

Preventive Medicine Association Conference

“Biochemistry of metabolism or the role of nutrients in preventing diseases”

20 September

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| 9.00–10.00 | Registration |
| 10.00–10.30 | “Introduction to the fascinating biochemistry of cells”
Lecturer: Dr. Antra Briede, expert in orthomolecular medicine |
| 10.30–12.00 | “Energy metabolism in the cell. Mitochondrial dysfunction and associated diseases. Laboratory diagnostic tests. Biochemical-based nutritional treatment options”
Lecturer: Udo Boehm, Dr. med. in orthomolecular and preventive medicine, Ludwig Maximilian University of Munich (Germany) and Academy of Orthomolecular Medicine (Austria) |
| 12.00–12.45 | “Scientific evidence to different dietary strategies and correction of malabsorption”
Lecturer: Assoc. Prof. Ilze Konrāde, RSU, Head of the Department of Endocrinology, Riga East Clinical University Hospital |
| 12.45–13.15 | Coffee break |
| 13.15–14.45 | “The role of nutrients in the optimisation of metabolism. Inflammation. Oxidative stress. Acid-alkaline balance. Psycho-neuro-endocrine axis. Healthy ageing. Nutrient combinations”
Lecturer: Udo Boehm, Dr. med. in orthomolecular and preventive medicine, Ludwig Maximilian University of Munich (Germany) and Academy of Orthomolecular Medicine (Austria) |
| 14.45–15.15 | “Practical aspects of preventive medicine. Experience. Opportunities. Results”
Lecturer: Agnese Ruskule, Dr. med. in preventive medicine |