



LACROIX  
BRUNO

LECTURER IN  
FUNCTIONAL MEDICINE  
& PRO-AGING MEDICINE  
EXPERT IN NUTRITION  
& HUMAN PHYSIOLOGIST

BOOK





A B O U T

C O N F E R E N C E

&

S E M I N A R



# About

Educational Background Diploma in Nutrition & Micro Nutrition at the University Of Dijon (2002). Diploma of nutritionist "CZI" in Switzerland (2000); Throughout his education, Bruno Lacroix has received training in diverse disciplines including Health Science, Exercise Physiology (with a specialization in Exercise and Nutritional Biochemistry) at the University of California in Los Angeles. (1997) From 2000 to 2015 Bruno Lacroix gives more than 350 conférences about functional Medicine and Anti-aging Medicine for board (World Anti-Aging Medicine, IAS, EMAA, INCAS, Quantique Medicine and for Biotic Research (Energetica Natura ), IFREMAS (Institut Français de Recherche et d'Étude sur La Micro-Nutrition et Les Aliments- Santé). and Oligosanté for physicians and naturopaths . He give seminars about different health-related problems (inflammation and disease, metabolic syndrome, diabetes, obesity, chronic fatigue syndrome, environmental medicine, Microbiome & diseases, cancers, etc...), IFREMAS (Institut Français de Recherche et d'Étude sur La Micro-Nutrition et Les Aliments- Santé).

From 1998 to nowadays, Bruno Lacroix has written more than 300 articles on training, diet, nutritional supplements, aging, health and on the harmful effects of the use of drug in sports, for many magazines and association newspapers. Monthly columns were reserved for his articles in all the popular magazines of fitness - "Body fitness", "Monde du muscle", "ASPS" and many smaller publications on health and disease ("Nutripages", "Nutranews"). Formerly (from 1990 to 1998) he coached many athletes in different disciplines as well as actors, fashion model and businessmen. As a result of this broad educational base, his knowledge extends beyond physical preparation and nutrition only.

National & International lecturer in Functional Medicine (Coaching Medical physician in Functional Medicine for :

-Nutritional laboratories Oligosanté et Biotics Research (Energetica Natura).

-Euromedicom :

- World Anti-aging Medicine.
- EMAA (European Anti-aging Medicine).
- AAMS (Anti-aging Medicine Specialization).
- Post University Anti-aging Medicine training.

-L'IMCAS (International Master Course in Aging Skin).

-Université de Paris Descartes.

-Le SINES (Symposium International Nutraceutique & Environnement.

-Various international congresses.









# World Anti-aging Conference

NOUMEA – Hotel Méridien, New Caledonia  
30 march 2004 : “Ancestral food and health”.

NOUMEA – Auditorium CCI  
31 march 2004 : “How to improve performance naturally”.

PAPEETE – Maeva Beach, Tahiti  
06 april 2004 : “How to improve performance naturally”.

BARCELONE – Hotel Trip Apollo, Spain  
12 june 2004 : “FirstLine Therapy : metabolic syndrome”.  
13 june 2004 : “Physiologic effects of physical exercise”.

ROME – Hotel Boscolo Palce, Italy  
03 july 2004 : “FirstLine Therapy : metabolic syndrome”.  
04 july 2004 : “Physiologic effects of physical exercise”.

AMSTERDAM – Hotel Victoria, Italy  
18 july 2005 : “Patho physiologic of chronic fatigue syndrome”.  
19 july 2005 : “Nutrigenomic of hepatic detoxifation”.

PARIS – France – Palais des Congrès – The European Masters in Aesthetic  
& Anti-aging Medecine \_ EMAA  
30 september 2005 : “Improvement of body composition by physical  
exercise and nutrition”.

MARRAKECH – Morrocco – Hotel Atlas \_ Séminaire Longévité, Médecine  
et nutrition  
15 - 16 may 2006 : “Anti-aging medecine & nutrition”.  
“The truth about protein intake and health”. “Improve insulin and leptin  
pathways for health”.

PARIS – Palais des congrès – European congress in anti-aging Medecine –  
EMAA  
13 october 2006 : “Increase muscle weight by changing food choice”.  
“How to optimize leptin & insulin to stop taking on weight”.

PARIS – Palais des congrès – Anti-aging Specialization  
11 september 2007 : “The right exercise, dosing and fine tuning to live longer  
and better” + questions and answers. “Interactive practical physical exercise  
session”.

PARIS – Hôtel Hilton  
05-07 april 2008 : “How to eat well in 2008 and avoid toxins food”, “Physical ac-  
tivity interest, guidelines, contraindications”, “Development of physical training  
program destined to unhealthy people”.

PARIS – University Paris Descartes – Faculté de Médecine  
Traning & certifications for the world Society Anti-aging Medecine  
22-23 september 2008 : “The exercising programs of top athletes”, “The right ex-  
ercises (dosing) to improve health”, “Insulin resistance, exercise & disease”.

PARIS – IMCAS – Palais des Congrès  
08-09 january 2009 : “ Physical exercise and hormonal balance”.

MONACO – World Anti-aging Conference  
19 March 2009 : “Optimize hormonal system through exercise and lifestyle”.

PARIS – IMCAS – Palais des Congrès  
10 january 2010 : “Women, menopause & physical exercise”.

NARBONNE – France – Château de l'Hospitalet  
2 International Conference Nutraceutique & Health Environnement.  
1With Pr Henri Joyeux, Dr Curtay, Dr Robin, Pr Narbonne, Thierry Souccar and  
Bruno Lacroix.  
29 january 2010 : “What is the best type of physical exercise for aging purpose”.



# European Functional Medecine Conference

## PARIS – Institut IFREMAS

08 october 2003 : "Modulation of body composition through nutrition, micro-nutrition & physical exercise".

## LYON – Locaux IFREMAS

27 november 2003 : "Yesterday's, today's and tomorrow's nutrition".

## LYON – Locaux IFREMAS

11 february 2004 : "How to improve body composition according to one's phenotype & morphotype".

## LYON – Locaux IFREMAS

25 march 2004 : "Pathophysiologic neuro-endocrinian aspects of stress : diagnosis & remedies".

## NOUMEA – New Caledonia – Hotel Meridien

30 march 2004 : "Yesterday's, today's and tomorrow's nutrition".

## NOUMEA – New Caledonia – Auditorium CCI

31 march 2004 : "Views on performance".

## NOUMEA – New Caledonia – Hotel Meridien

01 april 2004 : "Sarcopenia".

## TAHITI – Mavea Beach in Papeete

06 april 2004 : "Views on performance".

## TAHITI – Mavea Beach in Papeete

07 april 2004 : "Modern chronic diseases".

## LYON – Locaux IFREMAS

26 may 2004 : "Getting a fix on Omega-3".

## BARCELONA – Spain – Hotel Trip Apoll

12 june 2004 : "Firstline therapy : the plurimetabolic syndrome".

## BARCELONA – Spain – Hotel Trip Apoll

13 june 2004 : "Effects of exercise on body composition".

## ROME – Italy – Boscolo Palace Hotel

03 july 2004 : "Firstline therapy : the plurimetabolic syndrome".

## ROME – Italy – Boscolo Palace Hotel

04 july 2004 : "Effects of exercise on body composition".

## LYON – Locaux IFREMAS

07 july 2004 : " The metabolic syndrome".

## LILLE – Hotel Carlton

21 october 2004 : "The metabolic syndrome".

## PARIS – Hotel Meridien Etoile

23 november 2004 :

1<sup>st</sup> part "Lipolysis pathway" Pr Lafontan of the Toulouse INSERM.

2<sup>nd</sup> part "Phytotherapy, physical exercise and lipolysis" Bruno Lacroix.

## LILLE – Hotel Carlton

11 january 2005 : "Modulation of body composition through physical exercise & nutrition".

## LYON – Locaux IFREMAS

19 january 2005 : " Adipocytes : adipogenesis, lipolysis and lipogenesis".

## PARIS – Maison de la Chimie

20 january 2005 :

1<sup>st</sup> part "The satiety pathway" by Mr Darcel (INRA).

2<sup>nd</sup> part "Bioactive aspects of milk proteins" Bruno Lacroix.



## PARIS – Maison de la Chimie

01 february 2005 :

1<sup>st</sup> part “New aspects of lipolysis” Pr Galitzky of the INSERM of Toulouse.

2<sup>nd</sup> part “Influence of the environment on one’s weight” Bruno Lacroix.

3<sup>rd</sup> part “Metabolic rehabilitation” Bruno Lacroix.

## LYON – Locaux IFREMAS

22 march 2005 : “Women through time”.

## LILLE – Grand Hotel Bellevue

05 april 2005 : “On Omega-3”.

## LYON – Locaux IFREMAS

14 june 2005 : “Inflammation : forerunner of numerous pathologies”.

## AMSTERDAM – Nederlands – Hotel Victoria

18 june 2005 : “Chronic Fatigue Syndrome”.

## AMSTERDAM – Nederlands – Hotel Victoria

19 june 2005 : “Uncorrelated organic detoxification”.

## LYON – Locaux IFREMAS

17 november 2005 : “Pathophysiologic neuro-endocrinian aspects of stress : diagnosis & remedies”.

## LILLE – Grand Hotel Bellevue

24 november 2005 : “Pathophysiologic neuro-endocrinian aspects of stress : diagnosis & remedies”.

## PARIS – Locaux IFREMAS

29 november 2005 : “Chronic Fatigue Syndrome”.

## PARIS – Locaux IFREMAS

10 december 2005 : “The diabetes epidemic : the nutritionist’s response”.

## LYON – Locaux IFREMAS

11 january 2006 : “Diseases of civilization : back to origins”.

## LILLE – Grand Hotel Bellevue

26 january 2006 : “Enhancement of the insulin and leptin pathways”.

## PARIS – Locaux IFREMAS

28 january 2006 : “Environmental pollution -A reality : phytonutritional solutions”.

## MARSEILLE – Hotel Holiday Inn

07 february 2006 : “Is a nutrigenomic approach the key to modern chronic diseases ?”.

## LYON – Locaux IFREMAS

14 march 2006 : “ Natural hormonal modulation”.

## PARIS – Hotel Hilton La Fayette

23 march 2006 :

1<sup>st</sup> part “Physiology of stress” Pr Jean Robert Rapin scientific Director of AIM & University of Dijon.

2<sup>nd</sup> part “Adaptogenes and their effects on the allostatic load” Bruno Lacroix.

## PARIS – Locaux IFREMAS

25 march 2006 : “ New aspects of weight loss”.

## LILLE – Grand Hotel Bellevue

05 april 2006 : “Individual detoxification”.

## MARRAKECH – Morocco – Hotel Atlas

Seminar on Longevity, Medecine and nutrition.

15 may 2006 : “ Anti-aging medecine & nutrition”.



MARRAKECH – Morocco – Hotel Atlas

Seminar on Longevity, Medecine and nutrition.

15 may 2006 : Afternoon topic “ The use of proteins & physical exercise”.

MARRAKECH – Morocco – Hotel Atlas

Seminar on Longevity, Medecine and nutrition.

16 may 2006 : “ Enhancement of the insulin and leptin pathways”.

NICE – Hotel Boscolo Plaza

14 july 2006 : “The allostatic load : omnipresent cause of modern pathologies”.

LILLE – Grand Hotel Bellevue

02 october 2006 : “Ancestral - Food and genes”.

PARIS – Hotel Hilton La Fayette

04 october 2006 :

1<sup>st</sup> part “The paleolithic diet & chrono nutrition” Professor Jean Robert Rapin.

2<sup>nd</sup> part “The paleodiet : advantages of cyclic nutrition” Bruno Lacroix.

LYON – Hotel Mercure

05 october 2006 :

1<sup>st</sup> part “The paleolithic diet & chrono nutrition” Professor Jean Robert Rapin.

2<sup>nd</sup> part “The paleodiet : advantages of cyclic nutrition” Bruno Lacroix.

PARIS – Faculty of Pharmacy & Biology

16 december 2006 : CNME (Natal College of Aesthetic Medecine)

“The adipocyte : pattern of integration and of endocrinian & metabolic pathways”.

LILLE – Grand Hotel Bellevue

31 january 2007 : “Inflammation : Crossroad of pathologies”.

LILLE – Grand Hotel Bellevue

20 march 2007 : The mitochondrion's role : coenzyme Q10”.

LYON – Hotel Mercure

27 march 2007 : The mitochondrion's role : coenzyme Q10”.

MARSEILLE – Hotel Holiday Inn

26 march 2007 : “The adipocyte : pattern of integration and of endocrinian & metabolic pathways”.

PARIS – Salon Hoche

26 april 2007 : “Oxydative phosphorylation and coenzyme Q10”.

LILLE – Grand Hotel Bellevue

05 june 2007 : “Hormonal system of women through time”.

MARSEILLE – Hotel Holiday Inn

12 june 2007 : “Peak output training : Physical training methods of astronauts effective against sarcopenia”.

LYON

14 june 2007 : “Age and hormonal pathway”.

LE MANS – Circuit des 24h du Mans

At the 2007 “ 24 heures du Mans” World tournament (Rollerblade)

30 january 2007 : “Nutrition and micro nutrition for performance”.

GANTOIS – Hotel Hermitage

01 april 2008 : “Pathophysiology of chronic fatigue syndrome”.

PARIS – Hotel Hilton – Certificat Post Universitaire Medecine Anti-Age.

05-07 april 2008 : “How to eat well in 2008 and avoid toxins food”

1<sup>st</sup> session “Physical activity interest, guidelines, contreindications”.

2<sup>nd</sup> session “Developmentof the physical training program destined to unhealthy people”.



PARIS – Université Paris Descartes – Faculté de Médecine  
Training & certifications for the WORLD SOCIETY ANTI-AGING MEDECINE  
22 - 23 september 2008 : “The exercising programs of top athletes”  
1<sup>st</sup> session “The right exercises (dosing) to improve health”.  
2<sup>nd</sup> session “Insulin resistance, exercise & disease”.

PARIS – Ambassade d’Auvergne  
10 october 2008 : Congres in medecine fonctional Medecine  
by Bruno LACROIX.

PARIS – Dans le cadre de l’IMCAS – Palais des congrès  
08-09 january 2009 : “Physical exercise and hormonal balance”.  
by Bruno LACROIX.

MONACO – During the World Anti-aging Confrence  
19 march 2009 : “Optimize hormonal system through exercise and lifestyle”.

PARIS – Hotel Hilton  
17 november 2009 : “Nutrition for brain neurotransmitter”.

LILLE – Hotel Hermitage Gantois  
20 january 2010 : “Nutrition for brain neurotransmitter”.

PARIS – IMCAS – Palais des Congrès  
10 january 2010 : “Women, menopause & physical exercise”.

LYON – Hotel Hilton  
23 march 2010 : “Nutrition for brain neurotransmitter”.

FORGES-LES-EAUX – France  
10-11 april 2010 : “Obesity in 2010 & solutions”, “Nutrition for brain neurotransmitter”, “Nutrigenomic & detoxification”, “Oxydatif stress, ONOO & mitochondria”.

LILLE – Hotel Hermitage Gantois  
06 may 2010 : “Nutrigenomic & hepatic detoxification”.

ANNECY – Palace de Menton – Lac d’Annecy  
18-19 september 2010 : “Nutrigenomic & detoxification”, “Nutrition for brain neurotransmitter”, “Oxydatif stress, ONOO & mitochondria”, “Obesity & obesogens”, “How lose fat durably”.

FORGES-LES-EAUX – France  
28 september 2010 : “Nutrigenomic & detoxification”.

FORGES-LES-EAUX – France  
09 soctober 2010 : “Nutrigenomic & detoxification”.

LILLE – Hotel Hermitage  
16 october 2010 : “Nutrigenomic & detoxification”, “Nutrition for brain neurotransmitter”, “Oxydatif stress, ONOO & mitochondria”, “Obesity & obesogens”, “How lose fat durably”.

BORDEAUX – The Regent Grand Hotel  
21 october 2004 : “Nutrigenomic & detoxification”, “Nutrition for brain neurotransmitter”, “Oxydatif stress, ONOO & mitochondria”, “Obesity & obesogens”, “How lose fat durably”.

SAINT MALO – France – Thalassotherapy of St Malo  
11-12 december 2010 : “Nutrigenomic & detoxification”, “Nutrition for brain neurotransmitter”, “Oxydatif stress, ONOO & mitochondria”, “Obesity & obesogens”, “How lose fat durably”.

STRASBOURG – The Regent Grand Hotel  
21 january 2011 : “Nutrigenomic & detoxification”, “Nutrition for brain neurotransmitter”, “Oxydatif stress, ONOO & mitochondria”, “Obesity & obesogens”, “How lose fat durably”.

### NARBONNE – France – Château de l'Hospitalet

29 january 2011 : 2 International conferences "Nutraceutique & Health environment" with Pr Henri JOYEUX, Dr CURTAY, Dr ROBIN, Pr NARBONNE, Thierry SOUCCAR and Bruno LACROIX.

"What the best way to improve physical health with aging"  
by Bruno LACROIX.

### LYON – Hotel Hilton

12 february 2011 : "Nutrigenomic & detoxification", "Nutrition for brain neurotransmitter", "Oxydatif stress, ONOO & mitochondria", "Obesity & obesogens", "How lose fat durably".

### LILLE – Grand Hotel Bellevue

05 april 2011 : "Physiologic cause of resistance of fat loss".

### BRUXELLES – Château de Limelette

01 october 2011 : "Hypothyroidism in functional medecine : truth about test, Hashimoto, immune function, gluten, adrenal, 6 types of hypothyroidism" (5h).

### PARIS – Hotel Holiday Inn

26 november 2011 : "Hypothyroidism in functional medecine : truth about test, Hashimoto, immune function, gluten, adrenal, 6 types of hypothyroidism" (5h).

### LILLE – Hotel Novotel Centre

14 january 2012 : "Hypothyroidism in functional medecine : truth about test, Hashimoto, immune function, gluten, adrenal, 6 types of hypothyroidism" (5h).

### STRASBOURG – Hotel Novotel Centre Halles

21 january 2012 : "Hypothyroidism in functional medecine : truth about test, Hashimoto, immune function, gluten, adrenal, 6 types of hypothyroidism" (5h).

### BRUXELLES – Château de Limelette

28 january 2012 : "What causes aging, and how to improve aging pathways Nfr2, sirtuins, telomeres" (5h).

### LYON – Hotel Novotel La Part Dieu

09 february 2012 : "Optimization natural of brain pathways with aging".

### BORDEAUX – Hotel Novotel Lac

16 february 2012 : "Optimization natural of brain pathways with aging".

### STRASBOURG – Hotel Novotel Centre Halles

21 february 2012 : "Optimization natural of brain pathways with aging".

### PARIS – Hotel Holiday Inn

31 march 2012 : "Diabesity : causes, consequences and therapy" (5h).  
Orators Bruno LACROIX & Professor RAPIN.

### BORDEAUX – Hotel Novotel Lac

03 april 2012 : "The leaky gut : the beginning of many chronic moderns diseases".

### STRASBOURG – Hotel Novotel Centre Halles

03 april 2012 : "The leaky gut : the beginning of many chronic moderns diseases".

### BRUXELLES – Château de Limelette

21 april 2012 : "Diabesity : causes, consequences and therapy" (5h).  
Orators Bruno LACROIX & Professor RAPIN.

### LYON – Hotel Novotel La Part Dieu

03 may 2012 : "The leaky gut : the beginning of many chronic moderns diseases".

### BORDEAUX – Hotel Novotel Lac

02 june 2012 : "Hypothyroidism in functional medecine : truth about test, Hashimoto, immune function, gluten, adrenal, 6 types of hypothyroidism" (5h).

### BRUXELLES – Château de Limelette

05 june 2012 : "Marin plasma : detoxification, acid/base & mineral bio-disposability".



### LYON – Hotel Novotel La Part Dieu

11 september 2012 : “Pancreas & adrenal : importance in chronic modern disease”.

### BORDEAUX – Hotel Novotel Lac

18 september 2012 : “Pancreas & adrenal : importance in chronic modern disease”.

### STRASBOURG – Hotel Novotel Centre Halles

25 september 2012 : “Pancreas & adrenal : importance in chronic modern disease”.

### PARIS – Hotel Holiday Inn La Vilette

06 october 2012 : “Causes, consequences (nitrostress pathophysiology) & treatments of enviromental diseases : CFS, fibromyalgia, MCS”.

### BRUXELLES – Château de Limelette

16-17-18 october 2012 : “The truth about hypothyroidism in 2012”.

### REIMS – Congress about Quantum Medecine

17-18-19 november 2012 : “The truth about hypothyroidism in 2012”, “How to optimize brain functions with aging, fight (neuro inflammation, oxydive, stress, nitrostress). Optimization of psychoneuro-immune pathway”, “Strategy to fight allostatic load, restoration of HPA & SAM axis”.

### LYON – Hotel Novotel La Part Dieu

24 november 2012 : “Hypothyroidism in functional medecine : truth about test, Hashimoto, immune function, gluten, adrenal, 6 types of hypothyroidism” (5h).

### PARIS – Hotel Holiday Inn La Vilette

26 january 2013 : “Causes consequences & treatment of brain depression : neuro inflammation, amine theory, nitrostress, glutamate/NMDA, neurogenese etc” (5h).

### BRUXELLES – Château de Limelette

07 february 2013 : 2 sessions : “The HPA axis dys regulation : adrenal insufficiency or the myth of adrenal fatigue”.

### BORDEAUX

28 february 2013 : Meeting “The chelation & heavy metal”.

### BRUXELLES – Château de Limelette

02 march 2013 : “Causes consequences & treatment of brain depression : neuro inflammation, amine theory, nitrostress, glutamate/NMDA, neurogenesis”.

### LIMOGES

26 march 2013 : “Hypothyroidism in functional medecine : truth about test, Hashimoto, immune function, gluten, adrenal, 6 types of hypothyroidism”.

### BORDEAUX – Hotel Mercure Château Chartrons

06 april 2013 : “New aspects of depression : inflammation, BDNF, NMDA (5h)”.

### NICE – Hotel Hilton Cap 3000

11 april 2013 : “Many bad aspects of gut fonction : Leaky gut, SIBO, FIBO, candida, endotoxines”.

### BIARRITZ

24 april 2013 : “Hypothyroidism in functional medecine : truth about test, Hashimoto, immune function, gluten, adrenal, 6 types of hypothyroidism”.

### PARIS – Hotel Mercure 15ème

15 may 2013 : “The adrenal and pancreas connection on many chronic modern diseases”.

### BRUXELLES – Château de Limelette

30 may 2013 : “Hepatic detoxification & digestive system” (hypochlorhydria, H. Pylori, leaky gut, SIBO).

### NICE – Hotel Hilton

04 june 2013 : “Fonctional Medecine & digestive system”.

### BRUXELLES – Château de Limelette

07 september 2013 : “The truth about chronic lyme disease and how to fight it efficiently” (5h).

### BORDEAUX – Hotel Mercure

21 september 2013 : “The truth about chronic lyme disease and how to fight it efficiently” (5h).

### BRUXELLES – Château de Limelette

01 october 2013 : “Hypochloridria : myth or reality ?”.

### PARIS – Hotel Holiday Inn La Vilette

12 october 2013 : “The truth about chronic lyme disease and how to fight it efficiently” (5h).

### BRUXELLES – Château de Limelette

19 october 2013 : “How to come out of the vicious circle of the emerging chronic diseases : multiple chemical hypersensitivity”.

### LIMOGES – Amphithryon

13 november 2013 : “The importance of the hepatic detoxification support”.

### BIARRITZ – Château du Brindos

28 november 2013 : “Hypochloridria : myth or reality ?”.

### BORDEAUX – Hotel Mercure Château Chartrons

01 december 2013 : “Diabesity : causes, consequences and treatments”.

### BRUXELLES – Château de Limelette

07 december 2013 : “How to find again energy, health, longevity through the restoration of the hypothalamus - hypophyseal - adrenal axis” (5h).

### PAU – France – Best Western La Palmeraie

12 february 2014 : “Digestion, hypochloridria & bacterial proliferation : the solutions”.

### TOULOUSE – Hotel Palladia

13 february 2014 : “Digestion, hypochloridria & bacterial proliferation : the solutions”.

### NICE – Hotel Holiday Inn

03 march 2014 : “How to find again energy, health, longevity through the restoration of the hypothalamus - hypophyseal - adrenal axis” (5h).

### LYON – Congress GRECO

14 march 2014 : “How to optimize our brain functions (Cognition, memory, mood, energy) through the restoration / improvement of the psychological - neuronal - immune endocrine signals”.

### BORDEAUX – Hotel Holiday Inn

20 march 2014 : “Digestion, hypochloridria & bacterial proliferation : the solutions”.

### LIMOGES

10 april 2014 : “The nutrition in all its forms”.

### AIX-LES-BAINS

17 may 2014 : “The optimization of health and performance through nutrition, micro-nutrition, exercises and stress management”.

### BRUXELLES – Château de Limelette

05 june 2014 : “The optimization of health and performance through nutrition, micro-nutrition, exercises and stress management”.

### BIARRITZ

11 june 2014 : “How to find again energy, health, longevity through the restoration of the hypothalamus - hypophyseal - adrenal axis” (5h).



**SAINT MACAIRE – For AMEP (Association des Médecine Expertises Particulière)**  
19 june 2014 : “New aspect of chelation and heavy metal”.

**PARIS – Crown Plaza**  
25 june 2014 : “Hypochloridria and SIBO”.

**BRUXELLES – Château de Limelette**  
18 september 2014 : “New aspect of chelation and heavy metal”.

**BRUXELLES – Château de Limelette**  
11 october 2014 : “Leptino-resistance and metabolism”.

**RENNES – Mercure Hotel**  
18 october 2014 : “Functional approach of Hypothyroidism andpartial thyroid resistance” .

**TOULOUSE – Palladia Hotel**  
15 november 2014 : “Functional approach of Hypothyroidism andpartial thyroid resistance”.

**BRUXELLES – Château de Limelette**  
18 november 2014 : “Auto-immunity and immunomodulation”.

**BIARRITZ – Château du Brindos**  
22 november 2014 : “How to optimise HPA axis for well being”.

**NICE – Hilton Hotel**  
04 december 2014 : “The pathophysiology of intestinal inflammatory disease”.

**BORDEAUX – Mercure Hotel**  
14 january 2015 : “The pathophysiology of intestinal inflammatory disease”.

**PARIS – Novotel Vaugirard Hotel**  
21 january 2015 : “Auto-immunity and immunomodulation”.

**PAU – Best Western La Palmeraie Hotel**  
29 january 2015 : “Functional approach of Hypothyroidism andpartial thyroid resistance”.

**BIARRITZ – Château du Brindos**  
05 February 2015 : “The pathophysiology of intestinal inflammatory disease”.

**PARIS – Novotel Vaugirard Hotel**  
21 march 2015 : “The paradigm of cancer” 3 conferences - Bruno Lacroix, Dana Flavin and Pedro Bastos.

**BRUXELLES – Château de Limelette**  
29 april 2015 : “The microbiote and symbioflor therapy”.

**PARIS – Novotel Vaugirard Hotel**  
25 may 2015 : “The microbiote and resistance starch”.

**BRUXELLES – Château de Limelette**  
03 june 2015 : “The paradigm of cancer”.

**RENNES – Mercure Hotel**  
13 june 2015 : “The true about hypothyroidism : blood tests, causes and to treat correctly”.

**NICE – Holiday Inn Hotel**  
18 june 2015 : “Low grade inflammation and chronic modern diseases”.

**PARIS – Novotel Vaugirard Hotel**  
03 september 2015 : “The pathophysiology of intestinal inflammatory disease”.

### TOULOUSE – Palladia Hotel

19 september 2015 : “How to fight chronic lyme disease ?” (5h).

### LYON – Novotel La Part-Dieu Hotel

24 september 2015 : “The pathophysiology of intestinal inflammatory disease”.

### BORDEAUX – Holiday Inn Hotel – Bordeaux Sud Pessac

14 january 2016 : “The microbiote and resistance starch”.

### LILLE – Alliance Hotel – Couvent des Minimes

18 january 2016 : “How to optimise HPA axis for well being”.

### LYON – Mercure Hotel

04 february 2016 : “How to optimise HPA axis for well being” .

### BIARRITZ – Le Bayonne Hotel

18 february 2016 : “The microbiote and resistance starch”.

### RENNES – Mercure Hotel

05 march 2016 : “How to treat multiple chemical syndrome”.

### REIMS – Holiday Inn Hotel

24 march 2016 : “How to optimise HPA axis for well being”.

### DIJON – Mercure Hotel – Centre Clémenceau

28 april 2016 : “The microbiote and resistance starch”.

### AVIGNON – Novotel Center Hotel

12 may 2016 : “How to optimise HPA axis for well being”.

### NICE – Holiday Inn Hotel – Saint Laurent du Var

19 may 2016 : “The microbiote and resistance starch”.

### BRUXELLES – Château de Limelette

24 may 2016 : “How to optimise HPA axis for well being”. ( Serotonin, dopamine, kynurenines, HPA axis, nitrostress ...)

### AMIENS – Mercure Cathedrale Hotel

09 june 2016 : “How to optimise HPA axis for well being”. ( Serotonin, dopamine, kynurenines, HPA axis, nitrostress ...)

### STRASBOURG – Novotel Centre Halles Hotel

22 september 2016 : “Sport, performance and nutrition”.

### TOULOUSE – Pallada Hotel

01 october 2016 : “Sport, performance and nutrition”.

### LYON – Mercure Hotel Center Saxe Lafayette

15 october 2016 : “The true about hypothyroidism : blood tests, causes and to treat correctly”.

### PARIS – Crown Plaza Hotel

25 november 2016 : “How to optimise HPA axis for well being”. ( Serotonin, dopamine, kynurenines, HPA axis, nitrostress ...)

### BIARRITZ – Chateau de Brindos

07 december 2016 : “Sport, performance and nutrition”.

### AIX LES BAINS

13 december 2016 : “Multiples interactions between gut and brain”.

### LYON – Mercure Hotel

19 january 2017 : “Sport, performance and nutrition”.



## NANTES

26 january 2017 : "Sport, performance and nutrition".

## BORDEAUX – Holiday Inn Hotel – Bordeaux Sud Pessac

09 february 2017 : "How to understand the methylation".

## MONTPELLIER

23 february 2017 : "Multiples interactions between gut and brain".

## RENNES – Mercure Hotel

11 march 2017 : "Paradigme of cancer".

## LILLE – Hermitage Gantois Hotel – Laboratoire THERASCIENCE

12 september 2017 : "How to fight chronic lyme disease ?" (5h).

## MARSEILLE – Mercure Hotel – Laboratoire THERASCIENCE

19 september 2017 : "Sport, performance and nutrition".

## NANTES – Laboratoire THERASCIENCE

26 september 2017 : "How to fight chronic lyme disease ?" (5h).

## TOULOUSE – La Compagnie Française – Laboratoire THERASCIENCE

03 october 2017 : "Sport, performance and nutrition".

## LYON – Mercure Hotel – Lumière Monplaisir

17 october 2017 : "How to fight chronic lyme disease ?" (5h).

