Abstract Category: Oral Presentation

Abstract Focus: Women's Health and Nutrition

Presentation Title: Non communicable chronic diseases- Not contagious but deadly: How right nutrition can save millions of women from premature death.

Research Focus: Identifying the root causes and the role of nutrition in preventing and reversing non-communicable diseases (NCDs), such heart disease, stroke and diabetes, which are the leading causes of premature death in women.

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The World Health Organisation states that 18 million women die each year due to NCD's. In addition to the obvious ones like heart disease and diabetes, there's much being ignored with women's health issues today. Fertility issues, thyroid disorders, migraines, weight gain, UTI's, adrenal fatigue, infertility, PCOS, endometriosis, menopause, and hormonal imbalances are affecting many women and the true causes are being overlooked in both conventional and alternative medicine.

For our research purposes, data from diagnostic blood tests of 30 female patients suffering from chronic diseases was analysed to investigate for root causes of their health dysfunction. Once root causes were identified, they were put on tailored nutritional protocols and lifestyle changes aimed at reversing/ eliminating the root causes. Their progress was monitored over a 3 month period after which another round of blood tests were carried out. Marked improvements in bio-markers of chronic disease were noted at the end of the 3 month period.

Some of the notable root causes that we identified were uncontrolled insulin resistance, undetected thyroid issues, liver dysfunction, adrenal dysfunction, poor digestion, and edema. These in turn were triggered by chronic viral and bacterial infections, toxicity disorders, nutrient deficiencies, poor diets and prescription medicines.

The most remarkable outcomes were noted all participants that adhered to the protocol with discipline. In a 3 month timeline their markers for diabetes and heart disease had fully reversed, drastically cutting down their mortality risks. Many of the symptoms of diseases that they had described at the beginning of the study also had disappeared. They had learned to sustain the recommended lifestyle changes and applied the knowledge to improve the health and well-being of their families.

During this presentation we will discuss these root causes with a relevant case studies showing reversal of NCD's/ Chronic diseases.