

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, December 18, 2014

Main Presentation: Miguel Toribio-Mateas, MSc

“From Neuroprotection to Neuroregeneration: Exploring the Therapeutic Roles of Nutraceuticals in the Aging Brain”

Smart Life Forum

Presentation Location

Cubberley Community Center

Room H1

4000 Middlefield Road

Palo Alto, California

Directions on our website:

www.SVHI.com

For those who cannot attend,
you can view livestreaming at

<http://bit.ly/Zpld3o>

See our archived videos at

<http://tinyurl.com/smartlifeforum>



Meet Miguel Toribio-Mateas!

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Announcements & Upcoming Events

Upcoming Speakers:

JANUARY 2015

Dr. Tel Oren - Skin Science
The New Key to Anti-Aging Medicine

Upcoming Events:

There will be a pot luck. Please bring
some season vittles.

If you have questions please email
susanrdowns@hotmail.com.

Thank you.

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Presentation Speaker: Miguel Toribio-Mateas, MSc!



Miguel Toribio-Mateas is the Chairman of the British Association for Applied Nutrition and Nutritional Therapy. Of Spanish origin, Miguel has lived in the UK from 1994 where he's achieved Masters and post-graduate qualifications in International Business, Environmental Systems Complexity Management and Nutritional Medicine. Miguel has a long-standing professional background in scientific, medical and technical research and publishing spanning back to the late 90s, with a focus on researcher education.

Seen as an "integral practitioner" by the British Functional Medicine community, Miguel trained for three years with British Wheel of Yoga in the early 2000s and is the Nutrition Ambassador for the Institute of HeartMath in the UK.

Miguel's focus is on healthy ageing. He achieved Board Certification in Anti-Ageing, Functional and Regenerative Medicine from the American Board of Anti-Ageing Healthcare Practitioners (ABAHP), and is a fellow of the American Academy of Anti-Ageing Medicine from 2012. He is also a member of the Institute for Functional Medicine. Miguel is a Scientific Advisor to the British Society of Anti-Ageing Medicine and sits in the peer review board of the Anti-Ageing Conference London. He also lectures at regularly across the UK, Europe, and as far afield as South Africa, where he will be reaching out to different communities in March 2015. Miguel is also an editor of the peer reviewed Journal of Nutritional Health and Food Engineering and is reading for a MSc Clinical Neuroscience at Roehampton University.

(End of Meet Miguel Toribio-Mateas!)

Main Presentation **by Miguel Toribio-Mateas, MSc**

“From Neuroprotection to Neuroregeneration: Exploring the Therapeutic Roles of Nutraceuticals in the Aging Brain”

Increases in the average human lifespan has furthered the interest in studying the multifactorial process of ageing, which is currently seen as an unraveling web of complex interactions between genetic and epigenetic or environmental factors. Amongst these diet and lifestyle seem to play an important protective role in the loss of cellular homeostasis brought about by increased exposure to free radicals, from both reactive oxygen or nitrogen species, that leads to oxidative deterioration of lipids, proteins, and nucleic acids, contributing to the modulation of cell apoptosis signalling pathways that eventually translates into loss of organ function. Whilst the ageing process deteriorates the functional capacity of all organs, Miguel's talk will focus on the phenotypic characteristics observed in the ageing brain, and particularly on the potentially neuroprotective and neuroregenerative effects of nutraceuticals, from vitamins to minerals and phytochemicals, on upregulated inflammatory and immune processes that underline the pathogenesis of neurodegenerative diseases.

Within the wider scope of research available on this subject, the talk will focus primarily on appraising recent and exciting literature on polyphenols and flavonoids, and within that the mechanisms whereby these phytochemicals activate key enzymes in mitochondrial respiration, hence exhibiting neuroprotective activity, probably by means of their antioxidant properties, thus breaking the vicious cycle of oxidative stress and tissue damage and associated immune activation.

Miguel will explore the subject within the scope of the interdisciplinary and frontier discipline of nutritional neurorestoratology, an emerging field of research that studies the effect of targeted nutritional interventions on neural regeneration, repair and replacement of damaged components of the nervous system, as well as neuroplasticity, neuroprotection, neuromodulation, neurogenesis, angiogenesis, immunomodulation, and their mechanisms to cause improvement or, when possible, recovery.

(End of Main Presentation)

About Smart Life Forum

Smart Life Forum, Inc. is a 501(c)(3) California nonprofit corporation whose primary mission is to provide credible health education to the public with an emphasis on optimal wellness, anti-aging medicine, and longevity.

Annual memberships in Smart Life Forum, Inc. and charitable donations are tax deductible to the extent allowed by law. For information on how to join or make a donation, please visit our website: www.SVHI.com.

For questions, please contact Susan Downs at susanrdowns@hotmail.com.

Become a Member!

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