

## Lifestyle Medicine 2020



**Webinar on  
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**Date  
July 25, 2020**

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Speaker 1	Title: A Swimming Coach's Approach to Permanent Lifestyle Change
	Ruben J Guzman, University of California, USA
Speaker 2	Title: Oral Health and its local and systemic effects on chronic disease development: Bacterial dysbiosis, bacterial translocation and inadequate border control add to new mechanisms of disease development
	Pete Williams, Functional Medicine Associates London, UK
Speaker 3	Title: Lifestyle Reduce Mental, Emotional & Physical stress in a Silent Sound Space
	Avigail Berg-Panitz, TheSoundWell Vibro-Therapy, USA
Speaker 4	Title: Lifestyle Medicine and Childhood obesity
	Anila Kalleshi, Albanian Lifestyle Medicine, Albania
Speaker 5	Title: Eyes are the Gateway to Wellness—and Physical, Spiritual, Mental, and Emotional Balance
	Alexandra Gellman, Guru & Associates Wellness Inc, Canada
Speaker 6	Title: Utilizing the Endocannabinoid System, Heart Coherence Breathing techniques and consistent Mindful Practices may be the key to long term preventative care, movement of historically Marginalized Communities and forming a unified whole person, family, community, and planet
	Sarah Larsen, Miracle Makers Academy, USA
Speaker 7	Title: Lifestyle disease and social context: Tackling Obesity in Children
	Roma Sarnaik, Expert Lifestyle Medicine Consultant and Counsellor, India
Speaker 8	Title: 1 million Healthy Lifestyle promoters Challenge 4 health pandemics in 1 strategy
	John van Heel, EFAA education and the New Health foundation, Netherlands
Speaker 9	Title: Treating type 2 diabetes as a problem of insulin resistance: Use of low-carb and intermittent fasting in India
	Roshani Sanghani, American Board of Internal Medicine, India
Speaker 10	Title: Lifestyle medicine: Management and prevention of chronic diseases
	Agaezi Sonya, Functional & Lifestyle Medicine Practitioner/Chiropractor California, USA