SCIENTIFIC PROGRAM

19:00 – 20:00 - Origins and evolution of the Western diet:

- Evolutionary discordance
- Chronic disease incidence
- Nutritional characteristics of preagricultural diets
- Introduction of new foods throughout history:
  - Dairy Foods
  - Cereal grains
  - Refined sugars
  - Refined vegetable oils
  - Alcohol
  - Salt
  - Fatty domestic meats
  - Processed foods
- Nutritional repercussions of novel foods:
  - Glycemic Load
  - Fatty acid composition
  - Macronutrient composition
  - Micronutrient density
  - Acid-base balance
  - Sodium/Potassium ratio
  - Fiber content
20:15 – 21:15 - Nutrition and Auto-Immune diseases

✓ Brief physiology of Auto-immunity

✓ Prevalence of auto-immune diseases

✓ Suspected Environmental Factors

✓ The role of the gut in auto-immunity:
  o Gut bacteria and molecular mimicry
  o Intestinal hyperpermeability

✓ Dietary factors
  o Lectins
  o Saponins
  o Glycoalkaloids
  o Egg white and Milk Lysozyme
  o Dietary antigens (dairy foods, cereal grains proteins, among others)
  o Micronutrients (Zinc and Vitamin D)
  o Other dietary factors (W3, Probiotics, Prebiotics and Glutamine)

21:15 – 21:30 – Questions & Answers
SPEAKER:

Professor Loren Cordain

- Ph.D. Physiology (University of Utah)
- M.S. Exercise Physiology (University of Nevada-Reno)
- B.S. Health Sciences (Pacific University)
- Professor and researcher in the Health and Exercise Science Department at Colorado State University
- World scientific expert in the evolutionary and anthropological basis for diet, health and exercise in modern humans
- First scientist to propose an endocrine link between dietary induced hyperinsulinemia and acne.
- Has extensively researched the role of nutrition and dietary lectins in the aetiology of auto-immune disease
- Recipient of the Scholarly Excellence award at Colorado State University for his contributions into understanding optimal human nutrition.
- Author of more than 100 peer-reviewed scientific articles and abstracts
DATE:
May 18, Starting at 7 PM

LOCATION: School of Pharmacy, University of Lisbon,
Lisbon, Portugal

REGISTRATION
To register, fill out the form attached, and please e-mail it to

nscience.mail@gmail.com

For more information (including information concerning hotels in Lisbon), contact us directly:

PEDRO BASTOS:
+351 967 088 799
pmcbastos@gmail.com

ANDRÉ MATIAS:
+351 965 618 875
matiasnutricao@gmail.com