

November 2018 | Volume 8 | ISSN: 2165-7904

Journal of Obesity & Weight Loss Therapy

Proceedings of

International Conference on

OBESITY & DIET IMBALANCE

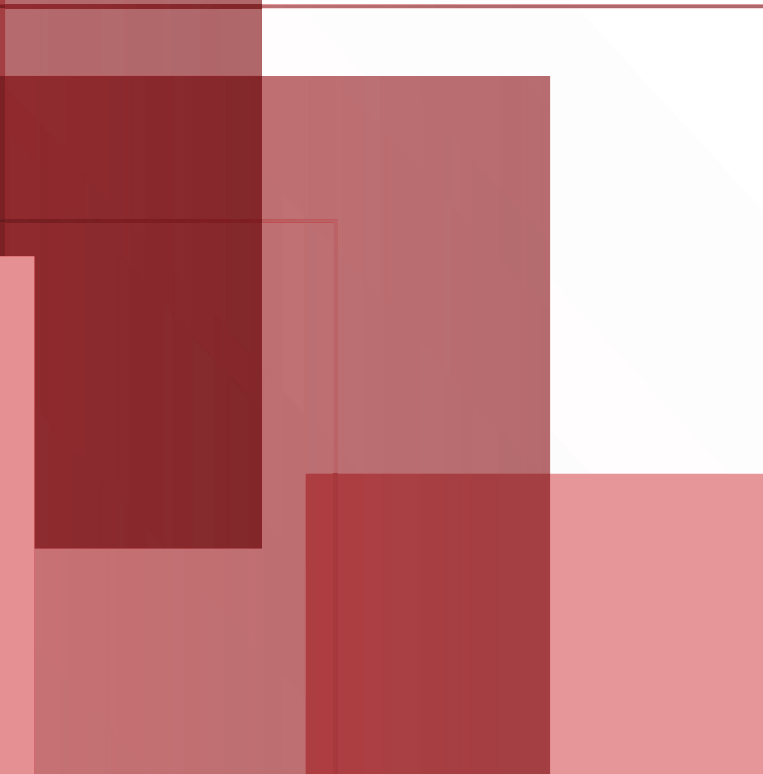
November 29-30, 2018 Bali, Indonesia



International Conference on

OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia



Keynote Forum (Day 1)

International Conference on

OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia



Mahendra Shah

Zen Resort Bali, Indonesia

The 21st century obesity imperative for healthy eating & sustainable lifestyles

In the 21st Century, the escalating worldwide adoption of modern lifestyles - often characterized by unhealthy food habits, especially overeating, in combination with inadequate physical, psychological and spiritual balanced exercises, stress at home, stress at work and living in an increasingly polluting environment, is resulting in widespread ailments and diseases, including obesity and diabetes, depression and mental stress, hypertension and cardiovascular diseases and more. The scale of this healthcare burdens is such that we simply may not have the time and resources to confront and overcome this emerging crisis. Whilst philosophically Hippocrates oath of modern medicine and the Ayurveda oath of traditional medicine have much in common, integrating modern and traditional healthcare systems is an imperative to confront the 21st century ailments and diseases of modern lifestyles. The vast knowledge of modern and traditional medicine from around the world needs to be combined, recognizing that a human being is a whole living organism rather than merely a combination of parts, systems and symptoms. The challenge here is to deliver the right mix of preventive, restorative and curative care to enhance and balance body, mind and spiritual health. Recalling, “food is thy medicine, they medicine is food”, we cannot go on consuming unhealthy food and do too little exercise - physical, mental and spiritually balanced and in doing so hoping to prevent and cure the overeating life style disorders of obesity and diabetes. We will present a brief review of the modern medical approach to treatments of overweight and obesity in the context of the 21st century health challenges as more and more people adopt unhealthy lifestyles, which are the main driver of the doubling of overweight children, adolescents and adults in many countries. We will put into perspective the critical preventive role and relevance of traditional medicine, specifically Ayurveda, yoga, pranayama, meditation and naturopathy in confronting the obesity challenges. We will conclude presenting our experiences of developing practical holistic wellness systems, relevant to the treatment of overweight and obesity through healthy nutrition and diet and detox in combination with integrated Ayurveda, yoga, meditation, pranayama and recreational activities as well as emotional wellbeing. Examples of practical innovations developed at Zen and relevant to treatment of overweight and obesity including dosha balanced food consumption and diet and Zenchi a physically, mentally and spiritually balanced exercise regime.

Biography

Mahendra Shah has more than 40 years of professional experience in academia – University of Nairobi and University of Cambridge, United Nations organizations and agencies such as FAO, WFP, UNDP etc and the World Bank and international scientific and policy research institutes – International Institute for Applied Systems Analysis (IIASA) and Consultative Group on International Agricultural Research (CGIAR). His professional work is concerned with food security, nutrition and health, sustainable agricultural development and international trade, sustainable development, climate change and international negotiations. In the private sector, since 2004, Dr Shah is the founder and President-Director of Zen Resort Bali where the vision is to create holistic wellness systems where guests experience the knowledge and means to achieving personal harmony with their body, mind and spirit through healthy nutrition and diet in combination with Ayurveda therapy, yoga, meditation, pranayama and holiday recreational activities as well as emotional healing. We need to draw on the vast knowledge of traditional medicine from around the world and integrate this with modern medicine, recognising that a human being is a whole living organism rather than merely a combination of parts, systems and symptoms. The challenge is to deliver the right mix of preventive, restorative and curative healthcare to enhance sustainable lifestyles and sustainable human beings.

shahmmr@gmail.com

International Conference on

OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia



Ujjwala Baxi

Poshan-Cure thru Diet, Singapore

Balanced diet vs. trending fad diets

With the recent trends of high protein, low fat diets or even high fat diets getting popularity among health coaches and dieters to becoming an epidemic, carbohydrates – the once considered prominent feature of a healthy plate, seem to have been losing its importance. Carbohydrates are the body's main source of energy and restricting them excessively can cause hypoglycemia with impeded brain functioning, loss of coordination, loss of muscle, weakness, fatigue, and excessive sweating. Restricting carbohydrates consequently restricts fiber which helps the body digest food, so without it, a person can become constipated and susceptible to infections in the digestive tract. An unhealthy, restrictive diet can also cause deficiencies in calcium, which can lead to loss of bone mass and joint problems. Restrictive dieting can cause adrenal fatigue. The adrenal glands secrete hormones that respond to a person's emotional, physical, and psychological environments. With too much stress from these environments, such as prolonged over-exercising or restrictive and extreme dieting, the adrenals can no longer compensate for the stress and become fatigued. The release of adrenal hormones is decreased, which affects energy levels, mood, cardiovascular systems, sex drive, and metabolism. Stressors of any kind add up and take a major toll on the body's functioning. A poor diet is a stressor because the body cannot get the proper nutrients it needs to flourish. These kinds of fad diets which emphasize only on certain food groups and promote ditching others, have led to disruption of the healthy pyramid with their sustainability being questionable. As healthcare professionals, it thus becomes our duty to create awareness about the protein sparing action of carbohydrates, the glycemic index and glycemic load of various carbohydrate foods which can aid in obesity management and make it a more sustainable one. More so, emphasizing on the total nutrition profile of a meal rather than just calories is a key.

Biography

Ujjwala Baxi, a Registered Dietitian and Diabetes Educator, has been in the health industry since 11 years. She has helped thousands of people around the globe achieve optimum health and weight, look younger, feel better and transform their lives through balanced diet and lifestyle management with long term results. She has also healed individuals with varied health complications such as diabetes, renal disorders, cancer, hormonal disorders etc. in hospitals and clinic. In Singapore, she is a Health Promotion Board Youth Ambassador and an Accredited Nutritionist by Singapore Nutrition and Dietetics Association (SNDA). She actively promotes wellness through her talks, workshops and consultations to name a few.

ujjwalabaxi@rediffmail.com

Notes:

International Conference on

OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia



Keynote Forum (Day 2)

International Conference on

OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia



Apoorv Shrivastava

Gokuldas Hospitals, India

Is laparoscopic bariatric surgery a gold standard option for morbid obesity: Our experience, the present and the future

Introduction: Laparoscopic bariatric surgery has become popular due to its effectivity and growing safety. More awareness regarding bariatric surgery is needed in developing world as it affects all classes of society.

Aims & Objectives: To evaluate our experience of bariatric surgery in changing patients quality of life with long term remission of comorbid conditions.

Materials & Methods: A retrospective analysis of 612 patients who underwent bariatric surgery at Apoorv Hi-Tech.

Results: Significant improvement in quality of life and remission of comorbid conditions.

Biography

Apoorva Shrivastava is known for his surgical skills and leadership qualities in the National and Local circles. He along with the team APOORV HI – TECH has the privilege of performing more than 9000 Laparoscopic and Bariatric Surgeries. He has delivered many lectures at the national forums and Internationally accepted scientific paper presentations. He is an Honorary member of Various Organisations and Societies.

aorashutoshgarg@gmail.com

International Conference on

OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia



Perungo Thirumaraichelvan

Asian Bariatrics, India

Metabolic surgery - A paradigm shift

Biography

Perungo Thirumaraichelvan is a Bariatric, Metabolic and Gastrointestinal surgeon from Chennai, India. He is the Unit Head of the Chennai Division of the Asian Bariatrics hospital. Dr. Perungo Thirumaraichelvan obtained his MBBS degree in the year 2004 from the prestigious Stanley Medical college hospital in Chennai. His passion for surgery made him pursue his Master's in the General Surgery from the famous Chengalpet Medical college hospital between 2006 and 2008. After graduation, he underwent his basic laparoscopic training at the Lifeline multi-specialty hospital - a high volume Gastrointestinal surgery center in Chennai. In the year 2013, he went on to super specialize in Surgical Gastroenterology and Advanced Laparoscopic Surgery from the renowned Madras Medical College Hospital, Chennai. Dr. Perungo mastered the technique of bariatric surgery at the Asian Bariatrics hospital under the able guidance of the doyens in the field namely Dr. Mahendra Narwaria and Dr. Sanjay Patolia. Asian Bariatrics hospital, being one of the Asia's largest weight loss surgery center with 20 years of experience and having performed more than 6000 successful bariatric provided Dr. Perungo an opportunity to hone his skills from the very best. Dr. Perungo has a surgical experience of more than 10 years. His bariatric surgical experience spans over 1000 successful procedures including sleeve gastrectomy, Gastric bypass, Revision bariatric surgeries and Metabolic surgery. He has pioneered and excelled in the novel Laproscopically assisted bariatric surgery, commonly called as the "Weekend bariatric surgery" which is a key hole, minimally invasive, pain free, short stay, tailor made, safe and fast track procedure. Ever since his Master's program, Dr. Perungo has been an active researcher in the field of Gastrointestinal surgery. His research contributions have won him many accolades including the prestigious 'Sundaram Best Paper' award in the ASI state conference in 2009. He won the 'Best e-poster' award at the National conference IASGCON 2015. Moreover, in the 'Torrent Young Scholar Award' competition, he won the second and third prize at the zonal and the national level respectively. He is also an invited faculty to talk on Bariatric and Metabolic surgery at the state level and national level conferences.

dr.perungo@gmail.com

Notes: