



A Journey from personalized medicine to personalized nutrition: Are we ready? Knowing your GENES

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Abstract:

Personalisation of nutrition advice is often proposed as one of the most promising approaches. In recent years most of the health intervention research and methods on the effect of personalisation show that advice targeted to an individual's physical parameters, lifestyle and environmental situation is more effective in influencing their health behaviour than general information. Dietary intake has been recognised to modulate gene and protein expression, and thereby metabolic pathways, homeostatic regulation, and presumably health and disease.

Biography:

Dilip Ghosh has received his PhD in biomedical science from India & post-doc from USDA-ARS, HNRCA at Tufts University, Boston. He is an international speaker, facilitator and author and professionally associated with Nutriconnect, & Trigonella Labs, Australia; Adjunct-Industry Fellow, NICM Health Research Institute, Western Sydney University. He is a fellow of American College of Nutrition (ACN), professional member of Australian Institute of Food Science & Technology (AIFST), an advisor and executive board member of Health Foods and Dietary Supplements Association (HADSA), & The Society for Ethnopharmacology, India (SFE-India) and also in editorial board of several journals. His research interest includes oxidative stress, bioactive, clinically proven functional food and natural medicine development, regulatory and scientific aspects of functional foods, nutraceuticals and herbal medicines.



Recent Publications:

1. Cannabis and Cannabinoids, Dilip Ghosh.
2. Complementary medicine regulation in Australia, Tobey-Ann Pinder, Dilip Ghosh
3. Pharmaceutical to nutraceutical: Paradigm shift in healthcare industry, Dilip Ghosh
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