



 **05**
JUNE, 2026

**VIRTUAL
EVENT**

3RD INTERNATIONAL CONFERENCE ON OBESITY AND WEIGHT MANAGEMENT

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Neural Performance Specialist,
USA



Benjamin Sley,
Texas Bar Association,
USA



Lloyd Tran,
Biomed Industries, Inc ,
USA



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Shanghai University of Traditional
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China



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India



Pranita Ashok,
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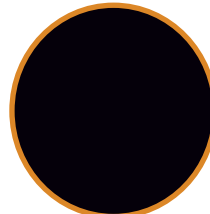
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Herd International,
Nepal



Ahmad Salisu Yahaya,
Health-Wise Diet-Clinic,
Nigeria



Akshra Verma,
Southern Illinois University School
of Medicine, USA



Michael Willis,
Bioxentra Life Sciences, Inc,
Canada



Ramy M. El-Sherbini,
National Research Centre,
Egypt

OUR Speakers

Thank You All



ORAL PRESENTATIONS

JUNE
05, 2026

VIRTUAL EVENT



Feng He

Shanghai University
of Traditional Chinese
Medicine, China

Biography

Feng He, is the Director of the Center for Cancer Research at the School of Integrated Medicine, Shanghai University of Traditional Chinese Medicine. His research focuses on the role of stress responses in regulating immune and metabolic homeostasis in gastrointestinal cancers and metabolic diseases, including fatty liver disease. He has published over 40 SCI-indexed papers in prestigious journals such as Cancer Cell, Journal of Hepatology, PNAS, Pharmacological Research, and Journal of Biological Chemistry. His work includes 9 highly cited papers and 2 hot papers, with more than 7,000 citations worldwide. Professor He has been recognized among the Stanford/Elsevier World's Top 2% Scientists. He has reviewed over 400 manuscripts for more than 70 international journals and serves as an Associate Editor or Editorial Board Member for journals including BMC Biology, eGastroenterology, and MedMat.

Role of Conjugated-Bile Acids (C-BAs) in hypernutrition-associated liver metastasis of colorectal carcinoma

Abstract:

Hypernutrition and hyperlipidemia are well-established risk factors for colorectal carcinoma (CRC) progression and metastasis. However, beyond conventional lipids such as triglycerides and cholesterol, the mechanisms linking hypernutrition to CRC liver metastasis—the most frequent site of distant spread—remain poorly understood. Here, using a mouse cecum orthotopic CRC model combined with high fat diet (HFD) feeding, along with in vitro endothelial cell assays, we showed that elevated circulating blood lipids, particularly primary conjugated-BAs (C-BAs), induced by excessive dietary fat intake, promoted CRC metastasis to liver. This effect is associated with disruption of both intestinal epithelial barrier (IEB) and gut vascular barrier (GVB). HFD-induced hypernutrition disrupts bile acid homeostasis, leading to increased bile acid levels in the serum, colon, and ileum. Notably, four primary C-BAs were significantly elevated: taurocholic acid (TCA), taurochenodeoxycholic acid (TCDCA), glycocholic acid (GCA), and glycochenodeoxycholic acid (GCDCA). Administration of individual BAs recapitulated the pro-metastatic effects of HFD in vivo. Mechanistically, these C-BAs impaired FXR-mediated feedback regulation of bile acid metabolism and activated oxidative stress and Ca^{2+} -MLCK signaling, resulting in GVB disruption. This was accompanied by decreased expression of tight junction (TJ) proteins, Claudin, Occluding, and ZO-1, but increased VEGFA and PV-1 expression, resulting in the increased intestinal permeability and enhanced liver metastasis of CRC. Importantly, the FXR agonist obeticholic acid restored FXR signaling, reduced intestinal permeability, and attenuated HFD-driven CRC liver metastasis. Our findings uncover a mechanistic link between dietary hypernutrition and GVB dysfunction mediated by conjugated bile acids, highlighting FXR as a potential therapeutic target for preventing hypernutrition-associated CRC metastasis.



Renuka Sharma

Sharda University,
India

Biography

Renuka Sharma, brings a wealth of expertise in patient care and medical administration. Already holding an MBBS and an MBA in Hospital Administration, she is deeply committed to continuous learning and is currently a second-year postgraduate student Physiology SSMSR, Sharda University, alongside her vast clinical experience across prestigious hospitals, she is an active academic and researcher, having authored three publications and delivered Three Publications.

Understanding Obesity Through the Lens of Human Physiology: A Systematic Review of Its Prevalence and Underlying Mechanisms

Abstract:

Background: The epidemic of obesity has become a worldwide health challenge, now affecting more than 650 million adults globally. Aside from lifestyle and behavioral factors, a complex network of physiological mechanisms contributes to its onset and persistence. Knowledge of these mechanisms is crucial for effective prevention and treatment of the disease.

Objectives: This systematic review seeks to review the global prevalence of obesity, as well as a comprehensive physiological process initiation and pathophysiology of subsequent progressions. Research examines energy balance, hormonal factors, neural circuits, adipose tissue, and the gut microbiome.

Methodology: A systematic search was made in the main databases: PubMed, Scopus, and Web of Science with pre-defined keywords, using terms related to obesity and human physiology. English language studies from 2000 until 2024 were included. Keyword-based incarceration focused on original articles and systematic reviews related to physiological factors attributed to human obesity. Studies were selected according to PRISMA guidelines, and quality assessment tools were used to confirm the reliability of the included studies.

Key Findings: In the review the authors emphasize the importance of hormonal regulators of the appetite and energy metabolism leptin, ghrelin, insulin and cortisol. Hunger and satiety are also controlled by important neurophysiological centers in the hypothalamus. Fat is an organ unto itself that releases pro-inflammatory cytokines and leads to systemic inflammation. Furthermore, gut microbiota dysbiosis has been associated with changes in nutrient uptake and metabolic disorders. These physiological pathways are further modulated by genetic and epigenetic factors; each of which contribute additional levels of individual susceptibility.

Conclusion: The disease of obesity is a complex, multifactorial condition steeped in human physiology. Considering its physiological underpinnings, along with lifestyle modifications, may improve the efficacy of both treatment approaches and clinical public health initiatives.



Pranita Ashok

Bharati Vidyapeeth Deemed
University, India

Biography

Pranita Ashok, MBBS, MD, PhD, is a distinguished physician and researcher with over 15 years of experience in nutrition, metabolism, and weight management. She specializes in integrating evidence-based medical science with the principles of Ayurveda to provide comprehensive solutions for obesity, diabetes, and other metabolic disorders, with a patient-centered approach. Dr. Pranita designs personalized nutrition and lifestyle plans tailored to each individual's unique health profile, goals, and daily routine, rather than relying on one-size-fits-all diet programs. Her expertise lies in helping patients achieve sustainable weight loss, improve metabolic health, and enhance overall well-being through scientifically guided and holistic interventions.

Associations of vitamin D with metabolic syndrome components in Indian urban middle-aged women

Abstract:

The prevalence of metabolic syndrome is increasing in developing countries and the prevalence is reported to be higher in Indian urban women and vitamin D deficiency is documented as a common health problem. However, little is known regarding whether vitamin D deficiency plays an important role in the heightened prevalence of metabolic syndrome. **Aims and Objectives:** This study was planned to assess the levels of vitamin D and their association with components of metabolic syndrome in middle-aged women. **Materials and Methods:** A total of 300 women volunteers who were in the age group of 35–64 years were included in the study. We used the criteria of metabolic syndrome defined by A joint interim statement of the International Diabetes Federation task force. Plasma levels of 25-hydroxyvitamin D [25(OH)D] was assessed by chemiluminescence method. Pearson's correlation was used for associations. **Results:** Vitamin D levels are significantly lower in women with metabolic syndrome. Waist circumference (WC), systolic blood pressure (BP), and triglyceride concentrations were inversely associated with vitamin D concentrations. 84% are with deficient levels of vitamin D. **Conclusion:** Vitamin D deficiency was found to be common in Indian women. Elevated WC, BP, and triglycerides were found to inversely associate with low serum levels of 25(OH)D. Improving vitamin D status would be useful in improving the health in middle-aged urban women.



Akanksha Yadav

Shree Guru Gobind Singh
Tricentenary University,
India

Biography

Akanksha Yadav, (M.Sc., Ph.D.) is an Associate Professor and Head of the Department (HOD) of Nutrition & Dietetics in the School of Allied Health Sciences at SGT University, Gurugram, Haryana. She brings over 16 years of extensive experience in the fields of Nutrition, Dietetics, and Healthcare, encompassing both academic and professional practice. A distinguished academician and researcher, she has made significant contributions to her discipline. Her scholarly output includes 4 patents, 5 copyrights, 25 research papers, 2 books, and 7 book chapters, reflecting her strong commitment to research, innovation, and knowledge dissemination.

Functional and Nutritional Potential of Makhana (*Euryale ferox* Salisb): A Scientific Review

Abstract:

Makhana seeds have gained global recognition as a nutrient-dense superfood with remarkable nutritional and therapeutic benefits. Makhana is rich in bioactive compounds such as polyphenols, alkaloids, phenols, terpenoids, and glycosides. It is an excellent source of macronutrients, micronutrients, and phytochemicals while being low in sodium, saturated fats, and cholesterol. Additionally, its high mineral and amino acid content further enhances its nutritional profile. The unique functional properties of makhana contribute to a wide range of health benefits, making it particularly suitable for individuals dealing with obesity, hypertension, and cholesterol issue and health benefits include its cardio-protective effects, anti-diabetic properties, immuno-stimulant capabilities, anti-ageing properties, and anti-depressant and antioxidant properties. These seeds offer a solution to micronutrient deficiencies, lifestyle diseases, and the aging process, making them highly appealing to health-conscious consumers. Makhana's versatile qualities make it an ideal raw material for the development of innovative, healthy value-added food products. These products can improve the physicochemical, functional, and sensory attributes of various food items. To promote societal health, there is a pressing need to scientifically innovate and adapt to regional nutritious cuisines, using makhana as a cornerstone ingredient.



Kedar Nath Nepal

HERD International,
Nepal

Biography

Kedar Nath Nepal, is an agricultural Expert having experience of more than 20 years in agriculture sector. He has expertise in livelihood, food security, nutrition, climate change and breeding and research-based works in cereals, pseudo cereals, vegetables and some of the fruit crops. He had contributed his professional span among projects funded by USAID, UK, EU, BMZ, and ADB, among others. He has worked as District Coordinator, Program Coordinator, Area Manager, MEAL Coordinator, and Agricultural Expert in these various projects.

Causes, Impacts and Prevention of Obesity and Weight Management

Abstract:

Obesity is a growing global public health issue characterized by excessive accumulation of body fat that negatively affects health. It increases the risk of several chronic diseases such as diabetes, hypertension, cardiovascular diseases, and certain cancers. Sedentary lifestyles, unhealthy dietary habits, genetic factors, stress, and lack of physical activity are major contributors to obesity. Effective weight management requires a combination of balanced nutrition, regular physical activity, behavioral modification, and medical support when necessary. Prevention and early intervention are essential to reduce health complications and improve quality of life. Public awareness, healthy lifestyle promotion, and community-based interventions play a significant role in controlling obesity and maintaining healthy body weight.



Ahmad Salisu Yahaya

Health-Wise Diet-Clinic,
Nigeria

Biography

Ahmad Salisu Yahaya, a 26-year-old Dietitian, Nutritionist, Researcher, Writer, and Health-care Administrator, the CEO and Founder of Health-Wise Diet Clinic, I'm a Professional Member of the Institute of Corporate Administration, Nigeria, Full Member of the Institute of Management Consultants, Nigeria, Official Member of Nutricare International Society Pakistan, Academic Advisor at Medic Pro International Academy United Kingdom (UK) and a Fellow Member of Research University, USA, I previously served as the Managing Director (MD) of Nutrishere Pakistan, and as a Brand Ambassador at Medical Nutrition Therapy (MNT) Pvt. Ltd Pakistan, I have also participated in and attended numerous workshops, webinars, and conferences on multidisciplinary research and academic writing

Impact of Processed Foods on Childhood Obesity

Abstract:

Background: Childhood obesity has emerged as one of the most significant public health challenges worldwide, with increasing prevalence in both developed and developing countries. The widespread availability and consumption of processed foods rich in sugars, unhealthy fats, sodium, preservatives, and refined carbohydrates have contributed substantially to unhealthy weight gain among children. Modern dietary transitions, sedentary lifestyles, aggressive food marketing, and reduced physical activity have further increased the burden of obesity and related health complications in children.

Objective: This study aims to examine the impact of processed food consumption on childhood obesity and to explore the nutritional, behavioral, and environmental factors contributing to excessive weight gain among children.

Introduction: Obesity is one of the fastest-growing public health problems globally and has become a major concern affecting both adults and children. It is not merely a condition of excess body weight but a complex chronic disease associated with abnormal or excessive accumulation of body fat that may impair health. The rise in obesity prevalence has been linked to unhealthy dietary patterns, physical inactivity, urbanization, technological advancement, and lifestyle changes. According to global health reports, obesity significantly increases the risk of several non-communicable diseases and reduces overall quality of life. In many developing countries, including Nigeria, the growing consumption of processed foods, sugary beverages, fast foods, and sedentary lifestyles has contributed greatly to increasing obesity rates.

Methods: A narrative review methodology was utilized through the analysis of published scientific literature, nutrition reports, and public health studies related to processed food intake and childhood obesity. Relevant evidence was reviewed to assess the nutritional composition of processed foods and their association with body weight, metabolic health, and long-term health outcomes in children.

Results: Findings indicated that frequent consumption of processed foods is strongly associated with increased rates of childhood obesity. High intake of energy-dense and nutrient-poor foods

such as sugary beverages, snacks, fast foods, processed meats, and packaged foods contributes to excessive calorie intake, poor dietary quality, and reduced nutrient adequacy. The study also found that childhood obesity increases the risk of hypertension, type 2 diabetes, cardiovascular diseases, low self-esteem, and other metabolic disorders. Inadequate nutrition education, parental feeding patterns, and limited access to healthy food options were identified as additional contributing factors.

Conclusion: Processed foods play a major role in the rising prevalence of childhood obesity. Promoting healthy eating habits, nutrition education, increased physical activity, and reduced consumption of highly processed foods are essential strategies in preventing obesity among children. Collaborative efforts involving parents, schools, healthcare professionals, and policymakers are necessary to improve children's nutritional health and reduce obesity-related complications. Obesity is a serious chronic disease with multiple health, social, psychological, and economic consequences. The increasing prevalence of obesity poses a major public health challenge worldwide. However, obesity is largely preventable and manageable through healthy nutrition, regular physical activity, lifestyle modification, and proper health education. Nutrition remains a key component in the prevention and treatment of obesity by promoting healthy dietary choices, improving body weight management, and reducing obesity-related complications. Collaborative efforts among healthcare professionals, families, schools, communities, and governments are essential in combating the growing burden of obesity and improving public health outcomes.



Akshra Verma

Southern Illinois University
School of Medicine,
USA

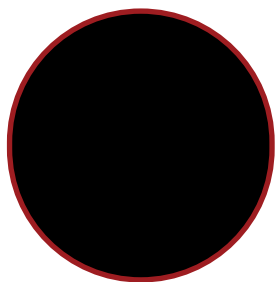
Biography

Akshra Verma, is an Associate Professor of General Internal Medicine at Southern Illinois University School of Medicine, IL, USA where she serves as Section Chief for Outpatient General Internal Medicine and is the Medical Director of their clinics. Dr. Verma brings a comprehensive, evidence-based approach to weight management and lifestyle medicine through her advanced training in culinary and obesity Medicine. Her clinical practice focuses on integrating nutritional, microbiome and lifestyle research into practical obesity treatment strategies and supporting patients in achieving improved metabolic health.

Beyond Willpower: Neurobiological Insights and Practical Tools for Emotional Eating

Abstract:

Emotional eating—consuming food in response to emotions rather than physical hunger—affects the majority of individuals with obesity and represents a barrier that cannot be overcome through willpower alone. This presentation examines the neurobiological mechanisms underlying emotional eating and equips clinicians with evidence-based tools for clinical intervention. Food consumption activates mesolimbic reward pathways, triggering dopamine and serotonin release comparable to antidepressant medications, creating powerful neurochemical reinforcement independent of conscious control. Ultraprocessed foods exploit this neurobiology through combinations of high fat content and glycemic load, with Yale Food Addiction Scale studies demonstrating that pizza, chocolate, and chips elicit addictive-like eating behaviors. The emotional eating cycle is perpetuated by chronic stress-induced cortisol elevation, which suppresses serotonin and dopamine production, driving compensatory food-seeking behavior to restore neurochemical balance. Critical distinction between physical and emotional hunger reveals that emotional hunger appears suddenly, demands specific comfort foods, results in mindless consumption, and terminates only with uncomfortable fullness followed by guilt and shame. This presentation introduces the “5 D” framework (Delay, Distract, Distance, Determine, Decide) as a structured intervention for managing acute cravings. Additional neurobiologically-informed strategies including trigger identification protocols, mindful eating practices, intermittent fasting approaches, sleep optimization for leptin-ghrelin regulation, and recognition of when professional mental health intervention is indicated will be presented. By understanding that emotional needs cannot be satisfied through food consumption, clinicians can guide patients toward appropriate emotional regulation strategies including exercise, social support, mindfulness practices, and therapeutic intervention, moving beyond the ineffective paradigm of willpower-based treatment.



Michael Willis

Bioxentra Life Sciences, Inc,
Canada

Biography

Michael Willis, is associated with Bioxentra Life Sciences, Inc., Canada, a biotechnology and life sciences company focused on innovative metabolic health and nutraceutical research. He is actively involved in advancing scientific and business development initiatives related to obesity management, metabolic balance, healthy aging, and life sciences innovation. With experience in healthcare and life sciences development, Michael Willis contributes to promoting research-driven solutions and international scientific collaborations. His interests include translational health science, biotechnology innovation, and advancing evidence-based approaches for improving human health and wellness.

A Metabolic Companion Platform in the Post-GLP-1 Era: Clinical, and Economic Perspectives

Abstract:

The rapid evolution of glucagon-like peptide-1 (GLP-1) receptor agonists has transformed the therapeutic landscape of obesity. However, with the expiration of key patents such as semaglutide in 2026 and the anticipated entry of generic competitors, the market is entering a phase of commoditization characterized by significant price compression and expanded access. Despite their efficacy, GLP-1 therapies are associated with adverse events, lean mass loss, and substantial rates of discontinuation and weight regain. These limitations underscore the need for complementary strategies that address long-term metabolic health.

This presentation will highlight a comprehensive framework for Bioxentra Life Sciences, Inc., a nutraceutical-based metabolic companion platform designed to enhance GLP-1 therapy, improve tolerability, and support long-term weight maintenance. We integrate clinical evidence, mechanistic biology, and financial modeling to demonstrate how such a platform can play a pivotal role in the next generation of obesity treatment. The analysis suggests that Bioxentra can achieve scalable growth, strong unit economics, and significant return on investment, positioning it as a potential leading force in the evolving obesity ecosystem.

Bioxentra Life Sciences, Inc. is a life sciences company dedicated to advancing human health through the discovery and development of science-based nutraceuticals and bioactive compounds. The Company focuses on the intersection of neuroscience and metabolism, leveraging biological pathways such as IGF-1 and related signaling mechanisms to support cognitive functions, metabolic health, and healthy aging. Bioxentra's approach bridges fundamental biology and practical health solutions, translating scientific insights into safe, effective, and accessible nutritional interventions designed to optimize healthspan and quality of life.



Ramy M. El-Sherbini

National Research Centre,
Egypt

Biography

Ramy M. El-Sherbini, is an Egyptian physician, researcher, and academic specializing in Pediatrics, Neonatology, Pediatric Endocrinology, Diabetes, and Clinical Nutrition. He currently serves as an Associate Professor at the Biological Anthropology Department and Associate Professor of Pediatrics and Neonatology at the Institute of Medical Research and Clinical Studies, National Research Centre (NRC), Egypt. He is also a Consultant in Pediatric Clinical Nutrition and an Associate Alumnus of Harvard Medical School, as well as a member of the Japan Society for the Promotion of Science (JSPS).

IL-6 – 174G/C polymorphism in obese adolescents with nonalcoholic fatty liver disease and its relation to metabolic and biochemical markers

Abstract:

Introduction: It has been suggested that genetic factors also predispose to NAFLD and that these might explain the difference in NAFLD progression between individuals. Polymorphisms of genes involved in inflammation/fibrosis, insulin sensitivity, and lipid metabolism might influence both the mechanism and extent of hepatic steatosis and its progression to NASH and cirrhosis. Several studies found a significant prevalence of IL-6 174C in NASH which likely contributed to the better understanding of the genetic susceptibility to the development of NAFLD and to its progression to NASH. Previous studies have shown the C allele of the IL-6_174G_C promoter polymorphism to be associated with prospective coronary heart disease risk and hypertension.

Aim of the study: 1-Study the prevalence of Genetic polymorphism of IL-6-174G/C in obese adolescents with NAFLD. 2-Investigate genetic polymorphism of IL-6-174G/C association with metabolic and biochemical parameters

Results: The genotype frequencies of GC and CC were significantly more prevalent in NAFLD patients than in controls. In NAFLD, C carriers showed significantly higher values of aspartate aminotransferase, alanine aminotransferase, triglyceride, insulin, and homeostasis model assessment insulin resistance index and lower HDL than did G carriers. Homozygotes showed a higher frequency of metabolic markers. This difference remained unaltered in the allele recessive model.

Conclusion: The present study suggests that the IL-6 – 174G/C polymorphism is associated with the development of NAFLD in obese Egyptian adolescents and is associated with abnormal biochemical and metabolic parameters. These findings could be helpful in identifying individuals at high risk for developing NAFLD among obese adolescents and might help draw specific prevention strategies.



KEYNOTE PRESENTATIONS



**JUNE
05, 2026**



VIRTUAL EVENT



Noah St. John

Neural Performance
Specialist, USA

Biography

Noah St. John, is a Neural Performance Specialist who helps corporate leaders remove The Invisible Brake™ and master the Human-AI Gap. Since 1997, his clinical frameworks have contributed to more than \$3.2 billion in documented revenue growth. He is the author of 27 books, published by major houses and translated into 18 languages. He also introduced the concept of the Human-AI Gap, which highlights the disconnect between advanced AI adoption and the human capabilities required to use it effectively. His work helps organizations align leadership performance with evolving technologies. Dr. Noah regularly delivers keynote presentations on AI leadership, performance optimization, and business growth strategies for global audiences.

The Invisible Brake™: A Neural Performance Framework for Addressing the Psychological Barriers Behind Obesity and Behavioral Change

Abstract:

Despite significant advances in clinical treatments, pharmacotherapy, and lifestyle interventions, long term behavioral change remains one of the most persistent and underaddressed challenges in obesity and weight management. Research consistently demonstrates that patients who understand what to do still struggle to sustain meaningful behavioral change over time. This gap between knowledge and action points to an often-overlooked variable: the hidden psychological patterns that silently undermine motivation, self-regulation, and adherence. Objective This presentation introduces The Invisible Brake™, a neural performance construct that identifies and addresses the subconscious psychological barriers preventing sustained behavioral change in individuals managing obesity and weight-related conditions. The objective is to offer obesity care practitioners a complementary behavioral framework — grounded in neuroscience and habit formation science — that can be integrated alongside clinical and lifestyle interventions to improve patient outcomes. Methodology / Approach Dr. St. John's Power Habits® framework applies principles from behavioral neuroscience, cognitive psychology, and habit formation research to identify and dismantle the specific internal blockers that drive self-sabotage, emotional eating, and non-adherence in weight management programs. The framework has been developed and refined over 30 years of clinical coaching application and includes:

- Neural pattern identification — diagnosing the specific subconscious loops driving self-defeating behaviors
- AFFORMATIONS® methodology — a neuroscience-based tool for rewiring self-limiting thought patterns that affect health behavior
- Habit architecture — replacing willpower-dependent strategies with automated high-performance behavioral systems

Results / Outcomes Application of The Invisible Brake™ framework across diverse clinical and coaching populations has demonstrated improvements in sustained behavioral adherence, reduction in self-sabotage patterns, and increased patient self-efficacy. Dr. St. John's clinical frameworks have contributed to more than

\$3.2 billion in documented results across health, leadership, and performance domains since 1997, with documented outcomes including measurable improvements in habit consistency, emotional regulation, and long-term behavior maintenance. Implications for the Obesity Care Community Integrating a neural performance lens into obesity care can meaningfully enhance the effectiveness of existing clinical, dietary, and lifestyle protocols. Practitioners who understand the psychosocial and subconscious dimensions of patient non-adherence will be better equipped to address the root cause of behavioral relapse — not just its symptoms. The Invisible Brake™ framework offers an accessible, evidence-informed behavioral complement to the medical and nutritional tools already in use across obesity care settings.



Benjamin Sley

Texas Bar Association,
USA

Biography

Benjamin Sley, is a Marine Corps veteran, chemist, registered U.S. Patent Attorney and recognized expert on permanent weight loss without injections or excessive exercise having appeared on NBC TV, USA Today, MSN and LA Weekly. He combines science-based nutrition with real-world results, helping adults over 45 reclaim vitality, build muscle, and reverse metabolic damage through sustainable lifestyle changes. His method is proven, practical, and life-changing.

Nutrition + gentle strength: Preventing SARCOPENIA for a vibrant life

Abstract:

Benjamin Sley is a Marine Corps veteran, chemist, certified nutritionist, and nationally recognized expert on permanent weight loss without injections or extreme exercise. After personally losing over 100 pounds and keeping it off for more than seven years, Ben now helps others—especially men and women over 45—achieve the same transformation. His method is grounded in biochemistry and real-world results: eliminate inflammatory, ultraprocessed foods; preserve and rebuild lean muscle; and restore metabolic health without relying on pharmaceuticals, crash diets, or hours in the gym. In his engaging and practical presentation, Ben explains how modern lifestyles and common foods disrupt human metabolism, accelerate fat storage, and lead to sarcopenia—age-related muscle loss. He offers a clear roadmap to reverse these effects through nutrient-dense eating, gentle resistance training, and restoring metabolic flexibility. Attendees will learn why injections and extreme exercise are unnecessary—and even counterproductive—for long-term health and weight loss, this talk is ideal for audiences seeking a sustainable, science-backed approach to regaining energy, muscle tone, and confidence. Ben's delivery is inspiring and actionable, combining his deep knowledge of human metabolism with the discipline and grit of a Marine but that is easily doable for his clients. He speaks with clarity and purpose, equipping listeners with simple strategies they can apply immediately.

Learning Objectives:

1. Understand why most diets fail and how to correct metabolic damage naturally.
2. Learn to preserve muscle mass while losing fat, especially after age 45.
3. Discover which foods disrupt metabolism and how to replace them.
4. Gain strategies for reversing sarcopenia and restoring energy.
5. Build a personalized, sustainable action plan for lasting fat loss and vitality.

Ben's message is clear: you can reclaim your health without needles, pills, or punishing workouts—and his mission is to show you how.



Lloyd L. Tran

Biomed Industries, Inc,
USA

Biography

Lloyd L. Tran, is the Chairman and Chief Executive Officer of Biomed Industries, Inc., a biotechnology company focused on developing innovative therapies for neurodegenerative, metabolic, and cardiovascular diseases. With more than 30 years of experience in pharmaceutical research and development, he has held scientific and leadership positions at major pharmaceutical and biotechnology organizations, including Pfizer and Biomed Pharmaceutical, Inc. Dr. Tran is the architect of the Unified Theory of Neurodegenerative, Metabolic, and Cardiovascular Diseases and holds multiple international patents related to therapies for Alzheimer's disease, obesity, stroke, and metabolic disorders. He earned his Ph.D. in Medicinal Chemistry from Victoria University of Wellington, New Zealand.

Linkage of Obesity and Other Chronic Diseases: Unified Theory of Neurodegenerative, Metabolic and Cardiovascular Diseases

Abstract:

Background: Obesity, Alzheimer's disease (AD), and stroke have traditionally been viewed as distinct disorders. Increasing evidence, however, suggests they share common biological mechanisms, including chronic inflammation, mitochondrial dysfunction, insulin resistance, endothelial injury, oxidative stress, and impaired cellular regeneration. These interconnected processes may represent a common biological substrate underlying neurodegenerative, metabolic, and vascular diseases. The Unified Theory of Neurodegenerative, Metabolic and Cardiovascular Diseases proposes that these conditions arise from overlapping systems-level dysfunction rather than isolated organ-specific pathology. We evaluated findings from three related therapeutics—NA-831 for AD, NA-931 for obesity, and NA-911 for ischemic stroke—to assess whether targeting shared pathways can provide benefits across multiple chronic diseases.

Methods: Clinical and translational data from Phase 2 studies of NA-831 and NA-931, together with preclinical and clinical evaluations of NA-911, were reviewed. NA-931 is an oral quadruple receptor agonist targeting IGF-1, GLP-1, GIP, and glucagon receptors. NA-831 is an oral neuroprotective and neurogenic therapy developed for AD based on the Neurogenesis Hypothesis. NA-911 is a structurally related neuroprotective compound developed for ischemic stroke.

Results: In a randomized Phase 2 study, NA-931 produced dose-dependent weight reductions of up to 13.8% after 13 weeks, with up to 72% of treated subjects achieving at least 12% weight loss versus 2% receiving placebo. Skeletal muscle mass was preserved, and adverse events were predominantly mild, in a placebo-controlled Phase 2 trial involving 112 subjects with MCI, mild AD, or moderate AD, NA-831 demonstrated a 4.1-point improvement on ADAS-Cog-13 versus placebo ($p=0.001$), with 78% of treated patients showing clinical improvement on CIBIC-Plus ($p=0.01$). The drug was well tolerated without serious adverse events, NA-911 reduced infarct volume by approximately 60% in ischemic stroke studies and demonstrated efficacy within a 9–12-hour therapeutic window, together with favorable pharmacokinetics, blood-brain barrier penetration, and safety.

Conclusions: The clinical findings from NA-831, NA-931, and NA-911 provide convergent evidence supporting a Unified Theory of Neurodegenerative, Metabolic and Cardiovascular Diseases. These observations support systems-based therapeutic strategies aimed at restoring biological resilience across neurodegenerative, metabolic, and vascular disorders.

SUPPORTING JOURNAL

Journal of Nutrition and Diet Management

<https://scitechjournals.com/journal-of-nutrition-and-diet-management>



LIST OF JOURNALS

Journal of Family Medicine and Clinical Research

Journal of Aesthetic Surgery and Medicine

Journal of Physics Optics and Photonics Sciences

Immunology Research and Immunotherapy

Cardiovascular Diseases and Therapeutics

Journal of Gynecology and Maternal Health

Journal of Diabetes and Clinical Endocrinology

Journal of Neonatology and Pediatric Care

Journal of Pulmonary and Respiratory Diseases

Journal of Alternative Medicine and Therapies

Journal of Nanotechnology and Nanobiotechnology

Journal of Oral Diseases and Treatment

Journal of Skin Health and Cosmetics

Journal of Anesthesia and Pain Management

Journal of Nutrition and Diet Management

Journal of Pharmacology and Drug Delivery

Journal of Chemistry and Analytical Biochemistry

Journal of Neuroimaging and Neuromedicine

Journal of Healthcare and Advanced Nursing

Journal of Environmental Toxicology Research

Journal of Global Entrepreneurial Management

UPCOMING CONFERENCES

JULY - CONFERENCES

INTERNATIONAL CONFERENCE ON
FINANCE, BUSINESS AND STOCK MARKET
JULY 16-17, 2026 | MIAMI, USA

AUGUST - CONFERENCES

4TH INTERNATIONAL CONFERENCE ON
PEDIATRICS & NEONATOLOGY
AUGUST 13-14, 2026 | BARCELONA, SPAIN

5TH INTERNATIONAL CONFERENCE ON
GLOBAL ENTREPRENEURSHIP SUMMIT
AUGUST 19-20, 2026 | TORONTO, CANADA

5TH INTERNATIONAL CONFERENCE ON
GYNECOLOGY AND OBSTETRICS
AUGUST 13-14, 2026 | BARCELONA, SPAIN

3RD INTERNATIONAL CONFERENCE ON
**ARTIFICIAL INTELLIGENCE IN
HEALTHCARE AND INDUSTRY**
AUGUST 19-20, 2026 | TORONTO, CANADA

SEPTEMBER - CONFERENCES

4TH INTERNATIONAL CONFERENCE ON
INFECTIOUS DISEASES
SEPTEMBER 09-10, 2026 | BARCELONA, SPAIN

OCTOBER - CONFERENCES

WORLD CONGRESS ON
AUTISM RESEARCH & INNOVATION
OCTOBER 15-16, 2026 | PARIS, FRANCE

4TH INTERNATIONAL CONFERENCE ON
**INNOVATIONS AND ADVANCES IN CANCER
RESEARCH AND TREATMENT**
OCTOBER 08-09, 2026 | TOKYO, JAPAN

3RD WORLD CONGRESS ON
NANOTECHNOLOGY
OCTOBER 29-30, 2026 | BERLIN, GERMANY

4TH INTERNATIONAL CONFERENCE ON
**NEUROLOGY & NEUROLOGICAL
DISORDERS**
OCTOBER 15-16, 2026 | PARIS, FRANCE

4TH GLOBAL CONGRESS ON
**ADDICTION MEDICINE, BEHAVIORAL
HEALTH & PSYCHIATRIC RESEARCH**
OCTOBER 15-16, 2026 | PARIS, FRANCE

3RD GLOBAL EVENT ON
MATERIALS SCIENCE AND ENGINEERING
OCTOBER 29-30, 2026 | BERLIN, GERMANY

3RD INTERNATIONAL CONFERENCE ON
OPTICS AND LASER TECHNOLOGY
OCTOBER 29-30, 2026 | BERLIN, GERMANY

NOVEMBER - CONFERENCES

GLOBAL CONGRESS ON NEPHROLOGY

NOVEMBER 23-24, 2026 | BARCELONA, SPAIN

4TH INTERNATIONAL CONFERENCE ON

SURGERY AND ANESTHESIA

NOVEMBER 26-27, 2026 | BARCELONA, SPAIN

3RD GLOBAL SUMMIT ON HEART AND

CARDIOVASCULAR CARE

NOVEMBER 26-27, 2026 | BARCELONA, SPAIN

WORLD CONGRESS ON

CLINICAL AND EXPERIMENTAL DERMATOLOGY

NOVEMBER 26-27, 2026 | BARCELONA, SPAIN

5TH INTERNATIONAL CONFERENCE ON

PRIMARY HEALTH CARE

NOVEMBER 26-27, 2026 | BARCELONA, SPAIN

5TH INTERNATIONAL CONFERENCE ON

OTOLARYNGOLOGY-ENT SURGERY

NOVEMBER 26-27, 2026 | BARCELONA, SPAIN

MARCH - CONFERENCES

4TH WORLD CONGRESS ON

PHYSICAL MEDICINE AND REHABILITATION

MARCH 18–19, 2027 | BARCELONA, SPAIN

4TH INTERNATIONAL CONGRESS ON

PSYCHOLOGY & BEHAVIORAL SCIENCES

MARCH 18–19, 2027 | BARCELONA, SPAIN

4TH INTERNATIONAL CONFERENCE ON

DERMATOLOGY & SKINCARE

MARCH 18–19, 2027 | BARCELONA, SPAIN

APRIL - CONFERENCES

WORLD SUMMIT ON

CLINICAL TRIALS, AI AND HEALTHCARE TECHNOLOGIES

APRIL 22-23, 2027 | AMSTERDAM, NETHERLANDS

2ND INTERNATIONAL CONGRESS ON

DIGITAL HEALTH INNOVATIONS AND ADVANCED NURSING PRACTICE

APRIL 22-23, 2027 | AMSTERDAM, NETHERLANDS

4TH GLOBAL SUMMIT ON

NURSING AND MIDWIFERY

APRIL 22-23, 2027 | AMSTERDAM, NETHERLANDS

JUNE - CONFERENCES

4TH EUROPEAN CONFERENCE ON

DENTISTRY AND ORAL HEALTH

JUNE 17-18, 2027 | BERLIN, GERMANY



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