



NutriLink Ltd

Linking Science & Nutrition

**PREVENTION AND MANAGEMENT
OF VASCULAR AGING**

**THE ROLE OF NUTRITION & NUTRACEUTICALS IN OPTIMISING
BLOOD PRESSURE, CARDIOVASCULAR HEALTH & AGING**

JUNE 21ST 2008

CLINICAL SEMINAR

RESEARCH

EFFICACY

SAFETY

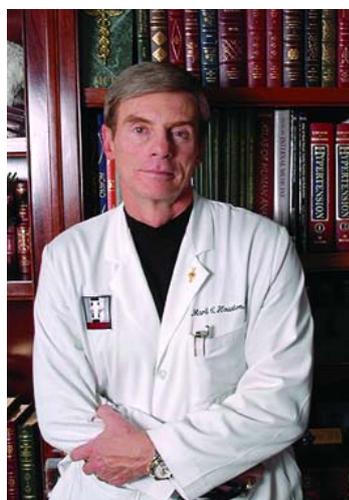
Addressing: Nutritional Strategies for
Optimising Blood Pressure, Aging
& Cardiovascular Health

Presenting: Evidence Based Nutritional
Medicine

Focused: On Clinically Relevant Strategies
for You to Employ Immediately

Presented by:

Dr Mark Houston MD, SCH, ABAAM, FACP, FAHA



Associate Clinical Professor of
Medicine, Vanderbilt University
School of Medicine
Director, Hypertension Institute &
Vascular Biology
Staff Physician, Vascular Institute,
Saint Thomas Medical Group
Nashville, Tennessee
Editor-in-Chief for the Journal
of the American Nutraceutical
Association

NUTRI-LINK LTD HAS PLEASURE IN
ANNOUNCING THEIR
JUNE 21ST 2008
NUTRITIONAL MEDICINE SEMINAR

**PREVENTION AND MANAGEMENT
OF VASCULAR AGING & AGING:**

*THE ROLE OF NUTRITION &
NUTRACEUTICALS IN OPTIMISING BLOOD
PRESSURE, CARDIOVASCULAR
HEALTH & AGING*



The Royal Society of Medicine
1 Wimpole Street
Saturday 21st June 2008
10 am - 5.30 pm (5hrs CPD)

Are you confident about supporting a cardiovascular patient with nutritional therapy? Do you feel unsure when seeing a patient on medication with a history of vascular problems? Do you tend to feel concerned because of drug interaction issues, or do you feel that vascular health is an area about which you just do not know enough?

Well you are not alone; many nutritionists and clinicians remain unaware of the tremendous gains in knowledge of the role of nutrients and nutrition in the management of vascular health. Nor do they feel confident of the role of Functional Medicine and Functional Testing in the prevention and resolution of vascular related health problems or of the clinical protocols and strategies that can be employed to help your patient achieve the best outcome.

Dr Houston is a fantastic speaker, passionate, empowering and deeply knowledgeable about his subject. He has presented hundreds of times at International Seminars and in universities, he is one of the Institute for Functional Medicine's most popular speakers.

This day is about you and your patients; how to assess, support and treat to help them achieve the best outcome using evidence based nutrition. The day will include a scientific review, case histories and direct interaction with Dr Houston.

PREVENTION AND MANAGEMENT OF VASCULAR AGING

We guarantee that this day will increase your confidence in seeing patients with vascular health conditions as well as expand your knowledge about vascular health and its relationship to aging.

Even healthy aging is an independent risk factor for coronary heart disease, cardiovascular disease and atherosclerosis. Vascular aging is part of this aging process. It has been said that:

“A man is as old as his blood vessels” (Osler).

Vascular aging is characterised by progressive arterial stiffness due to a myriad of structural and functional changes in the endothelium, vascular smooth muscle and the adventitia.

Characteristics of the aging blood vessel include loss of compliance and elasticity, vasoconstriction, oxidative stress, inflammation, thrombosis, growth and hypertrophy, permeability, reduced angiogenesis, decreased endothelial repair from endothelial progenitor cells, impaired “circadian clock” genes and an imbalance of sympathetic and parasympathetic nervous system activity.

This vascular aging contributes to atherosclerotic cardiovascular disease through seven major mechanisms:



1. DNA repair system,
2. Tumour suppression pathways,
3. Telomeric maintenance system,
4. Renin-angiotensin pathway (Angiotensin II),
5. Insulin/Akt pathway,
6. Mitochondrial energy and metabolism,
7. Endothelial progenitor cells.

INVESTIGATIONS:

Invasive and non-invasive diagnostic tests are now available to accurately determine vascular age related to biological or chronological age. These include measures of telomere length and telomere attrition rates, oxidative stress and defence, inflammation, traditional and non-traditional cardiovascular risk factors, 64 slice CT angiograms, Thallium scans, cardiac MRI, endovascular MRI, PET scans, PET/CT scans, PET/MRI scans, EBT, arterial pulse wave analysis with pulse wave velocity, arterial compliance and augmentation index, carotid IMT and cardiac ECHO.

Dr Houston will explain the role of functional testing as well as pathology testing and how these may be translated into clinical recommendations. IWDL will be offering a special price on their new comprehensive cardiovascular risk assessment panel to all attendees.

LIFE EXTENSION & ANTI-AGING:

Animal studies consistently demonstrate extension of life expectancy with healthy vascular aging as well as healthy overall aging using caloric restriction, renin-angiotensin drugs such as angiotensin converting enzyme inhibitors

(ACEI) and angiotensin receptor blockers (ARB) and SIRTuins (NAD⁺-dependent class III histone / protein deacetylases).

The most promising of the natural products that increase SIRT activity is trans-resveratrol which stimulates SIRT-I activity resulting in extension of life span in mammals, simulates caloric restriction, increases cell survival, improves energy metabolism, improves physiology, improves organ function, controls weight, improves exercise and provides numerous other health benefits designed to reduce the adverse effects of aging.

NUTRITION BASED TREATMENT OPTIONS:

Other methods to prevent, slow and treat vascular aging include control of major risk factors such as blood pressure, inflammation, lipids, glucose, homocysteine, weight control and cessation of all tobacco products. In addition, the use of all of the following show promise:

Omega 3 FA, MUFA, gamma-delta vitamin E, Vitamin C, B Vitamins, polyphenols, and other antioxidants, ginseng, arginine, exercise, stress reduction, adequate sleep and ACEI's.

The use of the following nutrients / foods have been found of benefit in terms of blood pressure and cardiovascular health: Sodium, Potassium, Magnesium, Calcium, Protein, Fatty Acids (omega 3 and omega 6), Garlic, Seaweed, Fibre, Vitamin C, Vitamin B6, Lycopene, Coenzyme Q10, L-Arginine, Taurine, Celery.

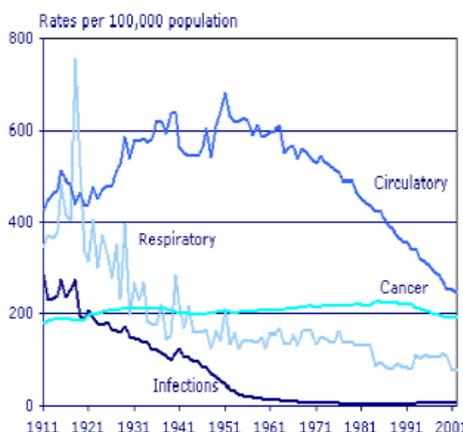
CLINICAL RELEVANCE:

The implications for current and future clinical practice as well as contemporary evidence-based nutritional therapies will be presented in the one day seminar. Dr Houston will deliver a refreshingly direct approach to the management of vascular aging and disease and will provide you with confidence in the nutritional support of your patients with vascular related health problems.

He will discuss his new treatment protocols using nutritional supplements and dietetic recommendations. He will explore the management of patients and how to integrate nutritional medicine with pharmaceutical interventions and surgical interventions to produce safe, effective and beneficial outcomes for your patients.

FREQUENCY OF OCCURRENCE:

Vascular diseases (which include heart disease and stroke) have remained the most common cause of death in England and Wales over the last 90 years among both males and females, with the exception of 1918 to 1919. The chart presents the four disease groups which have each at some time during the last 90 years been among the three disease groups with the highest mortality rates.



In line with the new UK initiative on 'prevention' becoming a political strategy, nutritionists need to be fully equipped with the latest evidence based strategies to meet the needs of their patients in the at risk groups.

AIMS OF SEMINAR:

- 1. To understand and explain the relationship between health and vascular aging and health.**
- 2. To understand the relationship between foods and nutrients and vascular health, for clinical application.**
- 3. To be able to apply the principles in practice the very next day.**
- 4. To be confident when addressing vascular health issues that your recommendations are evidence based.**
- 5. To be confident about the relationship and interactions between drugs used for vascular problems and nutrients.**



ABOUT NUTRI-LINK:

Nutri-Link Ltd is a Health Care Professional dedicated company. Founded in 1998 by full time clinicians, it provides professional quality food supplements and UK leading - post graduate education in nutritional medicine.

DISCLOSURES:

Nutri-Link Ltd supplies products containing the ingredients discussed and explored by Dr Mark Houston.

IWDL provide some of the laboratory tests discussed by Dr Houston.

POST GRADUATE EDUCATION CREDITS ARE AWARDED BY: (TO BE CONFIRMED)

Royal College of Physicians, BANT, Chiropractors, Osteopaths, etc.

To Book:

Contact Nutri-Link on 08704 054 002

Date Clash / Too Far to travel?

Fear Not. This seminar will be recorded complete with slides to view at your leisure on line following the presentation.

The cost for this experience will be the same as the early bird main seminar fee and will include a 50% discount on one IWDL cardiovascular risk assessment kit.

SEMINAR TIMINGS - SUBJECT TO VARIATION

9.00-10.00	Registration and Booth visits
10.00-11.30	The Role of Vascular Biology, Nutrition & Nutraceutical Supplements in the Prevention and Treatment of Hypertension. Part 1
11.30-12.00	Refreshments and Booth visits
12.00-1.00	The Role of Vascular Biology, Nutrition & Nutraceutical Supplements in the Prevention and Treatment of Hypertension. Part 2
1.00-2.00	Lunch on your own
2.00-3.30	Prevention and Treatment of Vascular Aging and Aging in General
3.30-4.00	Refreshments and Booth visits
4.00-4.10	Video on my patient regarding weight loss, hypertension, lipids and aging using nutrition and supplements. (Video)
4.10-5.00	How to Transition the Hypertensive Patient on Medications to a Nutritional Lifestyle and Nutritional Supplement Program
5.00-5.30	Case presentations and Q+A

SEMINAR COSTS:

Held in the new Lecture Theatre at the Royal Society of Medicine in the heart of London, just 150 seats are available, so we recommend early booking to avoid disappointment.

Early Bird:	£75.00 plus VAT (<i>booking before 18th April</i>)
Practitioner:	£85.00 plus VAT
Student:	£55.00 limited to 15 places (no early bird discount)

Cost Inc of VAT and 2 x drink refreshments. Plus you will receive a free password protected link to be able to review the presentation on line the following week.

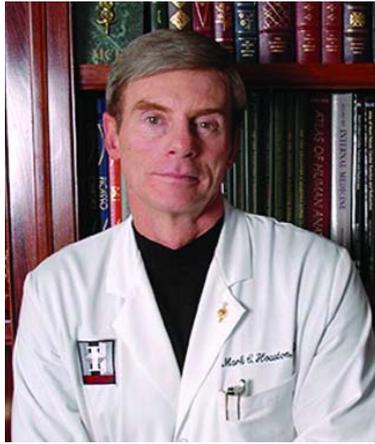
Lunch is not included in the price, but you may bring your own or use one of the many local food providers.

SPECIAL OFFERS

IWDL comprehensive cardiovascular risk assessment.
Normally £120. All attendees will receive a new kit at a 50% discount.



SPEAKER BIOGRAPHY:



Dr Mark Houston, M.D., M.Sc., S.C.H., A.B.A.A.M., F.A.C.P., F.A.H.A. graduated from Vanderbilt Medical School and completed his medical training at the University of California, San Francisco. He has board certification by the American Board of Internal Medicine, the American Society of Hypertension (ASH) and the American Board of Anti-Aging Medicine (ABAAM). He also completed a Master of Science degree in Human Nutrition from the University of Bridgeport, Connecticut. He is Editor-in-Chief for the *Journal of the American Nutraceutical Association* (JANA), and has published over 120 articles and scientific abstracts. He is the author of four books on nutritional medicine, three of which are written for health professionals. *Handbook of Antihypertensive Therapy*, *Hypertension Handbook for the Clinician and Student*, *Vascular Biology for the Clinician and What Your Doctor May Not Tell You About Hypertension*.

He is presently Clinical Professor of Medicine, Vanderbilt University School of Medicine, and Director of the Hypertension Institute, Saint Thomas Hospital in Nashville, Tennessee. For more information on Dr. Houston, visit www.hypertensioninstitute.com. Also visit REZOOM: The Ageless Generation web site for Dr Houston's Health and Wellness Weekly Updates. <http://www.rezoom.com/health/>

Dr. Houston's medical practice philosophy is "A wise healer uses that which works." This means that he uses conventional, nutritional and complementary/alternative modalities to help heal patients of their various diseases. His specialty is Clinical Hypertension, Internal Medicine with a special interest in Anti-Aging for which he uses a combination of natural and drug treatments, which can be found in his book, *What Your Doctor May Not Tell You About Hypertension: The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure*.

Contact Nutri-Link on 08704 054 002

