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Modulation of cerebral blood flow, brain metabolism and cognitive function by nutritional interventions

Research has demonstrated that acute or short term administration of a number of nutritional interventions, including a range of food supplements that can beneficially modulate cognitive function or mood. However, the longer term benefits of the optimized nutritional status are less clear. Recent research from our own laboratory has demonstrated that supplementation with both multi vitamins and polyphenols can modulate several physiological parameters in adult humans that should be relevant to healthy brain aging, including cerebral blood flow and brain metabolic parameters. The relevance of these findings to the preservation of cognitive function will be discussed.

Biography

David O Kennedy is a Professor of Biological Psychology and the Director of the Brain Performance and Nutrition Research Centre at Northumbria University in the United Kingdom. His research involves investigating the effects of nutritional interventions, including vitamins and minerals, omega-3 fatty acids, amino acids and a host of plant derived extracts and compounds, including polyphenols and caffeine on human brain function. His recently published book, *Plants and the Human Brain* (Oxford University Press), describes the psychopharmacology and plant ecological 'secondary metabolite' roles of a multitude of plant derived compounds.

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