

09h00 - 11h00	Le polymorphisme génétique (partie 1)	H. Baranova
	PAUSE	

11h15 - 13H00	Le polymorphisme génétique (partie 2)	
	DÉJEUNER	

14h00 - 15h00	Exercices pratiques (partie 1)	
	PAUSE	

16h15 - 17h50	Exercices pratiques (partie 2)	
18h00 - 19H00	Examens complémentaires et interprétations : la flore intestinale - Approche pratique	G. Mouton

LUNDI 7 AVRIL 2008

09h00 - 11h00	Activité sportive : intérêts, indications, contre indications	B. Lacroix
	PAUSE	

11h15 - 13H00	Elaboration d'un programme de réentraînement physique	B. Lacroix
	DÉJEUNER	

14h00 - 16h00	Stress oxydant : rappel des principaux éléments	
	PAUSE	

16h20 - 17h20	Comment corriger un déséquilibre oxydatif - exemples pratiques	
18h00 - 18h30	Discussion avec les orateurs	

MARDI 8 AVRIL 2008

09h00 - 11h00	Comment corriger un déséquilibre hormonal (partie 1) : Exemples pratiques	D. Carly
	PAUSE	

11h15 - 13H00	Comment corriger un déséquilibre hormonal (partie 2) : Exemples pratiques	D. Carly
	DÉJEUNER	

14h00 - 16h00	Comment corriger un déséquilibre hormonal (partie 3) : Exemples pratiques	
16h15 - 18H00	Comment corriger un déséquilibre hormonal (partie 3) : Exemples pratiques	

18H00 - 18h30	Discussion avec les orateurs	
	MERCREDI 9 AVRIL 2008	

09h00 - 10h00	Comment optimiser la sexualité chez la femme	
10h00 - 11h00	Comment optimiser la sexualité chez l'homme	

11h15 - 13h00	Stress et philosophie anti âge (partie 1)	O. de Ladoucette
	DÉJEUNER	

14h00 - 16h00	Stress et philosophie anti âge (partie 2)	
16h15 - 17h00	Comment optimiser le sommeil	

17h10 - 18h00	Comment optimiser la mémoire	C. de Jaeger
18h00 - 18h30	Discussion avec les orateurs	

18h00 - 18h30	JEUDI 10 AVRIL 2008	
	EXAMEN	PASSATION DU DIPLÔME / Présentation du mémoire

18h00 - 18h30	Palais des Congrès - Paris	
	Jury présidé par le Docteur Christophe de JAEGER	



ANTI AGING COURSE PROGRAM

A specific session for anti-aging medicine which is an opportunity to perceive how the cellular activity, nutrition, hormones and genetic can play an important role in the well-being and rejuvenation.

This session concerns all physicians who may be interested to develop their own activities in a promising field

Thursday JANUARY 8 - 2009
from 11am to 3 pm

COORDINATORS

Ghislaine BEILIN
Virginie PONS

FACULTY PRELIMINARY LIST

Vincent CASTRONOVO
Claude DALLE
Jorge FLECHAS
Michael KLENTZE
Bruno LACROIX
Susan LIM
Pierre MALDINEY
Jean Robert RAPPIN

LEARNING OBJECTIVES

After this session, the attendee will be able to

- Understand how do genetics, nutrition and physical exercise act upon our hormones
- Understand why to keep sexual hormones is important through the aging process
- Prescribe a hormonal treatment before and after the ménopause and the andropause
- Optimize sexuality
- Understand hormones role in wound healing
- Build an «anti-aging nutritional model»
- Consider stem cells future prospectives
- Use micronutrients within rejuvenation
- Adapt those techniques to available rejuvenation treatments

MORNING SESSION

CHAIR: Vincent Castronovo

- 11:00 Coordinator Introduction SpeachGhislaine BEILIN
- 11:05 Coordinator Introduction SpeachVirginie PONS
- 11:10 Do the genes tell us all about our hormones?.....Michael KLENTZE
- 11:30 Endocrinian aging and nutritherapy : how to preserve our hormones ?.....Vincent CASTRONOVO
- 11:50 **DISCUSSION**Claude DALLE
- 11:55 Sexual hormones : why to keep optimal values with the age? Risks and benefitsJorge FLECHAS
- 12:15 Sex drive, pleasure, orgasme : the hormones which influence our lives.....Virginie PONS
- 12:35 **DISCUSSION**Virginie PONS
- 12:40 Hormones and wound healing : indications today and tomorrow.....
- 13:00 – 13:15 **PAUSE**

AFTERNOON SESSION

CHAIR: Jean Robert Rappin

- 13:15 Can physical exercices optimize our hormonal status?.....Bruno LACROIX
- 13:35 The “anti- aging nutrition” or the art of remaining young by eating differentlyPierre MALDINEY
- 13:55 **DISCUSSION**Susan LIM
- 14:00 Autologous cell biostimulation in aesthetics.....
- 14:20 - Micronutrients: why do we all need them?
 - Clinical evaluation, dose, TRT, prévention.....Jean Robert RAPPIN
- 14:40 Anti aging treatment during aesthetic consultation.....Ghislaine BEILIN
- 15:00 **CONCLUSION**Virginie PONS et Ghislaine BEILIN

AAMS third Seminar:

Barcelona - January 16th to 18th, 2004

InterContinental Hotels - PRINCESA SOFIA BARCELONA

Scientifics Coordinators: Dr R. NEY & Dr Th. HERTOGHE



FRIDAY JANUARY 16TH

- 08.15 - 08.45** Registrations & welcome
- 08.45 - 10.40** Diets to loose weight (Atkins, Zone, Pritkin, Diamond, Mayr, Fruit &/or vegetable juice diet, paleolithic diet, high protein) **Dr B. LACROIX**
- 10.40 - 11.00** *Fruit & drink pause*
- 11.00 - 11.20** Diets to increase in weight **Dr B. LACROIX**
- 11.20 - 11.50** Treating insulin resistance & bulimia **Dr B. LACROIX**
• By food adaptation **Dr Th. HERTOGHE**
• By hormone replacement
- 11.50 - 12.30** Botox: treatment of wrinkles with botulinum toxin **Dr J. MARQUEZ-SERRES**
- 12.30 - 13.00** Aesthetic surgery: what are your patients most frequent questions and concerns? **Dr J. MARQUEZ-SERRES**
- 13.00 - 14.30** *Lunch*
- 14.30 - 15.10** Diets to improve body profile & appearance **Dr B. LACROIX**
- 15.10 - 16.20** How to promote weight loss & body appearance with hormone replacement therapies **Dr Th. HERTOGHE**
- 16.20 - 16.40** *Fruit, salad & drink pause*
- 11.00 - 11.35** Toxic food (caffeine, food additives, alcohol, pesticides, milk, cereals, overheated food, etc) **Dr Th. HERTOGHE**
- 11.35 - 12.15** Diet to increase hormone levels **Dr Th. HERTOGHE**
- 18.00 - 18.30** Question answer session **Panel speakers**

SATURDAY JANUARY 17TH

- 08.45 - 10.20** Melatonin replacement therapy **Dr Th. HERTOGHE**
- 10.20 - 10.40** Pregnenolone replacement therapy **Dr R. NEY**
- 10.40 - 11.00** *Fruit & drink pause*
- 11.00 - 12.15** Growth hormone therapy in adults: **Dr Th. HERTOGHE**
the practical session on how to do with GH, demonstrations on how to use injections pens, syringes with vials, how GH can stimulate or inhibit other endocrine systems, how to boost GH therapy with other hormone therapies, how to solve problems, when extra caution is recommended, case studies
- 12.15 - 12.45** Laser: improving vascular & pigment-related senescent signs (part 1) **Dr R. NEY**
- 12.45 - 14.00** *Lunch*
- 14.00 - 14.15** Laser: improving vascular & pigment-related senescent signs (part 2) **Dr R. NEY**
- 14.15 - 14.30** Hormonal Mesotherapy **Dr R. NEY**
- 14.30 - 15.40** Aesthetical Mesotherapy **Dr J. BENADI**
- 15.40 - 16.00** *Fruit, salad & drink pause*
- 16.00 - 17.00** Improving the senescent face: with fillers (wrinkle injections, ...) **Dr P. ANDRÉ**
- 17.00 - 17.30** Peeling superficial & deep **Dr P. ANDRÉ**
- 17.30 - 18.00** Laser: photorejuvenation **Dr P. ANDRÉ**
- 18.00 - 18.30** Question answer session **Panel speakers**

SUNDAY JANUARY 18TH - PRACTICAL MORNING: OPTIONAL

- 08.45 - 09.30** Aesthetical medicine: How to inject botox. Practical exercises **Dr R. NEY**
- 09.30 - 10.15** How to do Aesthetical Mesotherapy **Dr J. BENADI**
- 10.15 - 11.00** How to inject fillers in the face. Practical exercises **Dr P. ANDRÉ**
- 11.00 - 11.20** Coffee break
- 11.20 - 12.10** How to do biological age measurements? Practical exercises **(SPEAKER TO BE ANNOUNCED)**
- 12.10 - 13.00** How to do peelings? Practical exercises **Dr P. ANDRÉ**

Family Name	Country
Institution & Speciality	E-mail:
Address	Tel:
Zip code	Fax:
City	Bank check enclosed (make payable to EuroMediCom)

I hereby pay my registration for the **Barcelona Seminar (January 16/17/18, 2004)** for an amount of: Before november 30
Delegates 2 days: **690 Euros** After
630 Euros **760 Euros**
700 Euros

Members : **70 Euros** **120 Euros**
Sunday "Optional": **420 Euros** **500 Euro**
Student (proof requested):

Credit card number : _____

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I am interested in attending the Anti-Aging Medicine Specialization.

Please send me more information

Send your registration to: EuroMédicom - 30, rue Baudin, 92400 Courbevoie - France - Fax: +33 (0)1 43 34 50 39

International Committee for Education in Anti-Aging Medicine

The committee consists of physicians who are recognized as prominent experts in Anti-Aging Medicine and/or are organizers of prominent Anti-Aging conferences. Each seminar will have one of these physicians as a scientific coordinator who directs the seminar.

Purpose

- Provide more practical information to physicians on how to efficiently practice Anti-Aging medicine.
- Provide university level basic courses with complete theoretical and practical information on each important topic of anti-aging medicine.
- Provide certificates that attest the attendance of a physician to such courses, his participation in practical sessions and, following the level of competence a physician has achieved, attest the successful passing of a board exam on the entire field of anti-aging medicine. Such documents that acknowledge the effort a physician has made to acquire the theoretical and practical information in preventive and anti-aging medicine, confirm the competence a physician has reached and may be valuable in front of patients, colleagues, medical boards, assurances, and all other persons or institutions who ask a physician to prove his competence.

The **complete program** consists in **2-year** of theoretical and practical courses in Anti-Aging medicine ending with a final exam:

- A first theoretical year consisting in courses, organized in 2 or 2 1/2 days seminars (before or after major anti-aging medicine conferences).
- A second practical year, based on 7 training & assistance days in private practice of experienced physicians with supervision meetings, and 2 practical Seminars (2 days each). Attendance to some other elected specialised conferences & seminars (certified by the AAMS board) will be part of the program.
- A final Exam: **June 2004 & End of 2004**, consisting of a written part (multiple choice exam) and an oral part (interview by a panel of experts with 5 cases presentations presented by the interviewed physician chosen out of his own practice).

Who may attend?

Only licensed physicians may attend the full **2-year** program with the exam as the successful passing of the exam acknowledges that the physician has an adequate formation to prescribe **Anti-Aging therapies (including hormone replacement therapies)**.

The 1st theoretical year may be attended by other health professionals after request and acceptance by the college of speakers.

Where?

First year (theoretical): Planned for 6 European courses every 2 months (100 Hrs) These 6 seminars will take place in 5 different countries, 2 will be taking place in Paris during the annual **Anti-Aging World Conference (AAWC)**.

Next seminars in 2004:

PARIS AAWC Paris March 17-18 - Rome May 7-8 - Brussels June 11-12

Second year (practical): Planned for 7 training days & 2 practical seminars (100 Hrs)

Certificates

Four different kinds of certificates will be awarded:

- Certificates of attendance to each seminar.
- A certificate of successful attendance of the first theoretical year (at least 80 % of the courses have to be attended).
- A certificate of successful accomplishment of the second more practical year.
- A certificate of the complete formation including the successful passing of the final exam.

How to participate?

Each participant has to subscribe separately to each seminar of the first year. A global registration will be proposed for the second year.

Why can you JOIN NOW?

Because AAMS is a continuous training, if you have missed previous Seminars, you will be able to attend their next session...

Because starting now, you will have enough possibilities of participation to join the final exam (June 2004), and get your diploma.

If you wish more precise information, do not hesitate to contact EuroMediCom : Tel. +33 (0) 1 43 34 50 99 - Email. aams@euromedicom.com

Costs

Each seminar should cost around 780 \$US (**700 Euros**).

The total cost of the second year will be around 1350 \$US (**1200 Euros**).

Obtain your Certificate in Anti-Aging Medicine, organized by the International Committee for Education in Anti-Aging Medicine.

2-year PROGRAM for an international post-university mastership in Anti-Aging Medicine for physicians with leading international Speakers / 4 seminars (first year).

For each seminar, there will be a separated certificate as well as a certificate for the global anti-aging specialization.

First year: Years 2003 - 2004 : Theoretical

- Physiology of organ aging (cardiovascular, neurological, pulmonary, haematological, digestive system, urological, locomotor and immune systems, the organs of the senses).
- Diets for weight loss and weight gain.
- Nutritional intervention (prevention of senescence and diseases of aging by micronutrients as trace elements, other anti-oxidants, vitamins, essential fatty acids, amino acids).
- Physical exercise: impact of physical exercise on quality of life and longevity, optimal diets for sports, sports medicine, etc.
- Hormonal replacement therapies with estrogens and progesterone, androgens in men and women, growth hormone and growth hormone secretagogues in adults, thyroid hormones, calcitonin, cortisol, aldosterone, pregnenolone, androstenedione.
- Treatment of sexual senescence in women.
- Mental attitudes that favour longevity and quality of life.
- Stress management.
- Environmental medicine (detection and treatment of environmental outdoor, indoor and food pollution).
- Physical therapies (physiotherapies and hydrotherapy).
- Cosmetic medicine: general (laser, treatments of varicous veins, excess body hair, skin, wrinkles, ...)
- Plastic surgery.
- Diagnosis and treatment of neurological and psychiatric problems of senescence.
- New medications of the pharmaceutical industry.
- New functional foods of the pharmaceutical industry.

Second year: Years 2003 - 2004 : Practical

- Assistance in consultation at different longevity centres.
- Meetings with supervisor.
- Attendance at (at least) 3 different specialized seminars in Anti-Aging Medicine:
 - ◆ Dietetic & Nutritional
 - ◆ Endocrinology
 - ◆ Cosmetic Medicine / Plastic Surgery
 - ◆ Psychiatry / Psychology / Sexology
 - ◆ Environmental / Hydrotherapy / Sports Medicine

♦ VENUE

InterContinental Hotels - PRINCESA SOFIA BARCELONA
Plaza Pio XII, 4 - BARCELONA, 08028 - SPAIN
Tel: 0034-93-5081000 - Fax: 0034-93-5081001

Email: barcelona@interconti.com - Web: www.barcelona.intercontinental.com

Rooms Special Rates: Single : 135 € Double : 160 € Suppl. Club : 60 €
For these special rates please mention "**AAMS**"
Rooms availability not guaranteed after December 15 - 2003

♦ TOURISM & ACCOMPANYING ACTIVITIES

www.barcelonaturisme.com - www.bcn.es

♦ REGISTRATION FEES FOR THE 3 DAYS

	Before November 30	After
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* Delegates 2 days:	690 €	760 €
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* Members: <i>AAM, EQUAL, ECARE, E3A, GSAAM, Asia-Pacific, attendees to Anti-Aging World Conference (AAWC) & previous AAMS Seminars</i>	630 €	700 €
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* Sunday "optional":	70 €	120 €
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* Students (proof requested):	420 €	500 €
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♦ CONGRESS SECRETARIAT

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2^e SYMPOSIUM INTERNATIONAL NUTRACEUTIQUE & ENVIRONNEMENT SANTÉ NUTRACEUTIQUE & ENVIRONNEMENT LONGÉVITÉ DERMO-ESTHÉTIQUE & VIEILLISSEMENT CUTANÉ



CHÂTEAU L'HOSPITALET - NARBONNE (AUDE, FRANCE)
LES 28, 29 ET 30 JANVIER 2011

12 THÈMES, 70 CONFÉRENCES & DÉBATS, 45 INTERVENANTS

**PHYTONUTRITION
ENVIRONNEMENT**



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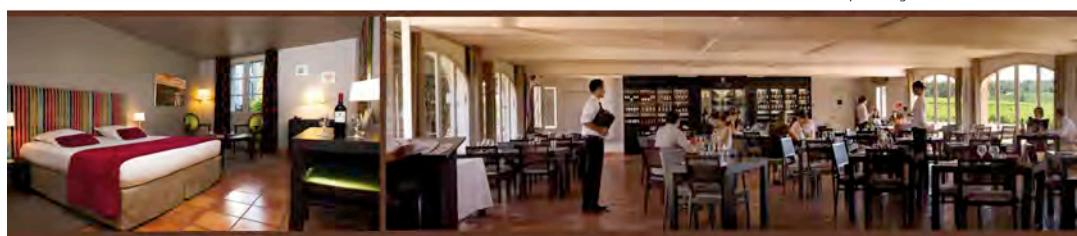
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2^E SYMPOSIUM INTERNATIONAL NUTRACEUTIQUE & ENVIRONNEMENT SANTÉ

VENDREDI 28 JANVIER 2011

- 08h00: Accueil

- 09h00: Allocutions d'ouverture

M^e Ingrid Bertrand, Château l'Hospitalet

Pr Marvin Édéas, Société Française des Antioxydants, Paris, France

Dr Jean-Marc Robin, Phytonutrition & Environnement, Beausoleil, France

Thème 1 Expertises paracliniques du vieillissement

- 09h20: Définitions et théories du vieillissement

M^e Haoua Makhlof, Phytonutrition & Environnement, Tanger, Maroc

- 09h40: Evolution de la composition corporelle avec l'âge

Dr Marie-Valérie Moreno, Bioparhom, Aix les Bains, France

- 10h50: Expertise clinique et paraclinique du vieillissement par le système Doxton

Dr Jean-Marc Robin, Phytonutrition & Environnement, Beausoleil, France

- 10h20: Débat

Modérateur: Pr Marvin Édéas, Société Française des Antioxydants, Paris, France

- 10h40: Pause

Thème 2 Analyses biologiques du vieillissement

- 11h20: Stress oxydant, vieillissement et inflammation : interrelations et évaluation

Dr Catherine Garel / Dr Pierre Montello, Equinox santé, Grenoble

- 11h40: Quelles relations entre la glycation, le vieillissement et la longévité ?

Pr Marvin Édéas, Société Française des Antioxydants, Paris, France

- 12h00: Marqueurs biologiques de vieillissement et de longévité

Dr Robert Nataf, Laboratoire Philippe Auguste, Paris, France

- 12h20: Analyse des taux cellulaires de minéraux, d'oligoéléments et de métaux lourds

Guillaume Moreau, Phsioquanta, Montpellier, France

- 12h40: Débat

Modérateur: Dr Philippe Blanchemaison, Actualités Vasculaires Internationales

- 13h00: Déjeuner

Thème 3 Le vieillissement cognitif et neurovégétatif

- 14h30: Évaluation du vieillissement cérébral

M^e Marianne Leroy, Brain Up, Paris, France

- 14h50: Programme de stimulation cognitive pour réduire le vieillissement cérébral

M^e Marianne Leroy, Brain Up, Paris, France

- 15h10: Stimulation sensorielle et cognitive par les huiles essentielles

M^e Dominique Delaporte, Reformed, Spontin, Belgique

- 15h30: Évaluation du vieillissement neuro-végétatif par la cohérence cardiaque

Dr Christian Roche, Laboratoire Christian Roche, Lorgues, France

- 15h50: Équilibration du système neuro-végétatif avec la cohérence cardiaque

Dr Christian Roche, Laboratoire Christian Roche, Lorgues, France

- 16h10: Débat

Modérateur: Dr Jean-Paul Curtay, Green Health, Paris, France

- 16h30: Pause

Thème 4 Le vieillissement vasculaire et digestif

- 17h10: Évaluation du vieillissement vasculaire

Dr Philippe Blanchemaison, Actualités Vasculaires Internationales, Paris, France

- 17h30: Vieillissement digestif et modification de la flore liée à l'âge

Dr Jean-Marc Robin, Phytonutrition & Environnement, Beausoleil, France

- 17h50: Évaluation des allergies alimentaires de type 3 par les tests ImuPro

Dr Camille Lieners, Laboratoires Réunis/R-Biopharm, Luxembourg/Lyon France

- 18h10: Analyse de la flore, de l'inflammation et de l'hyperperméabilité intestinales

Dr Camille Lieners, Laboratoires Réunis/R-Biopharm, Luxembourg/Lyon France

- 18h30: Intérêt de l'expertise en nutrigénomique et en épigénétique en anti-âge

Pr Elena Baranova, Monaco

- 18h50: Débat

Modérateur: Dr Gilles Doménech, dentiste, France

- 19h30: Dîner débat «Qualité et développement durable en santé» suivi d'un spectacle

Pr Jean-François Narbonne (ANSES), Laurent Vassallo (C2DS), Jean-Marc Robin

SAMEDI 29 JANVIER 2011

Thème 5 Activité physique, alimentation et longévité

- 08h30: Évaluation du vieillissement musculaire et intérêt de l'activité physique

Dr Marie-Valérie Moreno, Bioparhom, Aix les Bains, France

- 08h50: Programme d'activité physique en prévention du vieillissement

M. Bruno Lacroix, Perpignan, France

- 09h10: Alimentation méditerranéenne et longévité

Pr Rekia Belahsen, Université de El Jadida, Maroc

- 09h30: Le programme Okinawa

Dr Jean-Paul Curtay, Greenhealth, Montpellier, France

- 09h50: Efficacité de la restriction calorique

Pr Antoine Avignon, Université Montpellier 1, France

- 10h10: Débat

Modérateur: Thierry Souccar, Ianutrition.fr, Vergèze, France

- 10h30: Pause

Thème 6 Équilibre acido-basique et eaux

- 11h10: Mesure des paramètres biophysiques de l'eau

Dr Philippe Vallée, Biophys solutions, Paris, France

- 11h30: Équilibre acido-basique et redox : Effets des aliments et des eaux ionisées

Dr Hervé Janecek, Cytobiotech, Montpellier, France

- 11h50: Intérêt des eaux minérales alcalines

Dr François Raoux, Neptune, Paris, France

- 12h10: Drainage par une eau osmosée et régénérée

Dr Hervé Janecek, Cytobiotech, Montpellier, France

- 12h30: Dynamisation de l'eau par Dileka

Dr Hervé Janecek, Cytobiotech, Montpellier, France

- 12h50: Débat

Modérateur: Pr Antoine Avignon, Université Montpellier 1, France

- 13h10: Déjeuner

Thème 7 Polyphénols du vin et de l'olive

- 14h40: **Effets des oligomères procyanidoliques du vin, leurs intérêts en cosmétique**
Pr Joseph Vercautren, IBMM UMR CNRS 5247, Université Montpellier I, France
- 15h00: **Le résvératrol biodisponible : application au diabète et à l'inflammation**
Dr Éric Serée, INRA 1260, Marseille, France
- 15h20: **Le D-lénolate, un extrait de feuille d'olivier titré en oleuropeine**
M. Dominique André, Shyam International SA, Luxembourg
- 15h40: **L'hydroxytyrosol extrait de l'olive**
Pr Mohamed Benlemih, Université de Fes, Maroc
- 16h00: **Débat**
Modérateur: Pr Rekia Belahsen, Université de El Jadida, Maroc
- 16h20: Pause

Thème 8 Polyphénols de plantes indoméditerranéennes

- 17h00: **La grenade fermentée**
Dr Jean-Paul Curtay, Greenhealth, Montpellier, France
- 17h20: **La papaye fermentée**
Dr Pierre Montello, Osato Distribution, Londres, Royaume-Uni
- 17h40: **Les catéchines extraits du thé vert**
Pr Marvin Édéas, Société Française des Antioxydants, Paris, France
- 18h00: **Circuminoïdes et pipérine**
Mé Ghislaine Gerber, Holistica International, Eguilles, France
- 18h20: **La silymarine : un agent hépatoprotecteur et antimicrobien**
Dr Fatima Zorha Lahla, Université Montouri, Constantine, Algérie
- 18h40: **Débat**
Modérateur: Pr Mohamed Benlemih, Université de Fes, Maroc
- 19h30: **Cocktail et dîner de Gala avec concert de jazz**
Orchestre de Jazz : Ray big band avec 18 musiciens
Repas gastronomique dansant avec dégustation de vins, tenue de soirée exigée

DIMANCHE 30 JANVIER 2011

Thème 9 Intérêt des biotechnologies dans le vieillissement

- 08h30: **Traitements personnalisés du déséquilibre acido-basique**
M. Angelo Schlienger, Sodocos, Bad Krozingen, Allemagne
- 08h50: **Prêle et mélilot : Intérêt des substances intégrales de plantes fraîches (S.I.P.F.)**
M. Alain Tessier, phytovox.fr, Cédran, France
- 09h10: **Effet de la radiofréquence sur le vieillissement et les adipocytes**
M. Willy Jules BBIO Médical, Maroc
- 09h30: **Effet de la bio-stimulation LED sur le vieillissement et les adipocytes**
M. Willy Jules, BBIO Médical, Maroc
- 09h50: **L'oxygénothérapie, Jouvence du Vieillissement**
Dr Béatrice Mercier et Pr Émile Aron, Holiste, Artaix, France
- 10h10: **Débat**
Modérateur: Pr Yahya Bensouda, Université Mohamed V, Rabat, Maroc
- 10h30: Pause

Thème 10 Cosmétiques et cosméceutiques

- 11h10: **Évaluation du vieillissement cutané et photo-induit**
Dr Christine Lafforgue, Université Paris Sud XI, France
- 11h30: **Efficacité des ingrédients anti-âge en cosmétique**
Dr Christine Lafforgue, Université Paris Sud XI, France
- 11h50: **Intérêt de l'huile d'Argan en application**
Pr Yahya Bensouda, Université Mohamed V, Rabat, Maroc
- 12h10: **Oxygénothérapie et nano-injection : Isobot Oxylift**
M. Michel Di Placido, Laboratoire Mediecos, Le Vésinet, France
- 12h30: **Débat**
Modérateur: Dr Claude Dalle, FSAAM, Paris, France

- 12h50: Remise des prix

- Présentation d'un projet de MédiSpa au Maroc
Prix en l'honneur du Pr Henri Joyeux et d'une innovation industrielle
- 13h10: Déjeuner

Thème 11 Antioxydants organiques et hormones

- 14h40: **Intérêt de l'ubiquinol, la forme réduite du Coenzyme Q10**
M. Peter Lambrechts, Kaneka, Belgique
- 15h00: **Le glutathion, pourquoi et comment.**
Dr Claude Dalle, FSAAM, Paris, France
- 15h20: **Actualités sur les phytoestrogènes et l'actée à grappes noires**
Pr Henri Joyeux, Centre Régional de Lutte contre le Cancer, Montpellier, France
- 15h40: **Optimiser l'équilibre entre la DHEA et le cortisol**
Dr Claude Dalle, FSAAM, Paris, France
- 16h00: **Débat**
Modérateur: Pr Jean-François Narbonne, Université Bordeaux 1, France
- 16h20: Pause

Thème 12 Bilans de pollution et de protéomique fonctionnelle, comment détoxiquer ?

- 17h00: **Évaluation des métaux lourds sur le vieillissement**
Pr Jean-François Narbonne, Université Bordeaux 1, France
- 17h20: **Les aliments dépolluants**
Dr Bernard Doutres, Plus Pharmacie, Ivry-sur-Seine, France
- 17h40: **Évaluation des polluants organiques persistants sur le vieillissement**
Pr Jean-François Narbonne, Université Bordeaux 1, France
- 18h00: **Les marqueurs biologiques de la pollution**
Dr Robert Nataf, Laboratoire Philippe Auguste, Paris, France
- 18h20: **Intérêt du bilan de protéomique fonctionnelle selon la méthode CEIA**
Dr Pierre-Olivier Reymond, CEIA
- 18h40: **Débat**
Modérateur: Pr Henri Joyeux, CRLC, Montpellier, France
- 19h00: **Cocktail de clôture**
Annonce du **3^e Symposium du 13 au 15 juillet 2012** à Tanger (lieu sous réserve)
Biotechnologie, Nutraceutique et Environnement en détoxication, cancérologie et dermo-esthétique

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Lundi 19 nov : 10h-18h.

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ATELIERS DÉCOUVERTES BIEN-ÊTRE & THÉRAPEUTIQUES

Au cours du 3^e Congrès International des Thérapies Quantiques, retrouvez 1 200 congressistes réunis autour d'un plateau prestigieux d'intervenants venus pour exposer et débattre des avancées dans le domaine quantique.

A cette occasion, le Forum Nutrition & Thérapies Innovantes vous propose plus de 40 ateliers découvertes, Bien-être et Thérapeutiques, animés par des thérapeutes, experts en leur domaine.

SAMEDI 17 NOVEMBRE

SALLE ATELIER FUSION 1-2

- 10h30 L'énergie du Silicium Organique G5 : du sable, de l'amour et de la lumière. COTTEN Christian, Psycho-sociologue.
12h00 Toute la vérité sur l'Hypothyroïdie : tests sanguins, véritables causes, traitements. LACROIX Bruno, Physiologue.
13h30 A la rencontre du corps sonore. LEWIN Christiane, Psychothérapeute.
15h00 Tout dans les mains. Évaluer votre personnalité innée. DE BONY Jean, Biotypologue.
16h30 La Phytoembryothérapie : l'embryon de la gemmothérapie. Dr LEDOUX Franck, Phytothérapeute, aromathérapeute.
18h30 Libération holographique du Cœur Péricarde. CHAMODOT Jean Pierre, Kinésithérapeute, ostéopathe.
19h30 Soigner dans l'harmonie et la douceur : l'EFT, une thérapie quantique. GAGOS Genève, Praticienne en EFT.
21h00 Entre santé et maladie, le cerveau stratégique. Dr LAMOTTE Pierre, Neurologue.

SALLE ATELIER FUSION 3-4

- 10h30 Médecine quantique et circulation sanguine. HALPERT Nicolas, Coach.
12h00 La nutrio-génétique : bien nourrir vos gènes au XXI siècle. Dr DALLE Claude.
13h30 Les formations Biorésonnance et santé. WATTIEZ Philippe.
15h00 L'Homeopathie chamanique en médecine quantique. Dr VAN DEN BOGAERT Eduard, Médecin de famille.
16h30 Découvrez vos 4 docteurs intérieurs. GERMEAU David, Coach sportif.
18h30 Naissance d'une humanité consciente. Dr SCHALLER Tal, Médecin.
19h30 Les émissions photoniques au service de votre santé. BOBIN Daniel, Ostéopathe.
21h00 Une approche vibratoire, la couleur et le son au service de la santé. Dr BOURDIN Dominique.

SALLE 5

- 10h30 Le NES miHealth - extraordinaire appareil de soins personnels. FINE-THOMPSON Chris, Consultant.
12h00 Les vertus du froid. GERARD Guillaume, Rhumatologue.
13h30 BOISSONNET Jean, Sophrologue Caycéien.

15h00 A la convergence des cycles. 2012/2015 : l'avènement d'un nouveau monde. PRADALIER-FANCHON Roy, Astrologue.

16h30 Harmonisation Globale : une pratique simple pour se libérer des allergies, des peurs, des mémoires traumatiques... Dr QUILLE Thérèse, Médecin.

18h30 Dessine et guéris-toi. Dr CARIO Raphaël, Médecin homéopathe.

19h30 La psychiatrie fractale : la voie de l'harmonie entre matérialisme et spiritualité. Dr MERIC Jean-Bruno, Psychiatre.

21h00 Comment l'approche quantique peut sauver notre civilisation : de la théorie à l'action ! JACQUES Jacqueline, Consultante et Coach.

SALLE 10

10h30 Maladie et facteurs infectieux : aspect quantique et pratiques micro-nutritionnelles. Dr HOULIER Patrick.

12h00 Les Elixirs de Cristaux pour le bien-être du corps et de l'esprit. CROCHET Sylvie, Biologiste.

13h30 Saut quantique ou l'instant pour gai-rire. JACOB Dominique, Psychogénéalogiste.

15h00 Le cycle de la vie, ses étapes initiatiques, et la transmission de l'être. LUSSAN Dominique.

16h30 Le pouvoir de la prière et des Talismans. KECHTEL Paul.

18h30 Le vivant face aux champs électromagnétiques artificiels. PAYA Marc.

19h30 Les ateliers Terre de lys.

SALLE PRESSE

12h00 La santé de la conscience vue sous l'angle de la clairvoyance. MONTENEGRO Rodrigo.

13h30 La douleur et le sujet qui souffre. QUEMOUN Albert.

16h30 Les ateliers Biomusique.

DIMANCHE 18 NOVEMBRE

SALLE ATELIER FUSION 1-2

- 10h30 PICHARD Frédérique, Naturopathe, Relaxologue.
12h00 La Phytoembryothérapie : l'embryon de la gemmothérapie. Dr LEDOUX Franck, Phytothérapeute, aromathérapeute.
13h30 Aujourd'hui.com
15h00 Les vertus du froid. Dr GUILLAUME Gérard, Rhumatologue.

16h30 RANSFORD Emmanuel, Physicien.

18h30 Nutrition quantique, transmutations biologiques et inférences énergétiques. LANHORE Marc.

19h30 Metamédecine® des relations affectives - Guérir de son passé. RAINVILLE Claudia, Fondatrice de la Métamédecine.

SALLE ATELIER FUSION 3-4

10h30 Comment l'approche quantique peut sauver notre civilisation ? JACQUES Jacqueline, Consultante et Coach.

12h00 Toute la vérité sur l'Hypothyroïdie : tests sanguins, véritables causes, traitements. LACROIX Bruno, Physiologue.

13h30 Rajeunir sans bistouri ni injection : la ré-oxygénération cellulaire. Dr PLACIDO Michel, Chercheur en cosmétologie.

15h00 COLLIN Jacques.

16h30 De la tradition à la physique quantique. JANECEK Hervé, Biologiste.

18h30 De mieux que guérir à mieux que mincir ! RUEFF Dominique, Médecin.

19h30 La prédiction de Jung : la métamorphose de la Terre. HARDY Christine, Psycho-éthnologue.

SALLE 5

10h30 Le Voyageur Cosmique. ROBIN Béatrice, Astrologue.

12h00 Biorésonance et Santé.

13h30 Médecine quantique et circulation sanguine. HALPERT Nicolas, Coach.

15h00 Le décodage dentaire, outil de connaissance de soi. BEYER Christian.

16h30 Une médecine fusion : un diagnostic énergétique aux divers traitements. Dr PUGET Henry.

18h30 Le cheveu miroir de votre vie. ZIRMI Robert.

19h30 Montserrat Gascon.

SALLE 10

10h30 Les émissions photoniques au service de votre santé. BOBIN Daniel, Ostéopathe.

12h00 Les ondes cérébrales : guérir ou manipuler ? Dr ATTIAS Elie.

13h30 L'énergie du Silicium Organique G5 : du sable, de l'amour et de la lumière. COTTEN Christian, Psycho-sociologue.

15h00 Approche quantique avec les graines germées macérées. LE JEUNE Jacques.

16h30 La chromatothérapie : médecine du futur. AGRAPART Christian, Neuropsychiatre.

18h30 Recherche sur la pollution électromagnétique. SURBECK Jacques.

19h30 Les lois de la vie, à la recherche des nouvelles thérapies. LIONET Jack.

SALLE PRESSE

12h00 Le mouvement c'est la vie. RENZI Sandra.

15h00 Les ateliers « Biomusique ».

LUNDI 19 NOVEMBRE

SALLE ATELIER FUSION 1-2

10h30 De l'EFT à la psychologie énergétique : de nouvelles méthodes pour soigner le corps et l'esprit. CURRET Jean-Michel, Fondateur de l'EFT.

12h00 Les ateliers Head Balance. PFENNIG Alfred.

13h30 Les secrets dévoilés sur l'architecture de la nature et les plantes sauvages. RAUZY Didier.

15h00 Lait, mensonges et propagande. SOUCCAR Thierry, Journaliste.

SALLE ATELIER FUSION 3-4

10h30 LAGARDE Claude.

12h00 Maladie et facteurs infectieux : aspect quantique et pratiques micro-nutritionnelles. HOULIER Patrick.

13h30 La digestion, clé de votre santé. DARCHE Eric.

SALLE 5

10h30 Dent dévitalisée : la mort aux dents qui se propage insidieusement au corps. DARMON Bruno, Chirurgien dentiste.

12h00 Les secrets de l'intestin, filtre de notre corps. WARNET Jacqueline.

15h00 L'astrologie et la santé : les influences planétaires. LYR Catherine, Astrologue.

SALLE 10

10h30 Impro.

13h30 Notre santé nous appartient, un autre chemin. SEVERAC Claire.

SALLE PRESSE

13h30 Toute la vérité sur l'Hypothyroïdie : tests sanguins, véritables causes, traitements. LACROIX Bruno, Physiologue.

SALLE CLOVIS

10h30 Réduire au silence sans maladie avec le régime Seignalet. MAGNIEN Jean-Marie.

12h00 La Psychomédecine. RANSFORD Emmanuel.

15h00 De mieux que guérir à mieux que mincir ! RUEFF Dominique, Médecin.

16h30 L'Homeopathie chamanique en médecine quantique. Dr VAN DEN BOGAERT Eduard, Médecin de famille.

JOURNÉE SPÉCIALE NUTRITION

LE JEUDI 19 NOVEMBRE, saisissez l'enjeu quotidien d'une nutrition consciente avec les experts de l'alimentation-santé.

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Les ateliers du forum



Bruno LACROIX

Physiologiste

« Toute la vérité sur l'Hypothyroïdie (tests sanguins, véritables causes, traitements). »

Notre état de santé peut se concevoir comme un équilibre fragile entre l'intensité de certains processus qui tendent à dégrader l'organisme et l'efficacité des mécanismes qui en assurent la maintenance et la réparation. Cet équilibre entre dégradation et réparation est influencé par des facteurs énergétiques, environnementaux, et génétiques, l'avancé en âge fait inexorablement pencher la balance du côté de la détérioration. Les systèmes d'entretien et de réparation devenus progressivement inopérants sont débordés par le nombre et l'importance des dégâts. Cette incapacité de l'organisme à limiter les dommages conduit à la maladie et au vieillissement prématûr. Le rétablissement passe en médecine fonctionnelle par l'amélioration de certaines signalisations immunitaires, hormonales et neuronales.

Physiologiste, expert en nutrition & micro-nutrition, journaliste scientifique, membre de l'Académie des Sciences de New York, conférencier international en médecine fonctionnelle. Atelier parrainé par



Claude LAGARDE

Biologiste

« Bioénergétique et nutrition cellulaire active. »

Docteur en pharmacie, biologiste, Claude Lagarde pratique depuis 1983 des dosages biologiques en oligoéléments. Créeur du Concept de « Nutrition Cellulaire Active » et des « 7 terrains bionutritionnels C.H.A.N.B.I.O. », auteur du livre Votre santé se cache au coeur de vos cellules. Il sillonne l'Europe de conférences en conférences, pour transmettre la micronutrition.

Atelier parrainé par



Alfred PFENNIG

Ostéopathe

« Comment agir contre les tensions musculaires de la tête, de la nuque et du dos ? »

Les tensions musculaires de la nuque et du dos, migraines, trismus, névralgies, vertiges, acouphènes, problèmes tendineux et articulaires dont souffre une grande partie de la population ont un rapport direct avec un déséquilibre de la mâchoire.

Homéopathe, ostéopathe, heilpraktiker, spécialisé dans l'équilibre postural et l'importance de l'ATM.

Atelier parrainé par



Dr Elmar ULRICH

Médecin

« Guérison émotionnelle et spirituelle. »

Quel est le sens de la vie ? Ce qui compte dans la vie ? Quelle est l'essence des lois spirituelles de la vie ? Comment le modèle de la matrice des 12*12 dimensions réunit-il la physique classique, la physique quantique et la métaphysique ? Comment peut on optimiser sa guérison ? Quels sont les problèmes spirituels et émotionnels qui se cachent derrière des maladies chroniques ?

Médecin généraliste allemand. Atelier parrainé par

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Dr Kenny DE MEIRLEIR	(Belgium)
Dr John DUNPHY	(Ireland)
Dr Benoît EVERARD	(Belgium)
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Dr Laurent JACOB	(France)	Dr Ascanio POLIMENI	(Italy)	And many others prominent speakers...	

AAMS course - Purpose:

The **AAMS** program (Anti-Aging Medicine Specialization) is a **2-year PROGRAM (200 Hours)** for an international **Post-University Certificate** in Anti-Aging Medical Therapeutics for physicians with leading international Speakers.

It consists of:

- A **Theoretical Part** of two **6-Days** Seminars, it is necessary to attend these seminars (**100 Hrs**) to be qualified for the first **Theoretical Year**
- A **Second Practical Year** where **100 Hours** of participation are requested, several options exist to complete these required number of hours: Attendance to Practical Seminars - Training in the practice of an Anti-Aging supervisors (list upon request) - Participation to accredited national and international congresses.

Next to the global certificate for the global **Anti-Aging Medicine Specialization**, participants receive a separate certificate for each seminar they attend.

AAMS is a continuous course repeating each year, whenever you join, you can continue your training and attend the next sessions of the Seminars you may have missed.

AAMS Program can be joined at any time, and you can do parallelly both Theoretical and Practical if you want to finish the complete cycle in a shorter period.

For those who have joined late the **First Theoretical cycle** it is the opportunity to prepare their second Year of attendance.

How to do it?

Theoretical post-university course

Choose your days of attendance mentioning whether it is **THEOREICAL** or **PRACTICAL** (when proposed). You can get your **100 Hours** of Theoretical by participating to the **two 6-DAY** Seminars. And then complete the **100 Hours of Practical** by attending the corresponding courses and congresses.

Purpose of the Anti-Aging Medicine Specialization:

- Provide more practical information to physicians on how to efficiently and safely practice Anti-Aging medicine.
- Provide university level efficient courses with complete theoretical and practical information on each important topic of Anti-Aging medicine.
- Provide certificates that attest the attendance of a physician to such courses, his participation in practical sessions and, following the level of competence a physician has achieved, attest the successful passing of a board exam on the entire field of Anti-Aging medicine.

Who may attend?

Only licensed physicians may attend the full 2-year program as the successful passing of the written exam acknowledges that the physician has an adequate formation to prescribe Anti-Aging therapies (including hormone replacement therapies). The 1st Theoretical year may be attended by other health professionals after request and acceptance by the college of speakers.

Certificates

Four different kinds of certificates will be awarded:

- "Certificate of attendance" to each seminar.
- "Certificate of Post-University Education in Anti-Aging Medical therapeutics - Theoretical" delivered after the first year of attendance to the theoretical year
- "Certificate of Post-University Education in Anti-Aging Medical therapeutics - Practical" after the accomplishment of the second more practical year (over 100 Hrs)
- No Examination)
- "Certificate of Post-University Education in Anti-Aging Medical therapeutics" - Theoretical & Practical - 2 Years" delivered after following the complete program and successfully passing of the **FINAL EXAMINATION**.

Final Exam After the 200 Hrs training a final exam has to be successfully passed to obtain the complete **Certificate in Anti-Aging Medical therapeutics**.



AAMS SEMINAR PROGRAM

SATURDAY 5

THEORETICAL SESSION	
8h30-10h30	<ul style="list-style-type: none">• How to treat older patients with hormones• How to treat children with hormones• How to treat pregnant and breastfeeding women with hormones• How to avoid or overcome burn out syndromes
10h30-10h50	Break
10h50-12h40	<ul style="list-style-type: none">• Mild cortisol deficiency syndrome: signs, symptoms, lab tests, age-related diseases• Safe cortisol replacement therapy• How to solve problems during glucocorticoid treatment
12h40-14h	Lunch
14h-15h50	<ul style="list-style-type: none">• Treatment of aldosterone deficiency• Progesterone therapy in men: all about it
15h50-16h10	Break
16h10-18h	<ul style="list-style-type: none">• How to treat jet lag problems with aldosterone, cortisol, melatonin, light and activity• Treatment of pregnenolone deficiency• Interactive session

SUNDAY 6

8h30-10h30	<ul style="list-style-type: none">• The hormone deficiencies of famous people• Testosterone therapy in women: physiology, deficiency symptoms and signs, age-related diseases, the better treatments
10h30-10h50	Break
10h50-12h40	<ul style="list-style-type: none">• Herbal treatments of hormone deficiencies, Phytoestrogens, flavonoids, licorice, and many more
12h40-14h	Lunch
14h-15h50	<ul style="list-style-type: none">• Testosterone: physiology, actions• Male Testosterone deficiency syndrome: signs, symptoms & lab tests• Testosterone deficiency & age-related disease• Use and uselessness of lab tests in the evaluation of testosterone deficiency in men• Treating testosterone-deficient men with lab tests within the reference range: the scientific data• Testosterone treatment: overview
15h50-16h10	Break
16h10-18h	<ul style="list-style-type: none">• Testosterone treatment: preferred treatments• Testosterone and diabetes, obesity• Testosterone and prostate cancer risk• How to solve problems that may occur during testosterone treatment?

MONDAY 7

8h30-10h30	<ul style="list-style-type: none">• Calcitonin therapy increases bone density & reduces vertebral fracture pain and non fractural back pain• Parathyroid treatment against osteoporosis• Oral insulin treatment for uses other than glycemic control: to increase muscle mass, etc.
10h30-10h50	Break
10h50-12h40	<ul style="list-style-type: none">• HCG treatments: improved method to treat testosterone deficiency, HCG for improvement of sperm count, HCG treatment of obesity, etc.• Leptin treatment• Relaxation & hormone levels• Ghrelin: its significance
12h40-14h	Lunch
14h-15h50	<ul style="list-style-type: none">• Cholecystokin treatment• Thymus extracts or thymosidine injections• Glucagon treatment
15h50-16h10	Break
16h10-18h	<ul style="list-style-type: none">• The medical board workshop that may save your license

TUESDAY 8

8h30-10h30	<ul style="list-style-type: none">• Genetic typing: basic principles and info• Genetic polymorphisms predisposing to Alzheimer's disease and other neurological disorders: prevention and treatment• to cardiovascular diseases• to obesity
10h30-10h50	Break
10h50-12h40	<ul style="list-style-type: none">• to prostate cancer• to osteoporosis• to breast cancer• to rheumatoid disorders: prevention and treatment
12h40-14h	Lunch
14h-15h50	<ul style="list-style-type: none">• Do genetic polymorphisms of longevity exist?• Intensive Practical session on genetic typing
15h50-16h10	Break
16h10-17h	<ul style="list-style-type: none">• Nonhormonal treatments of sexual senescence in men• Nonhormonal treatments of sexual senescence in women• Please sign the evaluation forms

WEDNESDAY 9

8h30-10h30	<ul style="list-style-type: none">• The importance of staying lean for health and longevity: scientific studies• Diets to loose weight (Atkins, Zone, Pritkin, Diamond, Mayr, Fruit &/or vegetable juice diet, paleolithic diet, high protein, ..)• Why do we always get back the fat we loose and how to overcome it• Water: longevity effects
10h30-10h50	Break
10h50-12h40	<ul style="list-style-type: none">• Toxic drinks: detrimental effects on health• Toxic food (food additives, alcohol, pesticides, overheated food, wrong type, etc.)• The psychology of obesity
12h40-14h	Lunch
14h-15h50	<ul style="list-style-type: none">• The good foods & food habits to increase longevity• Stress: adverse effects on health• Negative emotions that make you live less: depression, anxiety,
15h50-16h10	Break
16h10-17h00	<ul style="list-style-type: none">• Positive emotions that make you live longer: optimism, love, spirituality, belief in higher values• The psychology of centenarians

THURSDAY 10

8h30-10h30	<ul style="list-style-type: none">• Systemic and non systemic use of stem cells in humans• Where do the stem cells go if injected systemically• Stem cells to cure haematological disease What are the good products• Can stem cells become malignant cells?
10h30-10h50	Break
10h50-12h40	<ul style="list-style-type: none">• Neurodegenerative disorders: prospects with stem cells transplants or stem cell secreted products• Skin aging & skin disorders ; the hope of stem cells with local injection• Treating insulin resistance by food adaptation (better choices, food allergies tests for weight loss)• Intermittent fasting: its value for longevity and weight control• How to treat a massive obese person
12h40-14h	Lunch
14h-16h15	<ul style="list-style-type: none">• The Diets of long life: part• False claims in food industry• The milk paradox

SATURDAY 5		PRACTICAL SESSION NUTRITIONAL THERAPIES:	TUESDAY 8	HORMONE EXCESS SEMINAR
8h30-10h30		<ul style="list-style-type: none"> • Memory loss & nutrients: review • Neurodegenerative diseases & nutrients 	8h30-10h30	<ul style="list-style-type: none"> • Acromegaly: cause, symptoms, signs, lab tests, consequences, treatment and follow-up • hyperprolactinemia
10h30-10h50		Break	10h30-10h50	Break
10h50-12h40		<ul style="list-style-type: none"> • Macular degeneration & nutrients • Schizophrenia & nutrients: • Increasing muscle mass and reducing fat mass with nutritional supplementation 	10h50-12h40	<ul style="list-style-type: none"> • Hyperthyroidism • Hyperthyroidism & pollutants • Hyperthyroidism & stress • Radioactive iodine: adverse consequences
12h40-14h		Lunch	12h40 -14h	Lunch
14h-15h50		<ul style="list-style-type: none"> • Fatigue, energy & nutrients: review • Depression & nutrients: review 	14h-15h50	<ul style="list-style-type: none"> • Cushing and Cushingoid syndromes • Adreno-genital syndrome • Other female virilizing syndromes
15h50-16h10		Break	15h50-16h10	Break
16h10-18h		<ul style="list-style-type: none"> • Sexuality & nutrients: review • Sleep & nutrients: review • Anxiety & nutrients: review 	16h10-17h	<ul style="list-style-type: none"> • Hyperaldosteronism • Hyperinsulinoma
SUNDAY 6			WEDNESDAY 9	
8h30-10h30		<ul style="list-style-type: none"> • Aging, age-related diseases & oxidative stress: the studies that show a relationship • Oxidative stress & its markers profile: lab tests • The major anti-oxidants: a recap 	8h30-10h30	PATIENT ON STAGE DAY : <ul style="list-style-type: none"> • Intensive Practical session on genetic endocrine-related polymorphisms • Should we do genetic typing tests of stem cells before using them?
10h30-10h50		Break	10h30-10h50	Break
10h50-12h40		<ul style="list-style-type: none"> • Osteoporosis & nutrients Rheumatoid disorders & nutrients Infections & inflammation & nutrients 	10h50-12h40	<ul style="list-style-type: none"> • Practical session with patients from the audience • The interactive session with patient cases coming from the practice of physicians from the audience • Interactive thinking groups about what best helps to overcome patient cases coming from the practice of physicians from the audience
12h40-14h		Lunch	12h40-14h	Lunch
14h-15h50		<ul style="list-style-type: none"> • Prostate Cancer & nutrients: review • Breast cancer & nutrients: review 	14h-15h50	<ul style="list-style-type: none"> • Interactive thinking groups to collect all questions on hormone and other therapies that need answers
15h50-16h10		Break	15h50-16h10	Break
16h10-17h		<ul style="list-style-type: none"> • Diabetes & nutrients • Coronary heart disease, Aarterial hypertension, hyperlipidemia & nutrients 	16h10-18h	<ul style="list-style-type: none"> • Stem cell in practice: how to do the experts do it • Are the effect of stem cells endocrine-related: some scientific data • Effect of stem cells on diabetes • Quality of life, neurodegenerative disorders, osteoporosis improvement with stem cells?
MONDAY 7			THURSDAY 10	
8h30-10h30		<ul style="list-style-type: none"> • Sodium bicarbonate treatment • Cancer: the yeast connection 	8h30-10h30	BALANCING THE ENDOCRINE SYSTEM <ul style="list-style-type: none"> • How to secure your practice in endocrinology: The scientific evidence, certificates, society guidelines, searching up data on Internet
10h30-10h50		Break	10h30-10h50	Break
10h50-12h40		<ul style="list-style-type: none"> • Sodium bicarbonate & treatment of yeast infection • Consuming deuterium depleted water: may it help to solve cancer, diabetes, aging? 	10h50-12h40	<ul style="list-style-type: none"> • Optimizing patient & colleague communication, doing research, general public information, endocrine societies to join, becoming a speaker at hormone conferences, treating or not patients with cancer with sex hormone replacement
12h40-14h		Lunch	12h40-14h	Lunch
14h-15h50		<ul style="list-style-type: none"> • Newest studies on genetic polymorphism • Intensive Practical session on genetic typing: part 1 	14h-16h15	<ul style="list-style-type: none"> • Oxytocin & male & female orgasm • Oxytocin & fibromyalgia
15h50-16h10		Break		
16h10-17h00		<ul style="list-style-type: none"> • Intensive Practical session on genetic typing: part 2 		

FLORENCE • ITALY - Spring Seminar

May 5 to 10, 2008

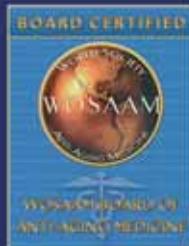
One week Seminar (6-day)

<ul style="list-style-type: none"> • Growth hormone: introduction & physiology • GH deficiency & treatment in children • Exercise & GH production • Adult GH deficiency : signs , symptoms, lab tests • Treating GH-deficient patients with Ia tests within the reference range • Tips on how best to treat GH deficiency in adults: benefits, risks, doses... • Mind techniques & GH • Drink and food influences on GH • GH secretagogues • Growth hormone & cancer risk (prostate, breast, & other risks) • Potential risks of growth hormone treatment: diabetes, premature death, etc. • Pregnenolone treatment: • 7-keto-DHEA • Creative visualisation & longevity • Melatonin studies • Hormone lab tests for diagnosis and follow-up : best tests, their interpretation, optimal and reference values, frequency, etc. • Movements & hormone levels • Treating DHEA, oestrogen and progeste 	<ul style="list-style-type: none"> rone deficiency in patients with lab tests within reference ranges • Diabetes insipidus • Vasopressin therapy to improve memory and dehydration • Position & hormone levels • MSH therapy: for pigmentation and grey hair? • ACTH therapy & total alopecia • Melatonin deficiency and replacement therapy: Critical studies on cancer and sleep • TRH as a hormone therapy • The aging clock in the pineal gland • Melatonin and age-related diseases • Female hormone deficiency syndrome: signs & symptoms, age-related diseases • Safe female hormone replacement therapies: benefits, risks & how to do it? • Treating oestrogen and progesterone deficiencies in patients with lab tests within reference ranges • Relationships of the ovarian system & the thyroid & adrenal hormones • Correction of menstrual cycle disorders & 	<ul style="list-style-type: none"> other hormone imbalances in women • Female hormone replacement: the critical studies • DHEA deficiency and therapy • Treating DHEA deficiency in patients with lab tests within reference ranges • Oestradiol therapy of men • Serotonin deficiency and treatment • Prevention or reduction of senescence by trace element supplements (zinc, selenium, iron, copper, etc.) • Fat-soluble vitamin supplements (A, D, E, K, Q10) for prevention of senescence & age-related diseases + presentation of patient cases • By new Functional Foods from the Industry • By water-soluble vitamins: B-group, C, • Prevention by Amino-acids: importance and how to check by amino acid analysis • Lab tests: Pollutants, metabolic maladjustment through lab tests • Longevity breathing exercise session • Aids for digestion: the use of hydrochloric acid, digestive enzymes and bacterial flora • Longevity yoga exercise session 	<ul style="list-style-type: none"> • Polyunsaturated fatty acids (omega 3-6-9, trans): tools for prevention of senescence and age-related diseases • Food allergies • The good digestion: how to improve digestion, get rid of parasites, yeast, etc. • Carbs: best studies on their effects on age-related diseases, including obesity: - beneficial effects of fruits and vegetables - adverse effects of sugar, sweets and artificial sweeteners - grains, cereals: the controversy - sprouted grains: the only edible grains? • Longevity stretching exercise session • Proteins & amino-acids: building blocks to health, leanness and longevity? - fish - meat, poultry - milk products: the controversy - vegetable protein: soy, avocado, sprouts, .. - protein bags • Longevity correct walking exercise Lipids (saturated fat): effects on health and longevity - healthy fats - toxic fats - • Is cholesterol essential or dangerous? critical look • Longevity Tai chi exercise session
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ANTI-AGING MEDICINE

Board certifications and Fellowship



World society of Anti-Aging Medicine BOARD CERTIFICATIONS

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And many other prominent speakers...

WOSAAM - The World Society of Anti-Aging Medicine offers physicians more types of training and certifications in Anti-Aging Medicine.

ON MARCH 19-20-21 WOSAAM PRESENTS THE SEVENTH ANNUAL WORLD CONGRESS IN ANTI-AGING MEDICINE.

WOSAAM is currently the fastest growing international society in anti-aging medicine in the world with over 5600 physician members.

Its two approved Board certifications, the Board Certification in Anti-Aging Medicine and the Board Certification in Nutritional Medicine, are open to physicians of all medical specialities. Preceding the WOSAAM Congress and Board Certification testing, there are two complete post graduate training sessions offered by AAMS - the Anti-Aging Medicine Specialization.

Certificates & Degrees Awarded

Written exams are given at the end of each module (3hrs).

An examination certifies each module. You can take the examination at the end of the module or at the end of any next one. Mandatory Registration. To qualify for the exam, you have to register at least 21 days (3 weeks) prior to the exam date.

AAMS - Anti-Aging Medicine Specialization - Certificates

Six certificates are issued for each module:

- A Certificate of Attendance
- A Certificate of Specialization - upon passing the exam
- A Certificate of Post-Graduate Education in Anti-Aging Medical therapeutics - at the end of the 1st Year (120 Hrs)
- Certificate of Post-Graduate Education in Anti-Aging Medical therapeutics - at the end 2nd Year (120 Hrs)
- A Certificate of Post-Graduate Education in Anti-Aging Medical therapeutics - After completion of 2 Years (240 Hrs)
- A Certificate of Anti-Aging Medical therapeutics, earned after completion of the entire program and after passing the **FINAL EXAMINATION** (multiple choice questions & Practical written cases).

Exams - Informations

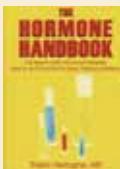
An AAMS certificate or Diploma in Hormone Therapy requires passing an exam for each module.

The exams are always written and multiple choice.

The essential learning material + CD Rom's for the Wosaam board certifications



HORMONE HANDBOOK,



the best selling hormone therapy guide, at
www.imbooks.info

Clinical interventions in aging,
official Medline-referenced Wosaam Journal
Sign in at special rates

more information at : www.wosaam.org



Full program of the courses of Anti-aging Medicine Specialization (AAMS)

6 modules of 6 days (3 days taught courses, 3 days self-learning DVD's)

Seminar (module)	Day 1 Taught courses (also DVD available)	Day 2 Taught courses (also DVD available)	Day 3 Taught courses (also DVD available)	Day 4 Self-learning - DVD	Day 5 Self-learning - DVD	Day 6 Self-learning – DVD
Module 1 Senescence, exercise, environment and endocrinology	The ABC of lifespan medicine (adapted to the module) Juvenile anti-aging medicine: <ul style="list-style-type: none"> Prenatal anti-aging medicine Childhood anti-aging medicine Environmental health disease <ul style="list-style-type: none"> Toxic world Toxic world video Strategies to avoid and eliminate pollutants Lifespan <ul style="list-style-type: none"> Epidemiology Major aging theories Premature aging syndromes Statistics on the longest living humans Lifespan medicine: techniques that may extend lifespan from basic methods to the most forefront ones	Physical exercise: <ul style="list-style-type: none"> Impact of exercise on diseases and lifespan Right exercises (dosing) for improving health, Tips from an experienced sportsman The exercise programs of top athletes Best body postures to avoid neck and back problems Exercise to reduce insulin resistance Sports medicine and exercise to reduce age-related diseases Chronic Fatigue Syndrome: <ul style="list-style-type: none"> diagnosis and treatment Infections (yeast, mycoplasma, toxoplasmosis, that cause CFS and their treatment Nutritional deficiencies that cause CFS Other treatments for chronic fatigue syndrome 	Introduction The endocrine system: a review Hormone actions: an overview Factors that impact on the endocrine System : <ul style="list-style-type: none"> Aging physical exercise daylight and darkness pollutants, toxics Effects of Hormone Therapies on <ul style="list-style-type: none"> Free radicals: the antioxidant hormone Lifespan Interactive session 	Effects of Hormone Therapies on sleep and sleep deprivation Endocrine dysfunctions in chronic fatigue syndrome The endocrine consultation: <ul style="list-style-type: none"> Hormone lab tests and treatment: overview, Hormone deficiencies with tests borderline low within the reference range Balancing the endocrine system: How to balance one hormone with the other Thyroid Deficiency <ul style="list-style-type: none"> Physiology Diagnosis Effect of thyroid hormones on age related diseases Associations TSH? T3 and T4 levels within the reference range with disease T3 + T4 treatment versus T4 Follow-up problems : how to solve them	Senescence (pathological aging) & Lifespan medicine: <ul style="list-style-type: none"> Lifespan epidemiology, basic mechanisms (including free radicals) Free radical theory of aging 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 Biological age measurement: how young is your body? Reports of measurement of biologic age in patients 	Pollution and health: <ul style="list-style-type: none"> Indoor and outdoor pollution Effects on health Toxic world Strategies to avoid and eliminate pollutants Dental amalgams Detoxification Lab tests Practical case studies Interactive sessions
Module 2 Diet, obesity management and major anti-ageing therapies	The ABC of lifespan medicine (module adapted) Macronutrients' effects on health and lifespan: <ul style="list-style-type: none"> Healthy proteins: fish, meat, poultry Controversial proteins (milk, ..., plant, burned animal protein) Healthy carbohydrates: vegetables and fruits Sweet cravings Dysbiosis <ul style="list-style-type: none"> Intestinal yeast infection Parasitic infections Leaky gut syndrome Digestive system <ul style="list-style-type: none"> Probiotics Aids for digestion: hydrochloric acid 	Obesity management: <ul style="list-style-type: none"> Statistics on leanness and overweight Diets to lose weight (Atkins, Paleolithic Diet, South beach diet, Zone diet, Montignac diet, Pritikin, Shelton, etc.) Water: longevity and preventive effects on age-related disease The psychology of obesity Healthy foods to eat Healthy food habits Toxic foods 	Factors that impact on the Endocrine System: <ul style="list-style-type: none"> Diet Hormone, appetite and overweight <ul style="list-style-type: none"> Leptin Ghrelin Other appetite hormones (Cholecystokinin ...) Treatment of obese persons with hormone treatments Bulimia and anorexia Famous people: <ul style="list-style-type: none"> Famous endocrinologists and anti-aging therapists The hormone deficiencies of famous people 	Adrenal hormones: <ul style="list-style-type: none"> Safe cortisol treatment DHEA treatment DHEA Controversies 7-keto-DHEA Androstenedione Aldosterone and how to manage treatment problems Pineal hormone: <ul style="list-style-type: none"> Melatonin deficiency and treatment Treating melatonin deficiency in patients with lab tests within reference ranges Critical studies on cancer and sleep Melatonin controversies 	Macronutrients and health and lifespan: <ul style="list-style-type: none"> The milk paradox Grains, cereals: the controversy (bread, pastas, muesli) Sprouted grains: the only edible grains? Fibre and health Sugar, sweets, soft drinks and other carbs Healthy and unhealthy fats The cholesterol paradox False claims in food industry	Digestive system: <ul style="list-style-type: none"> Pancreatic and plant enzymes Diets of longer life Toxic drinks Electrolyte and pH balance: <ul style="list-style-type: none"> Acid-base balancing in diet, drink water and lifestyle: Introduction Acid-base balancing workshop Obesity And Health Management <ul style="list-style-type: none"> How to reduce insulin Treatment of too thin patients Diets that provide you with quick or full-day energy Intermittent fasting

AAMS speakers:

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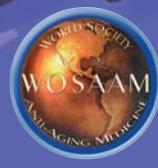
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ANTI-AGING MEDICINE SPECIALIZATION

Post-UNIVERSITY CERTIFICATE

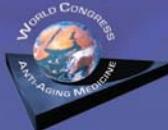


THE MOST RENOWNED

ANTI-AGING MEDICINE COURSE IN THE WORLD
OVER 1000 STUDENTS FROM 70 NATIONALITIES

PARIS, APRIL 5-6-7-8-9-10, 2008

COURSES CONDUCTED IN ENGLISH
TRADUCCIÓN SIMULTÁNEA EN ESPAÑOL



CREATED IN 2002

6TH YEAR PROGRAM

6-day Seminar

Palais des Congrès, Paris - FRANCE



AAMS COURSE - PURPOSE

The **AAMS** program (Anti-Aging Medicine Specialization) is a **2-year PROGRAM (200 Hours)** for an international **Post-University Certificate** in Anti-Aging Medical Therapeutics for physicians with leading international Speakers.

It consists of:

- A **Theoretical Part** of two **6-Days** Seminars, it is necessary to attend these seminars (**100 Hrs**) to be qualified for the first **Theoretical Year**

- A **Second Practical Year** where **100 Hours** of participation are requested, several options exist to complete these required number of hours: Attendance to Practical Seminars - Training in the practice of an Anti-Aging supervisors (list upon request) - Participation to accredited national and international congresses.

Next to the global certificate for the global **Anti-Aging Medicine Specialization**, participants receive a separate certificate for each seminar they attend.

AAMS is a continuous course repeating each year, whenever you join, you can continue your training and attend the next sessions of the Seminars you may have missed.

AAMS Program can be joined at any time, and you can do parallelly both Theoretical and Practical if you want to finish the complete cycle in a shorter period.

For those who have joined late the **First Theoretical cycle** it is the **HOW TO DO IT?**

opportunity to prepare their second Year of attendance.

Theoretical post-university course

Choose your days of attendance mentioning whether it is **THEORETICAL** or **PRACTICAL** (when proposed). You can get your **100 Hours** of Theoretical by participating to the **two 6-DAY Seminars**. And then complete the **100 Hours of Practical** by attending the corresponding courses and congresses.

PURPOSE OF THE ANTI-AGING MEDICINE SPECIALIZATION

- Provide more practical information to physicians on how to efficiently and safely practice Anti-Aging medicine.

- Provide university level efficient courses with complete theoretical and practical information on each important topic of Anti-Aging medicine.
- Provide certificates that attest the attendance of a physician to such courses, his participation in practical sessions and, following the level of competence a physician has achieved, attest the successful passing of a board exam on the entire field of Anti-Aging medicine.

WHO MAY ATTEND?

Only licensed physicians may attend the full 2-year program as the successful passing of the written exam acknowledges that the physician has an adequate formation to prescribe Anti-Aging therapies (including hormone replacement therapies). The 1st Theoretical year may be attended by other health professionals after request and acceptance by the college of speakers.

CERTIFICATES

Four different kinds of certificates will be awarded:

- **Certificate of attendance** to each seminar.
- **Certificate of Post-University Education in Anti-Aging Medical therapeutics - Theoretical** delivered after the first year of attendance to the theoretical year
- **Certificate of Post-University Education in Anti-Aging Medical therapeutics - Practical** after the accomplishment of the second more practical year (over 100 Hrs - No Examination)
- **Certificate of Post-University Education in Anti-Aging Medical therapeutics - Theoretical & Practical - 2 Years** delivered after following the complete program and successfully passing of the **FINAL EXAMINATION**.

FINAL EXAM

After the 200 Hrs training a final exam has to be successfully passed to obtain the complete **Certificate in Anti-Aging Medical therapeutics**.

AMONG THE INTERNATIONAL SPEAKERS

Dr Bill ANTON	(Australia)	Dr Thérèse HERTOGHE	(Belgium)	Dr Sohail MANSOOR	(UK)	Mr Thierry SOUCCAR	(France)
Helena BARANOVA	(France)	Dr Thierry HERTOGHE	(Belgium)	Dr Anna Modelska Ziolkiewicz	(Poland)	Dr Suzie SCHUDER	(U.S.A)
Dr Malcom CARRUTHERS	(UK)	Dr Martin HILL	(Australia)	Dr Jean MONRO	(UK)	Dr Gina VAN BOGAERT	(Belgium)
Dr Benoit CLAEYS	(Belgium)	Dr Christophe de JAEGER	(France)	Prof. Kenny de MEIRLEIR	(Belgium)	Dr Eric VAN GUYSE	(Belgium)
Dr Claude DALLE	(France)	Dr Laurent JACOB	(France)	Prof. Imre ZS. NAGY	(Hungary)	Dr Ronald VIRAG	(France)
Dr John DUNPHY	(Ireland)	Dr Mario KRAUSE	(Netherlands)	Dr Ascanio POLIMENI	(Italy)	Prof. Emar VOGELAAR	(Netherlands)
Dr Murphy DUNHILL	(Ireland)	Dr Bruno LACROIX	(France)	Dr Michel PERRING	(UK)	Samuel K. YUE	(USA)
Dr Benoît EVERARD	(Belgium)	Dr David LAI	(HK)	Dr Steve RAY	(USA)	Dr Adrian ZENTNER	(Australia)
Dr Jorge FLECHAS	(USA)	Dr Hansjoerg LAMMERS	(Germany)	Dr Stéphane RÉSIMONT	(Belgium)	Dr Alain WALRAEVENS	(Belgium)
Dr Pascal GERARD	(France)	Dr M. Christine Lhermitte		Dr Erik-Alexander RICHTER	(Netherlands)	Dr Bernard WEBER	(Luxembourg)
Dr Monica GOLKOVA(Czech Republic)		Dr John Van LIMBURG	(Belgium)	Dr Gabor SOMLYAI	(Hungary)	And many other prominent speakers...	
Dr Małgorzata GODZIEJEWSKA Z (Poland)		Dr Maciej MALECKI	(Poland)	Dr Tullio SIMONCINI	(Italy)		

AAMS Seminar Program - APRIL 5 to 10, 2008 - THEORETICAL

SATURDAY 5		THEORETICAL SESSION Thierry Hertoghe		TUESDAY 8			
8h30-10h30		<ul style="list-style-type: none"> • How to treat older patients with hormones • How to treat children with hormones • How to treat pregnant and breastfeeding women with hormones • How to avoid or overcome burn out syndromes 		8h30-10h30		Helena Baranova	
10h30-10h50		Break		10h30-10h50		Bernard Weber	
10h50-12h40		<ul style="list-style-type: none"> • Mild cortisol deficiency syndrome: signs, symptoms, lab tests, age-related diseases • Safe cortisol replacement therapy • How to solve problems during glucocorticoid treatment 		10h50-12h40		Helena Baranova	
12h40-14h00		Lunch		12h40-14h00		Bernard Weber	
14h00-15h50		<ul style="list-style-type: none"> • Treatment of aldosterone deficiency • Progesterone therapy in men: all about it 	Thierry Hertoghe	14h00-15h50		Helena Baranova	
15h50-16h10		Break		15h50-16h10		Ronald Virag	
16h10-18h00		<ul style="list-style-type: none"> • How to treat jet lag problems with aldosterone, cortisol, melatonin, light and activity • Treatment of pregnenolone deficiency • Interactive session 		16h10-17h00		Panel speakers	
SUNDAY 6		Thérèse Hertoghe		WEDNESDAY 9		Thierry Hertoghe	
8h30-10h30		<ul style="list-style-type: none"> • The hormone deficiencies of famous people • Testosterone therapy in women: physiology, deficiency symptoms and signs, age-related diseases, the better treatments 		8h30-10h30		<ul style="list-style-type: none"> • The importance of staying lean for health and longevity: scientific studies • Diets to loose weight (Atkins, Zone, Pritkin, Diamond, Mayr, Fruit &/or vegetable juice diet, paleolithic diet, high protein, ..) • Why do we always get back the fat we loose and how to overcome it • Water: longevity effects 	
10h30-10h50		Break	M. Christine Lhermitte	10h30-10h50		Break	
10h50-12h40		<ul style="list-style-type: none"> • Herbal treatments of hormone deficiencies, Phytoestrogens, flavonoids, licorcea, and many more 	Benoît Everard	10h50-12h40		<ul style="list-style-type: none"> • Toxic drinks: detrimental effects on health • Toxic food (food additives, alcohol, pesticides, overheated food, wrong type, etc.) • The psychology of obesity 	
12h40-14h00		Lunch		12h40-14h00		Mario Krause	
14h00-15h50		<ul style="list-style-type: none"> • Testosterone: physiology, actions • Male Testosterone deficiency syndrome: signs, symptoms & lab tests • Testosterone deficiency & age-related disease • Use and uselessness of lab tests in the evaluation of testosterone deficiency in men • Treating testosterone-deficient men with lab tests within the reference range: the scientific data • Testosterone treatment: overview 	Malcom Carruthers	14h00-15h50		Break	
15h50-16h10		Break		15h50-16h10		Monika Golkova	
16h10-18h00		<ul style="list-style-type: none"> • Testosterone treatment: preferred treatments • Testosterone and diabetes, obesity • Testosterone and prostate cancer risk • How to solve problems that may occur during testosterone treatment? 	Speaker to be announced	16h10-18h00		<ul style="list-style-type: none"> • Stress: adverse effects on health • Negative emotions that make you live less: depression, anxiety • Positive emotions that make you live longer: optimism, love, spirituality, belief in higher values 	
MONDAY 7		Claude Dalle		THURSDAY 10		Speaker to be announced	
8h30-10h30		<ul style="list-style-type: none"> • Thymus extracts or thymosidine injections • HCG treatments: improved method to treat testosterone deficiency?, HCG for improvement of sperm count, HCG treatment of obesity, etc. • Glucagon treatment • Oral insulin treatment for uses other than glycemic control: to increase muscle mass, etc. 		8h30-10h30		<ul style="list-style-type: none"> • Systemic and non systemic use of stem cells in humans • Where do the stem cells go if injected systemically • Stem cells to cure haematological disease What are the good products • Can stem cells become malignant cells? 	
10h30-10h50		Break		10h30-10h50		Break	
10h50-12h40		<ul style="list-style-type: none"> • Cholecystokin treatment • Leptin treatment • Parathyroid treatment against osteoporosis • Relaxation & hormone levels • Ghrelin: its significance 	Thierry Hertoghe	10h50-12h40		<ul style="list-style-type: none"> • Neurodegenerative disorders: prospects with stem cells transplants or stem cell secreted products • Skin aging & skin disorders ; the hope of stem cells with local injection • Treating insulin resistance by food adaptation (better choices, food allergies tests for weight loss) • Intermittent fasting: its value for longevity and weight control • How to treat a massive obese person 	
12h40-14h00		Lunch	Thierry Hertoghe	12h40 -14h00		Thierry Souccar	
14h00-15h50		<ul style="list-style-type: none"> • Calcitonin therapy increases bone density & reduces vertebral fracture pain and non fractural back pain • Parathyroid treatment against osteoporosis • Oral insulin treatment for uses other than glycemic control: to increase muscle mass, etc. 		14h00-16h15		<ul style="list-style-type: none"> • The Diets of long life: part • False claims in food industry • The milk paradox 	
15h50-16h10		Break					
16h10-18h00		<ul style="list-style-type: none"> • The medical board workshop that may save your license 					

WRITTEN EXAMINATION - APRIL 10

IMCAS

International Master Course on Aging Skin
All the Leading Subjects on Aging Skin Treatments, Aesthetic Surgery, & More...

11th Annual Meeting

January 8•9•10•11
2009

FINAL ANNOUNCEMENT

CONFERENCE PLACE
Palais des Congrès de

PARIS

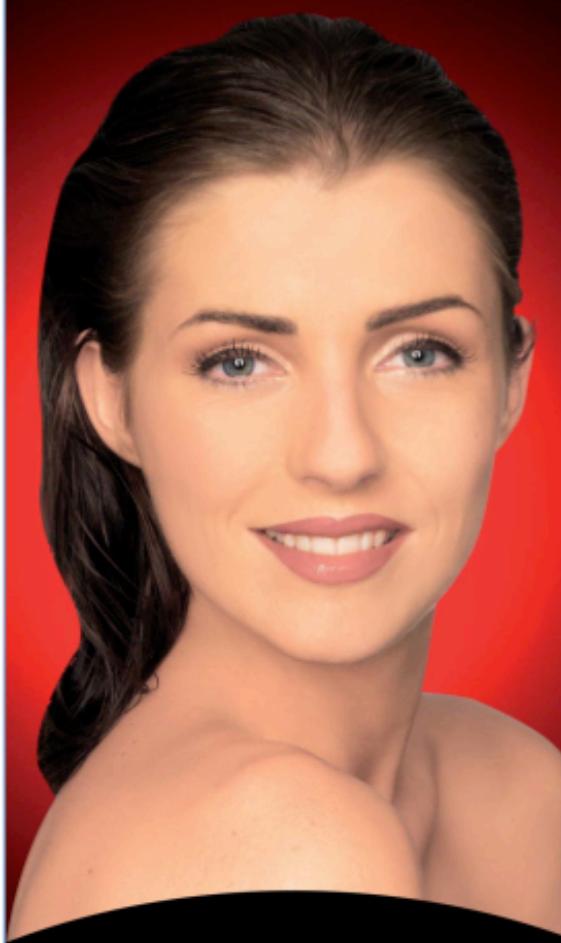


Laboratoires
RENOPHASE

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and Synergetic topical
treatments to
Photorejuvenation

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5-CR Chlorophylline® :
Patented formulation with
5-ALA to cosmetic PDT



THURSDAY 8 JANUARY 2009

I M C A S

ANTI AGING COURSE PROGRAM

Develop new skills and add
a new value to your profile!
Plastic surgeons, dermatologists &
general physicians: extend your
perspectives on Anti Aging!

A specific session for anti-aging medicine which is an opportunity to perceive
how the cellular activity, nutrition, hormones and genetics can play
an important role in the well-being and rejuvenation.

This session concerns all physicians who may be interested
in developing their own activities in a promising field.

**Thursday JANUARY 8 - 2009
from 11 am to 3 pm**

COORDINATORS

Ghislaine BEILIN - Virginie PONS

FACULTY

(Preliminary List)
Vincent CASTRONOVO
Claude DALLE
Jorge FLECHAS
Michael KLENTZE
Bruno LACROIX
Susan LIM
Pierre MALDINEY
Jean Robert RAPIN

LEARNING OBJECTIVES

After this session, the attendee will be able to:

- Understand how do genetics, nutrition and physical exercise act upon our hormones
- Understand why to keep sexual hormones is important through the aging process
- Prescribe hormonal treatment before and after menopause and andropause
- Optimize sexuality
- Understand hormones role in wound healing
- Build an «anti-aging nutritional model»
- Consider stem cells future prospectives
- Use micronutrients within rejuvenation
- Adapt those techniques to available rejuvenation treatments

MORNING SESSION

CHAIR: Vincent CASTRONOVO

- 11:00 Coordinator Introduction Speech Ghislaine BEILIN (570)
- 11:05 Coordinator Introduction Speech Virginie PONS (575)
- 11:10 Do the genes tell us all about our hormones? Michael KLENTZE (576)
- 11:30 Endocrinian aging and nutritherapy:
how to preserve our hormones? Vincent CASTRONOVO (577)
- 11:50 DISCUSSION
- 11:55 Sexual hormones: why to keep optimal values with the age?
Risks and benefits Claude DALLE (578)
- 12:15 Sex drive, pleasure, orgasm:
the hormones which influence our lives Jorge FLECHAS (584)
- 12:35 DISCUSSION
- 12:40 Hormones and wound healing:
indications today and tomorrow Virginie PONS (583)
- 13:00 - 13:15 BREAK



28 FMC credits (SOFCPRE)
22 CME credits (EACCME)

IMCAS 2009
(International Master Course on Aging Skin)

*PARIS - Palais des Congrès
8, 9, 10 & 11 January, 2009*

CERTIFICATE OF ATTENDANCE

The IMCAS 2009 Scientific Committee certifies that

Bruno LACROIX

has participated in the Scientific Conference as a Faculty Member.

Course Director

*Benjamin Ascher,
Board Certified Plastic Surgeon
(France)*

Scientific Coordinators

*David Goldberg
Dermatologist (USA)*

*Bernard Mole
Plastic Surgeon (France)*

*Bernard Rossi
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Scientific Secretaries

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CONTINUING MEDICAL EDUCATION

MANDATORY - First steps of the procedure for obtaining CME credits:

- 1/ At the end of the congress, fill in the Evaluation Form of IMCAS
 - * On site, on the IMCAS COMPUTERS
 - * On line: www.imcas.com (in the month following the congress)
- 2/ Your Certificate of attendance will be sent to you by e-mail
- 3/ Keep it precious

Then, follow the procedure below (depending on your own country's regulations):

EUROPE

IMCAS is accredited by the European Accreditation Council for Continuing Medical Education (EACCME) to provide the CME activity for medical specialists. The EACCME is an institution of the European Union of Medical Specialists (UEMS). For more information log on the UEMS website, www.uems.net.

Procedure for obtaining European CME credits

The European CME credits are available for all the specialists (this is subject to particular conventions between your country and the EACCME).

- Contact your national authorities in your home European country in order to validate the European CME credits and to convert them to your national CME credits.
- Send your Certificate of attendance to your national authorities.

IMCAS 2010: designated for a maximum of 22 hours of European external CME credits. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

USA

EACCME credits are recognized by the American Medical Association towards the Physician's Recognition Award (PRA).

Procedure for obtaining American AMA credits

The AMA PRA Category 1 Credits are available for all the specialists.

- Apply for conversion of EACCME credits to AMA PRA Category 1 CreditTM (conversion ratio equals 1).
- Download the "Application for EACCME Credit Conversion" on AMA web site (http://www.ama-assn.org/ama1/pub/upload/mm/455/eaccme_creditfrm.pdf).
- And follow the process explained here: <http://www.ama-assn.org/ama/pub/education-careers/continuing-medical-education/physicians-recognition-award-credit-system/other-ways-earn-ama-pra-category.shtml>

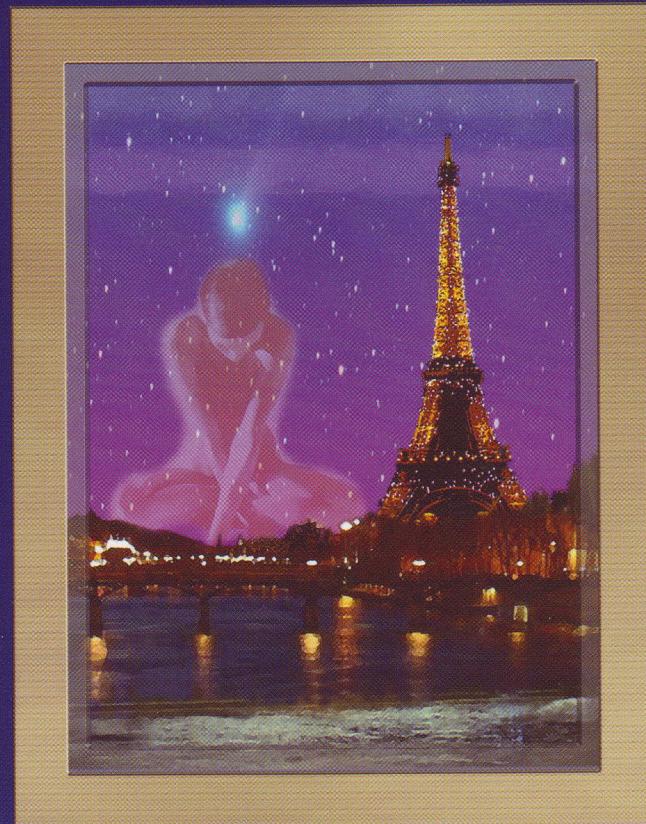
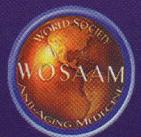
IMCAS 2010: 22 AMA PRA 1 category credits (AMA)

EMAA

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WWW.EUROMEDICOM.COM

Diplômé du D.E.S.C. de Chirurgie Plastique, Reconstructrice et Esthétique

Ancien Chef de Clinique – Assistant des Hôpitaux de Paris

Ancien Assistant des Hôpitaux

Ancien Intern Médaillé d'Or de Chirurgie des Hôpitaux de Paris

Prix de l'Académie Nationale de Chirurgie - Lauréat de la Faculté de Médecine

Praticien-Attaché à l'Hôpital Rothschild

Membre de la Société Française de Chirurgie Plastique, Reconstructrice et Esthétique (SOFCPRE)

Microchirurgie - Chirurgie de la main

KYRIAZIS Marios, BA, MD, MSc, DGM, MIBiol, CBiol

Anti-Aging Medicine, Geriatrician (London, UK)

Dr Marios Kyriazis is an internationally-known pioneer in the science and application of anti-aging medicine. He is a practising physician, medically trained in Italy, USA and England. In addition, he has also formally studied gerontology [the science of aging] full time, at the King's College, University of London. He has a post-graduate Diploma in Geriatric Medicine from the Royal College of Physicians of London and he is also a Chartered Biologist, and Member of the Institute of Biology for work into the biology of aging. He is the founder of The British Longevity Society and is an advisor to several other age-related organisations. He has worked as a longevity and anti-aging consultant for a number of commercial companies. He has a portfolio of over 650 published articles, lectures and interviews on healthy aging, both for scientists and for the public. His most recent book is 'Anti-Aging Medicines' published by Watkins (London 2005).

He has featured in almost all daily and weekly national newspapers, television and radio in the UK, and internationally. Dr Kyriazis has nurtured an active co-operation with scientific and Academic institutions worldwide (e.g. Russia, Turkey, US, UK, Japan, Australia, South America) to monitor new developments in the field, and he has presented his research in scientific conferences across the world. His current interests include:

- * Integrating complementary and conventional medicine
- * Brain health
- * Cutting-edge research and developments
- * Prevention and treatment of age-related illness
- * Visionary and theoretical anti-aging concepts
- * Mechanisms of aging
- * Educating both the general public and the interested scientist about the ageing process.

LABLANCHY Jean-Pierre, MD

Psychiatrist (Paris, France)

LACROIX Bruno

Physiotherapist (Paris, France)

Diploma in Nutrition & micro nutrition from the University Of Dijon (2002). Diploma of nutritionist "CZI" in Switzerland (2000). Throughout his education, Bruno Lacroix has received training in divergent disciplines including his Health Science, Exercise Physiology (with a specialization in Exercise and Nutritional Biochemistry) from the University of California of Los Angeles. (1997) In the past seven past years (1998-2005) Bruno Lacroix has written a more than of one thousand articles on training, diet, nutritional supplements, aging, health and the bad effect of drug use in sports for many magazines and association journals. He has written for and had regular monthly columns in all the popular magazine of fitness Body fitness, Monde du muscle, ASPS and many smaller publications on health and disease (nutripages, nutranews.) Now (since 2002) Bruno Lacroix does many seminars about different health problem (inflammation and disease, metabolic syndrome, chronic syndrome syndrôme, environmental medicine etc.), www.nutripages.fr for physicians with IFREMAS (Institut Français de Recherche et d'Etude sur la Micro-Nutrition et les Aliments-Santé). In the past (since 1990 at 1998) he coached many athletes in different disciplines, actors, fashion model and businessmen. As a result of this broad educational base, his knowledge extends beyond the bounds of physical preparation and nutrition alone.

LAI David Y.C., MD

Anti-Aging Medicine (Hong Kong, China)

LAMMERS Hansjoerg, MD

Anti-Aging Medicine (Wulfrath, Germany)

Hansjoerg Lammers, D.D.S., study of holistic dentistry at the private university of Witten/Herdecke, Germany, from 1985-1990. Practicing dentist, lecturer, author and developer of nutraceuticals since 1991. Adviser of the medical society for comprehensive biological therapies at own international conferences. Head of the Anti-Aging-Department of the Fountain of Youth Clinic in Bonn, Germany.

Specialties:

Regulative medicine, biocompatible dental care, metal free dentistry, detoxifying and nutritional dentistry, specializing in Multiple Chemical Sensitivity (MCS), MS, ALS, Autism,Cancer and Brain Detoxification of heavy metals.

1995: Founder of the Institute for Integrative and Preventive Medicine (IIPM), Germany, for the support of detoxifying treatments in all chronic diseased patients.

Affiliations: International Society of Holistic Dentistry GZM – Germany, Interdisciplinary Society of Environmental Medicine – Germany, International Academy of Oral Medicine and Toxicology I.A.O.M.T. – Florida/USA, American Academy of Anti-Aging Medicine A4M – Chicago/USA, Scientific Advisory Board of the Anti-Aging Academy – Munich/Germany, Medical Society of Experience in Medicine – Stuttgart/Germany and German Society of Anti-Aging Medicine GSAAM – Germany, Advisor of Saudi Autistic Society /Saudi Arabia.

Publications: More than 90 papers, scientific articles and contributions to books in the last 5 years.

Extent of fame: well known in Germany and abroad for AntiAging-Therapies with Detoxification and Nutrients and for detoxifying functional medicine with nutraceuticals, especially corn-free Vitamin C and oral microencapsulated EDTA in chronological illnesses.

LANIGAN Sean, MD

Dermatologist (Birmingham, UK)

Dr Sean Lanigan moved to the City Hospital, Birmingham as a Consultant Dermatologist and Medical Director of the Lasercare Clinics from his previous position as Consultant Dermatologist in Bridgend, South Wales. He is Lead Clinician for the NHS Dermatology Department which employs eight Consultants.

Christian Berwald

La meilleure connaissance de l'anatomie chirurgicale du visage a permis la réalisation de dissections de plus en plus importantes dans des plans variés dans le but d'agir spécifiquement et indépendamment sur le relâchement de chacune des structures. Malgré tout il n'est pas toujours utile de réaliser de grandes dissections qui vont rompre systématiquement l'ensemble des points de soutien des structures superficielles et qui sont responsables de suites post-opératoires marquées. L'évolution actuelle se fait vers la combinaison de plans de dissection chirurgicaux qui vont être adaptés au visage opéré libérant plus ou moins les points de fixité, mobilisant et décollant des structures dans les plans superficiels ou profonds et repositionnant ces structures selon des directions et avec des forces de traction qui sont fonction des défauts à corriger. On s'oriente donc vers une correction chirurgicale personnalisée, à la demande, dont l'importance des suites opératoires est parfaitement corrélée aux déformations anatomiques rencontrées.

FRIDAY SEPTEMBER 30th / VENDREDI 30 SEPTEMBRE

Room 241 / Salle 241

SESSION 1

SPORTS MEDICINE: CAN WE LIVE LONGER AND BETTER WITH PHYSICAL EXERCISE?

SPORT ET MÉDECINE ANTI-AGE: PEUT-ON VIVRE MIEUX ET PLUS LONGTEMPS GRÂCE À L'EXERCICE PHYSIQUE ?

Chairman: Claude CHAUCHARD - Endocrinology, Anti-Aging Medicine (Paris, France)

ANTI-AGING NUTRIENTS FOR SUPPLEMENTATION IN ANTI-AGING CLINICS

LES COMPLÉMENTS NUTRITIONNELS EN CENTRE ANTI-ÂGE

Claude CHAUCHARD

(Paris, France)

IMPROVEMENT OF BODY COMPOSITION BY PHYSICAL EXERCISE AND NUTRITION

AMÉLIORATION DE LA MASSE CORPORELLE PAR L'EXERCICE PHYSIQUE ET L'ALIMENTATION

Bruno LACROIX

(Paris, France)

Aging is associated with a decrease in fat-free mass, an increase in fat mass, and progressive impairment of muscle function and performance. Why do strong, vigorous people turn into frail, feeble people as they get older?

Adverse body composition changes [i.e., more fat, less muscle] reflect shifts in the "muscle axis" toward catabolic hormones and the "fat axis" toward lipogenic hormones. Hormonally-incorrect diet, exercise, and lifestyle practices can accelerate these negative hormonal shifts.

Exercise is a strong anti-aging effect because it's a partitioning agent which works via increasing leptin and insulin sensitivity, so increase adiponectin as well. The good ratio muscle mass/ body fat is a great factor to live longer and to be healthy. Exercise will replenish and restore vascular endothelium and raises endorphin and PEA levels.

Exercise raises basal metabolic rate, increases stress adaptogens, improves respiratory function, enhances immune responses and neuromuscular coordination.

Exercise increase level of brain-derived-growth-factor (BDNF) and others growth factors, stimulate neurogenesis, increase resistance to brain insult and improve learning, mental performance and brain plasticity. It reduces cholesterol and triglycerides and increases HDL 2b (reverse cholesterol transfer).

When you manipulate the exercise variables of frequency, intensity, duration, and volume correctly, you can have a great result of the all benefit of exercise on health very fast even if you are working-out in your home with only less than 1 hours and half each week. The right exercise shows how these factors impact hormone levels, and provides practical recommendations about how to modify these factors as a vehicle for improving hormonal status. The fact is that small, easy modifications in lifestyle can make a huge difference in your hormonal status [and your hormonal status influences everything from body fat percentage, to energy levels, to the rate at which you age, to immune function, to sexual performance].

But the wrong type or too much exercise of exercise may be robbing you of up to 95 % of your results and - even worse - may be stimulating pro-aging, anti-immunity, catabolic hormones. The list of benefits goes on and on, this could include joint and cartilage degeneration, and excessive free radical production resulting in DNA damage. And proper nutrient supplementation, like antioxidants and protein, should be used along with exercise. Exercise alone is not sufficient to be healthy, there is a myth that you can whatever you want if you just exercise, you can just read the list of marathon runners who have sudden and often fatal heart

attacks due to advanced atherosclerosis. Exercise is not an antidote for the devastating effects of a diet high in sugar or high glycemic load.

The right diet and the right exercise program is the best way to increase metabolism and a state of anabolic pathway. The leaner body mass we have, the greater the number of calories we will burn throughout the day. Just 15 minutes three times a week of moderate intensity training increase strength and muscle mass and fitness level.

There are many myths in the industry of fitness: More is better, aerobic exercise is the best form of exercise to burn fat. Specifically, the prevailing focus on burning calories is misguided, because calories burned during exercise is a relatively minor benefit. The major benefits of a properly designed exercise routine are metabolic and hormonal in nature. Some evidence for this comes from a review of several hundred weight loss studies conducted by Dr. Wayne Miller and colleagues at The George Washington University Medical Center.

Twenty-five years of weight loss research shows that diet and aerobic exercise provides only a very marginal benefit (in terms of weight loss) when compared to diet alone.

Another popular misconception is the idea that aerobic exercise increases caloric expenditure after a bout of exercise, thus making a further contribution to fat loss. Unfortunately this is not always the case. Excess post-exercise oxygen consumption (the name given to the increase in caloric expenditure following a workout) is more likely to occur after high-intensity exercise. Moderate-intensity aerobic exercise (such as walking or jogging) has very little effect on post-exercise metabolic rate.

I'll show you in this conference, a great method that increase your fitness level, that improve your body composition with all the anti-aging benefit of exercise with only 10 at 30 minutes three times a week.

FOOD THAT REJUVENATE AND DEVELOP PHYSICAL ACTIVITY L'ALIMENTATION QUI RÉGÉNÈRE ET DÉVELOPPE L'ACTIVITÉ PHYSIQUE

Jean-Claude HOUDRET

(Paris, France)

English

With a sensible loss of weight, it is possible to maintain the appearance of youth or to give the illusion of being younger when one is a little too large. Likewise, that loss of weight also improves the physical capacities by relieving the articulations, by supporting the respiratory capacity and by allowing the conservation or the rebuilding of the muscular mass. This slimming passes by modifications of the eating habits but it should take in account the specific needs that change with age. Thus, it is advisable while ageing to favor the intake of proteins and the unsaturated fatty acids, but without any excess and by always keeping in sight the goal: to avoid or to loose the overweight.

A healthy diet can turn into a true medication if it is plan according to all the nutriments contain in the food. It is important to "manage" in everyday cooking the intake of proteins, of omega 3 and 6 and of antioxydants like the carotenoïds, the coenzyme Q10, the flavonoïdes and polyphenols. Other antioxydants are brought by the food but they can be supplemented successfully by the intake of some nutritional supplements.

Among the most interesting ones the curcuma, an Indian spice, is an interesting antioxydant and anti-inflammatory drug, also the famous antioxydant Papaya extracts, the green tea very rich in polyphenols, the skin of grape very rich in flavonoids and catecholamine as well as the rosemary which contains in great quantity polyphenols and flavonoids. And of course the vitamins C and E which are among the most active antioxydants.

To conclude, if it is obviously impossible to turn back the clock of time, it is on the other hand possible to avoid the devastating effects of ageing by a well balanced diet and the regular use of certain nutritional complements. Also, the regular practice, as a long time as possible of some physicals and/or sporting activities, adjusted to one's strength, but as tonic as possible are advisable cavity.

The combination of alicaments, of nutritional complements, of a balance diet and of a well chosen physical exercise should preserve to the maximum the apparent signs of youth. But one will be able also to maintain or recover the signs and the organic functionalities deteriorated by ageing thus carrying out a true interior "renovation" which supplements the external "renovation".

Français

Un amaigrissement raisonnable contribue à maintenir l'aspect de la jeunesse ou à donner l'air plus jeune lorsque l'on est un peu trop gros.

Cet amaigrissement passe par des modifications de l'alimentation qui doivent tenir compte des besoins spécifiques qui évoluent en fonction de l'âge. Ainsi, il convient en vieillissant de privilégier la prise de protéines et des acides gras non saturés, mais sans excès et en gardant toujours en vue le but d'éviter ou de faire disparaître le surpoids.

L'alimentation peut être considérée comme une véritable médication si on l'organise en tenant compte des nutriments qui la composent. En particulier, on doit « gérer » dans la cuisine de tous les jours : les oméga 3 et 6 et les anti-oxydants comme les caroténoïdes, le coenzyme Q10, les flavonoïdes, les polyphénols, les extraits de papaye, le glutathion, ainsi que les vitamines et spécialement les vitamines C et E, anti-oxydantes notoires.

Pour conclure, s'il est évidemment impossible de rajeunir réellement, il est possible d'éviter les effets délétères du vieillissement par une alimentation bien équilibrée et l'usage régulier de certains compléments nutritionnels. La combinaison des alicaments, des compléments nutritionnels, d'une alimentation attractive et d'un minimum d'exercice physique bien choisi doit permettre de préserver au maximum les signes apparents de la jeunesse.

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implantable 'devices' are graded as classes IIb or III (high risk or very high risk). These classes require that the manufacturer establishes a detailed technical documentation for the demonstration and conformity of his product and implements a quality assurance system into his company. Both product conformity and quality assurance will be verified or respectively certified by a notified body. The notified body is an independent company authorised by a national institution.

It must be noted that due to this procedure the manufacturers information about a given fillers efficacy and safety is not necessarily based on clinical trials, since at no point of the CE-marking process for medical devices such trials are specifically required. In the absence of such studies, the main resource for efficacy and safety information are for the majority of injectable fillers case reports or at best case series. Therefore, for most injectable fillers our knowledge on efficacy and safety is limited, i.e. we can not tell our patients how long a certain filler lasts and how safe its use is.

Bearing these shortcomings and the potential risk factors associated with the lack of safety data in mind it should be discussed whether the existing certification system is really sufficient for the introduction of new substances in the market.

Combinations for lips: Fillers with Botulinum Toxin
Combinaisons pour les lèvres : comblement et toxine botulique

PHILLIP LEVY (SWITZERLAND)

Combinations for lips: Fillers with permanent make-up
Combinaisons pour les lèvres : comblement et maquillage permanent

SANDRA VIGLINO (SWITZERLAND)

La présentation est basée sur la dermographie esthétique et médicale, spécifiquement pour la région des lèvres.
La dermographie esthétique des lèvres peut être dans beaucoup cas un excellent complément aux traitements de comblement et de Botox des lèvres. Il permet d'améliorer et obtenir un meilleur résultat.

FRIDAY OCTOBER 13 / VENDREDI 13 OCTOBRE - ROOM / SALLE MAILLOT

SESSION 3

NUTRITION: CAN WE HEAL THE AGE-RELATED OBESITY?
NUTRITION : POUVONS-NOUS GUÉRIR L'OBÉSITÉ LIÉE À L'ÂGE ?

CHAIRMEN: CLAUDE CHAUCHARD, CLARENCE DAVIS

Increasing muscle weight by changing the food choice
Augmenter la masse musculaire en changeant de nourriture
BRUNO LACROIX (FRANCE)

A number of people think they have to eat a lot more to put on mass. Not so, you can put on muscle mass even if you are in caloric balance. You do this by redirecting nutrients and energy over the right metabolic pathways. This requires a reduction in cortisol and catabolic cytokines (so don't over train and get plenty of play and rest) and a increase in MGF (mechano growth factor) in muscle cells and eat enough protein to improve protein synthesis. Intermittent high intensity exercise is crucial. The energy demands of commonly recommended exercise programs are too small to have a large impact and the most effective strategy for weight control is to burn energy but, more importantly, to elevate insulin sensitivity and build lean body mass to burn energy continuously. So, a low intensity signal turns on different genes and signal cascades than a high intensity signal. Low intensity = no muscle protein synthesis. High intensity = markedly increased muscle protein synthesis. Same genes, different signals, different bodies. Add in all the other poor practices (insulin injections, high glycemic "gainer" supplements, high dose GH injections, maybe some steroids too, demineralization and dehydration to get into contest form) and you have someone who is not all that healthy. Recreational body building to build muscle mass and strength carries some cost. Taking it to the competitive level is a risk to health. Most diets require too much and too frequent carbohydrate, and people fail to distinguish properly between the kinds of carbohydrates they eat. A low fat diet combined with elevated carbs can deplete the pools of anabolic hormones and their substrates. These hormones are made from fats so a low fat diet may lead to reduced levels of anabolic hormones. A low fat diet promotes protein wastage because the body is put in a hormonal state where it becomes a poor metabolizer of fat and thus must resort to protein catabolism as a source of glucose. Eat a lot of carbohydrate and you become a carb burner, leaving all those triglycerides floating free in your blood stream and piling the fat onto your mid section from your high insulin level. You can't access this fat for energy and burn up your muscles instead. Not all CHO is equal. You need to eat a lot of CHO, but it is all in plant form such as vegetables and fruit. CHO that contains water is a good guide to CHO that has both low glycemic index (low obesity promoting potential) and low inhibition of mineral metabolism. But, never gorging, just eating to a comfortable level. A huge meal followed by a big dessert (just this one time) is an enormous shock to your metabolism. You will get such a big rush of insulin that you will turn off insulin receptors. Insulin reduces GH response, elevated insulin is the last thing you want as it is the precursor to the metabolic cascade leading to ROS damage, obesity, high blood pressure, and accelerated aging. Eating 5 or 6 or more times a day (to stay in positive nitrogen balance) is plain dumb. You will build less, not more muscle, because you turn down gene expression and you sabotage your insulin. You can have a good amount of muscle, but was carrying too much fat. This is no surprise as you was eating incorrectly, had too little intensity to alter her hormone drives, and killed the GH and gene expression with frequent meals and high carb/protein drinks. Eating good protein intake is perfectly consistent with our evolutionary past and that is enough to put on plenty of muscle. Too much protein is toxic. Intermittency is protective . Those at greatest risk of consuming insufficient protein are those whose lifestyle combines other factors known to increase protein needs with a regular exercise program, e.g., those with insufficient energy intake (dieters), growing individuals, vegetarians, the elderly, those with muscle diseases and so on. In this context, I explain why is the best approach is to consider to choice quality food not necessary quantity because too much of everything is bad.

Preventing obesity by avoiding foods that reduce thyroid, sex-hormone and growth-hormone

Prévenir l'obésité en évitant de consommer des aliments qui réduisent les hormones thyroïdiennes, sexuelles et l'hormone de croissance

GINA VAN BOGAERT (BELGIUM)

It doesn't always come down on the caloric value of foods when we talk about food and obesity.

To explain how certain foods can lead to obesity more than others, it is necessary to explain first the mechanism of hormonal deficiencies behind gaining weight or increase in fat tissue and the opposite – increased hormone levels can mean weight loss or decrease in fat tissue. Increase in visceral and abdominal fat tissue is mainly based on decreasing insulin sensitivity and hyperinsulinemia. Decreased insulin sensitivity can lead to the development of diabetes mellitus type II, which includes increased morbidity and mortality.

Insulin sensitivity depends on other hormones, such as: melatonin, growth hormone, thyroid hormones, DHEA, cortisol, estrogens and testosterone. Basic mechanism : increased insulin = increased leptin = decreased insulin sensitivity = increase fat tissue.

Where as melatonin, growth hormone, cortisol, estrogens and testosterone alter serum levels for insulin and leptin and therefore modify insulin sensitivity.

Thyroid hormone deficiency enhances weight gain and therefore increase the risk for diabetes mellitus type II. DHEA improves fatty oxidation and decreases this way energy storage in fat. It also decreases serum cholesterol and insulin.

Foods such as caffeine, alcohol and sugar decrease growth hormone, thyroid hormone, testosterone and DHEA. They increase estrogens but have each their own effect on stress hormone such as cortisol, adrenalin and noradrenalin.

Bad carbs and daily use of soy decrease DHEA, testosterone, estrogens and progesterone.

The right degree of unsaturation of fatty acids is important to maintain correct levels of DHEA, testosterone and estrogens. Enough proteins have the same effect on growth hormone, DHEA, cortisol, progesterone and testosterone.

Preparing foods on a low temperature prevents an imbalance in sex hormones and reduces the risk of cancer.

Caloric restriction decreases DHEA but increases testosterone and progesterone.

Reducing cellulite and abdominal obesity with growth hormone, testosterone, DHEA replacement: Mechanisms, doses, etc.

Réduire la cellulite et l'obésité abdominale avec l'hormone de croissance, la testostérone, la DHEA : mécanismes, doses, etc.

CLAUDE CHAUCHARD (FRANCE)

Hyperprotein diets

Diètes hyperprotéinées

CLARENCE DAVIS (SWITZERLAND)

How to optimize leptin and insulin to stop taking on weight

Comment optimiser la leptine et l'insuline pour stopper la prise de poids

BRUNO LACROIX (FRANCE)

The discovery of leptin raised great hopes that a natural cure for obesity lay around the corner. Excitement gave way to disappointment. Overweight humans are not leptin deficient: the more body fat, the higher the levels of leptin in blood. For people who are chronically overweight or who have metabolic syndrome, the problem seems to be that leptin is not doing its job of reducing appetite and stimulating fat burning. The effect of leptin is blocked. Scientists call this state leptin resistance. Malfunctioning leptin causes major health problems. These include insulin resistance, high blood pressure, high cholesterol, metabolic syndrome X, diabetes, heart disease, reproductive problems, sex hormone problems, thyroid problems, fibromyalgia, increased risk for cancer, and increased risk for cognitive decline. Leptin plays a primary role in these problems and is frequently the main cause of them; Key signs of a leptin problem include: uncontrollable sugar and food cravings, late night eating, stress eating, weight gain around the middle, unable to reach a goal weight, yo-yo dieting, low thyroid symptoms. Many overweight individuals or people who have a metabolic syndrome are leptin-resistant and it should be no surprise that the brain along with other organs becomes resistant. The same thing is true of insulin; Overweight individuals are both leptin- and insulin-resistant. Hormonal resistance is profoundly disruptive to metabolism and many body tissues suffer. Insulin and leptin resistance are mutually supportive and beyond a point these systems go into a non-linear spiral with each increasing the effects of the other. Other hormones go awry as well. Stress hormones increase as the body tries to burn off the high blood sugar that results from insulin and leptin resistance and then other hormones react. The cascade can be profoundly disruptive and its paths are only beginning to be traced with any understanding. This makes it unlikely that any simple hormonal intervention will have predictable consequences for the whole non-linear cascade is altered. There are a leptin's failure in aging too due to changes in body fat mass or distribution. Leptin's failure in this model suggests its causative role in the metabolic decline seen with aging. Today, it's possible to balance leptin and insulin pathway favourably through good lifestyle and nutrition to improve a good metabolic profile, health and longevity.

Losing up to 140 kilos by avoiding allergic foods

Perdre jusqu'à 140 kilos en évitant les aliments allergisants

MARIO KRAUSE (GERMANY)

SESSION 4

CARDIOLOGY: CAN WE HEAL ATHEROSCLEROSIS WITH ANTI-AGING THERAPIES?

CARDIOLOGIE : POUVONS-NOUS GUÉRIR L'ATHÉROSCLÉROSE AVEC LES THÉRAPIES ANTI-ÂGE ?

CHAIRMEN: CHRISTOPHE DE JAEGER, CHRISTIAN JAMIN

Hormone replacements that prevent and/or reverse coronary heart diseases

Les remplacements hormonaux qui préviennent et/ou inversent les maladies coronariennes

MICHAEL PERRING (UK)

The reversal of damage to the coronary arteries has become the holy grail of anti-aging. Approaches to this problem have focused mainly on prevention, especially nutrition, and pharmaceutical intervention, for example with statins, which may adversely effect

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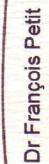
CERTIFICATE

of attendance as speaker awarded to

Dr Bruno LACROIX


Dr Claude Dalle

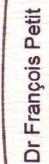

Dr Thierry Hertoghe


Dr Antoine Paraskavas


Dr François Petit


Dr Koenraad de Bouille


Dr Phillip Levy


Dr Mario Treilles



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"The European Masters in Aesthetic & Anti-Aging Medicine, EMAA is designated for a maximum of (or "up to") 12 hours of European external CME credits. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity."
"EACCME credits are recognized by the American Medical Association towards the Physician's Recognition Award (PRA). To convert EACCME credit to AMA PRA category 1 credit, contact the AMA."



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CERTIFICATE

of attendance to the Scientific Program awarded to

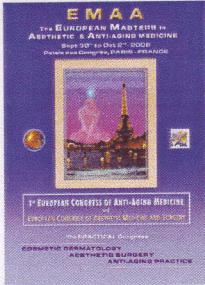
Dr Bruno LACROIX



Dr Thierry Hertoghe
Scientific Coordinator
Anti-Aging Medicine

Dr Jean-Luc LEVY
Scientific Coordinator
Aesthetic Dermatology

Dr Patrick TREVIDIC
Scientific Coordinator
Cosmetic Surgery



EMAA 2005

European Masters in Aesthetic and Anti-Aging Medicine

PARIS, France • September 30th to October 2nd • 2005

Mr LACROIX Bruno
Les Bergeries
Route des Selves
83210 SOLLIES VILLE
FRANCE

Paris, le 12 octobre 2005

Cher Mr LACROIX,

Les membres du comité scientifique se joignent à nous pour vous remercier de votre excellente contribution à la réussite du congrès **EMAA – European Masters in Aesthetic & Anti-Aging Medicine**, qui s'est déroulé du 30 septembre au 2 octobre au Palais des Congrès de Paris.

Plus de 1200 participants étaient présents durant ces trois jours et ils ont largement souligné la qualité du programme scientifique.

Un tel programme scientifique n'est possible que grâce à l'excellence des orateurs : si cette réunion a plu, c'est avant tout à vous que nous le devons et nous vous en sommes extrêmement reconnaissants.

Encore bravo et merci !

Avec toutes nos amitiés

Catherine DECUYPER
Responsable organisation

C.N.M.E.

COLLEGE NATIONAL DE MEDECINE ESTHETIQUE

Docteur Bruno LACROIX
11 chemin du Port Augier
83400 GIENS

Paris, le 18 décembre 2006

ATTESTATION

Le Docteur Bruno LACROIX

Est intervenu le **Samedi 16 décembre 2006 de 14h00 à 16h00** sur le thème suivant .

- L'adipocyte : modèle d'intégration, de signalisation endocrinienne et métabolique.

à la :

Faculté de Pharmacie et de Biologie
4 avenue de l'Observatoire
75006 PARIS
Amphi MOISSAN

Paris le 18 décembre 2006

Docteur Charles GADREAU
Directeur de l'Enseignement



Secrétariat : 5, rue Jules Lefebvre – 75009 Paris // Tél. & Fax : 01-44-63-04-42 //
<http://www.cnme.com.fr>

S.A.R.L. au capital de 8000 Euros. Siège social : 5, rue de Douai – 75009 Paris – SIRET : 433 941 994 00017 APE : 804C

E M A 2 0 0 5

EUROPEAN MASTERS in AESTHETIC & ANTI-AGING MEDICINE

1st EUROPEAN CONGRESS OF ANTI-AGING MEDICINE

Sept 30th to Oct 2nd - 2005, PARIS - FRANCE

CERTIFICATE

**of Participation to the Scientific Program as a Faculty
awarded to**

Mr Bruno LACROIX

As a lecturer



Dr Patrick TREVIDIC
Scientific Coordinator
Cosmetic Surgery

Dr Thierry Hertoghe
Scientific Coordinator
Anti-Aging Medicine

EMAA 2006

EUROPEAN MASTERS IN AESTHETIC & ANTI-AGING MEDICINE

Oct 13th to Oct 15th - 2006, PARIS - FRANCE

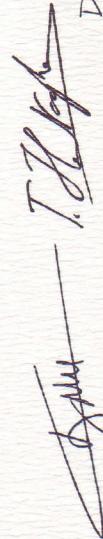
2nd EUROPEAN CONGRESS in AESTHETIC DERMATOLOGY and SURGERY
&
2nd EUROPEAN CONGRESS of ANTI-AGING MEDICINE

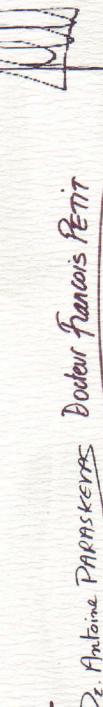
CERTIFICATE

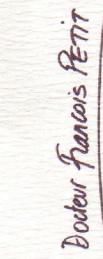
of attendance to the Scientific Program awarded to

Mr Bruno LACROIX

As a lecturer


Dr Claude Dalle

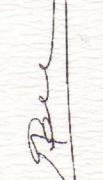

Dr Thierry Herioghe


Dr Antoine Paraskevas


Dr Francois Petit


Dr Koentraad de Bouille


Dr Philip Levy


Dr Mario Treilles



"The European Masters in Aesthetic & Anti-Aging Medicine, EMAA is accredited by the European Accreditation Council for Continuing Medical Education (EACCME) to provide the following CME activity for medical specialists. The EACCME is an institution of the European Union of Medical Specialists (UEMS), www.uems.net."
"The European Masters in Aesthetic & Anti-Aging Medicine, EMAA is designated for a maximum of (or "for up to") 12 hours of European external CME credits. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity."
"EACCME credits are recognized by the American Medical Association towards the Physician's Recognition Award (PRA). To convert EACCME credit to AMA PRA category 1 credit, contact the AMA."

Anti-Aging Medicine Specialization



Paris, October 6th to 11th 2007

Certificate

Of attendance to the scientific One-Week course program

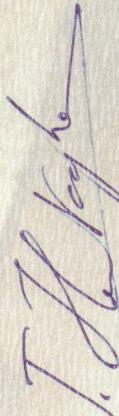
The participant has followed courses on the following topics: Aging of the Endocrine system - Effects of hormone therapies on lifespan - Patent Antioxidant action of Hormones - Vitamins and other nutrients that improve hormones - How to do a good endocrine anamnesis - What are stem cells, difference between stem cells and embryonic cells - Heart regeneration with stem cells after myocard infarct - Physical exercise: Impact on the incidence of age-related disease and longevity Chronic fatigue syndrome - Thyroid treatment - Diabetes; clinical symptoms - Hormone Workshops - Basic hormone therapies And has participated to the academic year 2007-2008 to one week (50 hours) of courses that are part of the first theoretical and practical year in ANTI-AGING MEDICINE SPECIALIZATION, a medical educational program of 200 hours, organized following the criteria of the European Institute of scientific Anti-aging medicine (Euriscia).

Delivered to

Mr Bruno LACROIX

As a lecturer

in Paris, October 11th, 2007


Dr Thierry Hertoghe
President

World Society of Anti-aging Medicine
Scientific coordinator of the International A.A.M.S




Dr Claude Dalle
President of EUROSCIA
European Organisation
of Scientific Anti-Aging Medicine

**Institut Supérieur Francophone
de la Formation à la Médecine Anti-Age (ISFMAA)**

Séminaire de Paris, 4- 9 Avril, 2008

ATTESTATION
Module 4

Synthèse et nouvelles techniques

Mr Bruno LACROIX

As a lecturer

A participé au cours de l'année académique 2007 - 2008 au cycle de formation de 100 heures, consacré aux "Thérapeutiques Anti-Age" organisé selon les critères de l'Institut Francophone de Médecine Anti-Age (ISFMAA).
Il/elle a suivi régulièrement les cours se rapportant aux matières suivantes : Implications de la génomique en MAA - les grands principes de la prise en charge psychologique en MAA - Les implications environnementales sur la santé - Les indications et contre indications des adjutants en MAA - L'interprétation d'un bilan de stress oxydant et connaissance des implications pratiques - Création et organisation de la consultation MAA - Savoir quelles précautions prendre - Reconnaître dans une pratique quotidienne les différents aspects théoriques abordés dans les modules



Prof. Patrick CHERIN
Direction du Comité Scientifique

European Society for Scientific Anti-Aging Medicine

Dominique RUEUFF
Président de la ADNO
Délivré à Paris,
9 Avril 2008

Anti-Aging Medicine Specialization

Paris, September 20th to 23rd, 2008



Certificate

Of attendance to the Scientific Program

The participant has followed courses on the following topics: The ABC of lifespan medicine - Senescence - Juvenile anti-aging medicine - Physical exercise
Electrolyte and pH balance - Chronic Fatigue Syndrome - Practical cases of patients with CFS - Interactive sessions - The endocrine system: A review
Hormone actions: An overview - Factors that impact on the Endocrine System - Effects of Hormone Therapies - Hormone lab tests and treatment: Overview - Thyroid deficiencies
And has participated to the academic year 2008-2009 (28 hours) of courses that are part of the first year in ANTI-AGING MEDICINE
SPECIALIZATION, a medical educational program of 200 hours, organized following the criteria of the European Institute of scientific Anti-aging
medicine (Euroscia).

Delivered to

Mr Bruno LACROIX

As a lecturer

T. H. Vogt

Dr Thierry Hertoghe

President

World Society of Anti-aging Medicine
Scientific coordinator of the International A.A.M.S

in Paris, September 23rd, 2008



THE AAMS IS ACCREDITED BY THE EUROPEAN ACCREDITATION COUNCIL FOR CONTINUING MEDICAL EDUCATION (EACCME) TO PROVIDE THE FOLLOWING CME ACTIVITY FOR MEDICAL SPECIALISTS.
THE EACCME IS AN INSTITUTION OF THE EUROPEAN UNION OF MEDICAL SPECIALISTS (UEMS), www.uems.net.
“THE AAMS IS DESIGNATED FOR A MAXIMUM OF 18 HOURS OF EUROPEAN EXTERNAL CME CREDITS. EACH MEDICAL SPECIALIST SHOULD CLAIM ONLY THOSE HOURS OF CREDIT THAT HE/SHE
ACTUALLY SPENT IN THE EDUCATIONAL ACTIVITY.” “EACCME CREDITS ARE RECOGNIZED BY THE AMERICAN MEDICAL ASSOCIATION TOWARDS THE PHYSICIAN'S RECOGNITION AWARD (PRA).
TO CONVERT EACCME CREDIT TO AMA PRA CATEGORY 1 CREDIT, CONTACT THE AMA.”

CREDITS 18

Anti-Aging Medicine World Congress and MediSpa

2009

MONTE CARLO - PRINCIPAUTÉ DE MONACO
MARCH 19TH TO 21ST



Certificate

of participation as a Lecturer awarded to

Mr Bruno LACROIX

PATRICK TRÉVIDIC, MD
AMWC SCIENTIFIC DIRECTOR (FRANCE)
AESTHETIC SURGERY

PIERRE ANDRÉ, MD
AMWC SCIENTIFIC DIRECTOR (FRANCE)
AESTHETIC/DERMATOLOGY

CLAUDE DALLE, MD
AMWC SCIENTIFIC COORDINATOR (FRANCE)
ANTI-AGING MEDICINE

MARIO KRAUSE, MD
SCIENTIFIC COORDINATOR (GERMANY)
MEDISPA



The Anti-Aging Medicine World Congress, 19 -21 March 2009 is accredited by the European Accreditation Council for Continuing Medical Education (EACCME) to provide the following CME activity for medical specialists. The Anti-Aging Medicine World Congress, 19-21 March 2009 is designated for a maximum of 15 hours of European external CME credits. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity EACCME credits are recognized by the American Medical Association towards the Physician's Recognition Award (PRA). To convert EACCME credit to AMA PRA Category 1 Credit™, multiply the number of EACCME credits by 1.5.

