

WELCOME TO NEW INFORMATION AND INSPIRATION!

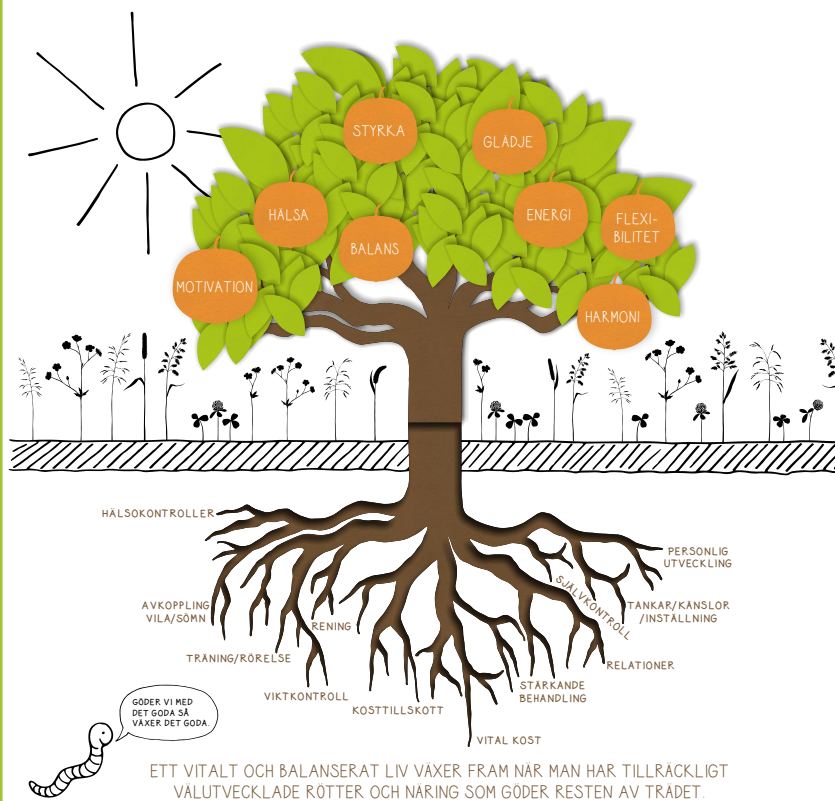
NORDIC LIFESTYLE MEDICINE CONFERENCE

APRIL 24-26, 2015

“The Power of Personalizing your Lifestyle“

LIVSSTILSMEDICIN

ROTEN TILL DET GODA



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GOAL

To present basic principles, new science and inspiration in understanding and implementing Personalized Lifestyle Medicine to the community, clinical practice and each individual. To investigate applications and cooperation that will empower individuals, our communities and our nations to a healthier state. Key topics covered by our expert panel.

- An introduction to the vision and work of the PLMI, Personalized Lifestyle Medicine
- Consciousness, prevention and management of underlying causes of disease: toxicity, insulin resistance, obesity and inflammation.
- The joy of cooking, how to motivate and empower people to a healthier Lifestyle
- The Power of Community, friendship, Group activities and social support in PLM
- What does new research in genetics and epigenetics tell us about our potential to live a vibrant, healthy Life
- The importance of healthy soils and quality foods for a healthy life
- The role of nutritional supplements, integrative therapies and conventional medicine in a PMI program
- Empowerment by attitude and consciousness

Hosted by Alpha Plus (www.alpha-plus.se) in cooperation with The Institute for Personalized Lifestyle Medicine (www.plmi.org)



We will be in a beautiful surroundings at Hesselby Castle North of Stockholm in Vällingby. Please go to their website and read more about the facilities and how to get there: www.hesselbyslott.se

Accommodations are available at discounted conference rate.
Price for the single room is 1279 SEK ex VAT

Contact:
e-post: hesselbyslott@hesselbyslott.se, tel. 08-445 51 40

PRESENTATION OF OUR LECTURERS



Deanna Minich Ph.D

Dr. Deanna Minich is an internationally-recognized lifestyle medicine expert, creative visionary, and author of five books. Her twenty years of experience in the nutrition and functional medicine fields led her to develop an integrated, "whole self" approach to nutrition called Food & Spirit.



Robert Verkerk Ph.D

Dr. Verkerk is an internationally recognized expert in sustainability, sustainable development. Since 2002 he leads the Alliance for Natural Health International, an organisation that supports natural and sustainable approach in health care.



Professor Stig Bengmark, M.D. Ph.D

Professor Stig Bengmark is an internationally renowned surgeon, researcher and global opinion former within surgery, chronic diseases and lifestyle medicine.



Professor Charlotte Erlansson - Albertsson Ph.D. Charlotte Erlansson-Albertsson is a professor in medical and physiological chemistry at Lund University. Her research interest is in appetite regulation and energy balance.



Jill Kazikos

Jills training is a Life Coach and her innovative program, Be Boss over your Life, Health, and Business, helped many companies improve the level of performance for their managers. This unique program is the model for the Executive Wellness Retreat, an 8 Day "Reboot" for top executives.

In addition, lectures of our Swedish lifestyle experts:

Zarah Öberg, P.T, Nutrition therapist

Anders Nilsson at HeartMath

Johan Arnerlind, P.T

Peter Wilhelmsson, N.D, Clinical Nutritionist

FRIDAY 24 APRIL

Lectures in Swedish:

Stig Bengmark:

- Lifestyle Medicine

Zarah Öberg:

- The Power of Movement and exercise

Anders Nilsson:

- The Power of the heart and consciousness

Charlotte Erlansson Albertsson:

- The Power of foods and a plant based diet

Johan Arnerlind:

- Weight Management and The Power of a coaching relationship

Jill Kazikos:

- The Power of Attitude and Nutrients

Peter Wilhelmsson:

- Putting it all together, an integrative, wholistic model

SATURDAY 25 APRIL

Lectures in English:

Deanna Minich:

- New Research in Genetics and Epigenetics
- The Food & Spirit System for Vitality and Health: Harnessing Networks and Mind-Body Medicine
- The Power of What, Why, When, and How We Eat: How to Motivate and Empower People to a Healthier Lifestyle

Rob Verkerk:

- The Power of healthy soils and quality foods
- The Power of phytonutrients and supplementation in PLM

SUNDAY APRIL 26

Lectures in English:

Deanna Minich:

- Toxicity, Insulin Resistance and Inflammation: The Links to Chronic Disease
- Nutritional Strategies to Optimize Hormones and Body Composition
- Dynamic Lifestyle Coaching Techniques

Peter Wilhelmsson:

- Personalizing your program: biomarkers, feedback and coaching

EARLY BIRD WITH 10 % DISCOUNT IF YOU MAKE YOUR RESERVATION AND PAY BEFORE 2 OF FEBRUARI

Fee: (prices are in Swedish krona, SEK)

Only Friday: 1200 SEK exkl. VAT

Saturday and Sunday: 2100 SEK exkl. VAT

All three days: 3000 SEK exkl. VAT

Including lectures, lunch and refreshments

Reservation at the latest 7 april:

utbildning@alpha-plus.se or call +46 23 79 28 00, www.alpha-plus.se

Cancellation provisions are: Payment against invoice (15 days net) Cancellation before more than three weeks before the course start date will be charged an administration fee of 160 SEK exkl. sales tax. Cancellations made less than three weeks before the course start date will be charged 50% of the course fee/Cancellation less than seven calendar days before the course start date will be charged the full fee. With medical certificate only 160 SEK exkl. sales VAT is charged



Morning Yoga with Deanna Saturday and Sunday morning at 07.00-07.45 am