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P R E S E N T



Processing the science of sugar, fat and the modern diet

May 26th 2016 Iceland

Presenter: Dr. Maryanne Demasi

Speakers:

Gary Taubes

Prof. Tim Noakes

Denise Minger

Dr. Aseem Malhotra

Dr. Thomas R. Wood

Dr. Axel F. Sigurdsson

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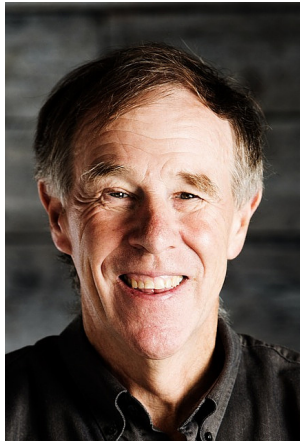
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Speakers at the conference



Gary Taubes

Gary Taubes is an investigative science and health journalist and co-founder of the non-profit Nutrition Science Initiative (NuSI.org). He is the author of *Why We Get Fat* and *What to Do About It* and *Good Calories, Bad Calories* (The Diet Delusion in the UK). Taubes is the recipient of a Robert Wood Johnson Foundation Investigator Award in Health Policy Research, and has won numerous other awards for his journalism.



Prof. Tim Noakes

Noakes has published more than 750 scientific publications, has been cited more than 16,000 times in the scientific literature, has an H index of 71 and is rated an A1 scientist by the National Research Foundation of South Africa. In 2003, he received the UCT Book Award for *Lore of Running* (4th Edition), which is considered the "bible of the sport". Among his other published works are *Rugby without Risk*, *Bob Woolmer's Art and Science of Cricket* co-written with the late Bob Woolmer, his scientific autobiography *Challenging Beliefs* and *Waterlogged: The serious problem of overhydration in endurance sports*. *The Real Meal Revolution*, co-authored with Jonno Proudfoot, David Grier and Sally-Ann Creed, was launched in November 2013 and has sold more than 200,000 copies in its first year and has become the largest selling ebook in South African publishing history.



Dr. Axel F Sigurdsson

Dr. Sigurdsson is a cardiologist at the Department of Cardiology at The Landspítali University Hospital in Reykjavik Iceland. He also practices cardiology at Hjartamidstodin (The Heart Center), which is a private heart clinic in the Reykjavik area. He is a Fellow of the American College of Cardiology (ACC), The Icelandic Society of Cardiology and the Swedish Society of Cardiology.



Denise Minger

Denise is an author, health consultant, public speaker, and owner of the website www.rawfoodsos.com, where she focuses on debunking bad science and promoting critical thinking about nutrition. In 2014, she published her first book, *"Death by Food Pyramid,"* which explores the roots of our current beliefs about food and equips readers with the tools necessary to navigate the labyrinth of conflicting dietary claims. On her blog, she is best known for her viral critiques of The China Study and the USDA dietary guidelines.



Dr. Tommy Wood

Dr. Wood studied biochemistry at Cambridge University before earning a medical degree from Oxford University. He completed his foundation doctor training at St. Thomas' in London, and is now a PhD Fellow at the University of Oslo. The focus of his research is neonatal brain metabolism and developmental brain injury. Dr. Wood is the Chief Scientific Officer of the Physicians and Ancestral Health Society. He has researched and published on a broad range of topics, from biomarkers of sugar intake in obesity to the use of systems analysis to elucidate the multiple factors associated with chronic disease progression, with a special interest in Multiple Sclerosis.



Dr. Aseem Malhotra

Dr. Malhotra is an Honorary Consultant Cardiologist at Frimley Park Hospital and founding member and cardiologist advisor to campaign group, Action on Sugar. He has been the central catalyst in igniting the debate around the harms of excess sugar consumption in the UK through commentaries in the BMJ and mainstream media. Aseem has managed to galvanise leading academics, the media and politicians into making sugar reduction a health priority and has been invited twice to number 10 Downing Street in the past two years because of his tireless campaigning on tackling the obesity epidemic. In October 2013 year he busted the myth of saturated fat and heart disease in the BMJ in a commentary that became one of the most read medical journal articles in the world.