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21st diet the single most aberrant cause of chronic illness – We need to rethink food.

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The 21st century lifestyle has had a significant impact in what we regard as food. Caloric rich, nutrient deficient foods have impaired gastrointestinal and hepatic function resulting in underlying causes of chronic illnesses.

Biotechnology is now required to innovate in the medical space in efforts to improve population exposure to these same diseases.

Irrespective of promoting nutrient dense foods, subjectively, for many, because of gastrointestinal impairment, the ability to absorb and subsequently metabolise those nutrients are a “hit and miss” equation.

The phrase “you are what you eat” needs to be transformed into “you are what you absorb” – the 21st century diet has considerably changed to convenience and/or fast fulfilment, further exasperating today’s problems. Problems that atop healthcare priorities of most Westernised nations.

This talk will explain the link between diet, digestion, chronic illnesses and offer new thought as to the use of probiotics and delivery systems to support patients to improve gastrointestinal, hepatic and nutritional status, thus improving a person’s susceptibility to illness.

Biography

Dr Sean Hall founded Medlab in August 2012. Sean has over 20 years’ experience in nutraceutical sales and development, as well as early drug discovery in Australia, Asia, and the US. Sean has led and inspired his teams to author multiple patents, write peer reviewed articles and deliver lectures at global scientific conferences. His passion is leading his researchers into novel areas and strong commercialisation opportunities. Sean is also an active member of Medicines Australia, AusBiotech, American Federation of Medical Research (AFMR), The American Academy of Anti-Ageing Medicine (A4M), World Medical Association (WMA), Special Operations Medical Association (SOMA), and a Board Member of the International Probiotics Association (IPA)..

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