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Nutrigenomics: Personalized weight management approaches

Archana Badve
Pulse Diabetes, Obesity and Cardiac Relief Centre, India

Since the completion of Human Genome Project, continuous efforts have been made to elucidate and decode their functionalities of the gens, to understand the cause or the origin of diseases. While experts continue to study genes, a fair amount of light has been shed on the genetic factors responsible for disease development and progression, thus allowing scientists to design diagnostic and treatment tools employing this knowledge. From hypertension to cancer, genes can help to understand management of a disease in a more precise manner as compared to the conventional approaches alone. This science is known as nutrigenomics. Nutrigenomics can aid in weight loss in individuals suffering from stubborn obesity and can provide useful insight into the metabolism of the individual. Such diet and exercise recommendations based on genetic analysis of an individual are also called as personalized diet/exercise recommendations. Genetics can help us understand various useful aspects of diet and exercise plan, such as suitable protein:carbohydrate:fats ratio in a person's diet, responsiveness to high intensity exercises, circadian rhythm and exercise responsiveness, etc. Such personalized diet and exercise recommendations can certainly help individuals achieve weight loss in a more efficient, rapid and scientific manner.

Biography

Archana Badve is a Nutrition and Yoga Trainer from India and is the Co-Founder of Pulse Diabetes, Obesity and Cardiac Relief Centre, Pune, India having interest in clinical research. She has participated in multiple workshops of nutrition and yoga. Her main interest is in neutrogenomics and its application in obesity management. She is Neutrogenomic Councilor and attached to gene support genetic lab in Pune India.

drgdk2001@yahoo.co.uk