

Pro-Aging | Brussels

Europe Congress

November 19-22, 2015



The event of the year in medical therapies that reduce, slow down or even reverse aging

Pre-Congress Workshops, November 19-21, 2015

Wednesday, November 18: Examination Review

Thursday, November 19: 10 Major Hormone Therapies and Examination Session

Friday, November 20: Reversing aging of the head and Thyroid Symposium, Special Therapeutic Workshop

Saturday, November 21: Reversing aging in women and men after age 30

Pro-Aging Europe Congress, November 22, 2015

Sunday, November 22: Nutritional Therapies, Stimulating the Immune System, Star Session and Hormone Therapies



Pre-Congress Workshop

Thursday, November 19

10 Major Hormone Therapies

09.00 - 10.50: Adrenal hormones: dietary, nutrition and hormones

- DHEA therapy: food, nutrients, hormones
- Pregnenolone treatment
- Aldosterone treatment
- Safe cortisol treatment

Dr. Thierry Hertoghe, *Belgium*

10.50 - 11.10: Break

11.10 - 13.00: Hypothalamic hormones

- Melatonin therapy
- Oxytocin treatment
- Vasopressin treatment
- MSH treatment for skin protection
- Live on stage consultations

Dr. Italo Rachid, *Brazil*

Dr. Jorge Flechas, *USA*

Dr. Thierry Hertoghe, *Belgium*

Dr. Thierry Hertoghe, *Belgium*

13.00 - 14.00: Lunch Break

14.00 - 15.40: Thymus and sex hormones

- Thymosin-alpha-1 and thymus extract therapies
- Testosterone treatment in women; reversing cellulite

Dr. Thierry Hertoghe, *Belgium*

15.40 - 16.00: Break

16.00 - 18.00: Growth hormone and practical training

- Growth hormone treatment
- Hands on training: learn to do it yourself

Dr. Thierry Hertoghe, *Belgium*

18.00 - 20.30: EXAMS

- Possibility of taking 6 exams on anti-aging, hormone therapies and nutritional medicine

Reversing aging of the head with nutritional and hormone therapies

09.00 - 10.50: Reversing aging hair

- Total, diffuse, male/female pattern hair loss, hair loss in plaques: nutrients, hormones
- Hair dryness, hair oiliness, lack of hair volume
- Fatsoluble hair creams and gels with estrogen, testosterone for hair loss
- Life on stage consultations for hair and facial disorders

Dr. Thierry Hertoghe
Dr. Benoit Poutet
Dr. Guy Gerin,
Belgium

10.50 - 11.10: Break

11.10 - 13.00: Reversing facial aging with systemic and topical creams

- Swollen, fatty, hollow faces, wrinkles, sagging cheeks
- Droopy or swollen eyelids, dark circles under the eyes, red eyes
- Lip atrophy, swollen lips, cracks in lips, eczema, acne, facial scars
- Fatsoluble creams and gels with estrogen, DHEA, progesterone to reduce wrinkles, skin aging
- Watersoluble creams with IGF-1, growth hormone, melatonin, thyroid hormones to rejuvenate the skin
- Peptides oral presentation for skin use or cream

Dr. Thierry Hertoghe,
Belgium

Dr. Richard Lippman, USA

Prof. Vladimir Khavinson,
Russia

13.00 - 14.00: Lunch

Thyroid Symposium, the international cutting-edge thyroid seminar

14.00 - 15.50: Hypothyroidism, the missing diagnosis

- Hypothyroidism: signs and symptoms
- High frequency hypothyroidism: the evidence
- Free thyroid hormones are predictors of increased mortality
- Intracellular hypothyroidism

Dr. Thierry Hertoghe, Belgium

Dr. Thierry Hertoghe, Belgium

Dr. Anette Merke, Germany

Dr. Jorge Flechas, USA

15.50 - 16.10: Break

16.10 - 18.30: The best thyroid treatments

- The importance of T3
- Greater efficacy of T3-T4 combinations
- Iodine and other nutritional treatments of thyroid dysfunction
- Vitamin D and antioxidants like selenium for treatment of autoimmune thyroiditis including Hashimoto's and Graves disease
- Hormone Rights International

Dr. Jorge Flechas, USA

Dr. Thierry Hertoghe, Belgium

Dr. Jorge Flechas, USA

Dr. Anette Merke, Germany

Dr. Thierry Hertoghe, Belgium

SPECIAL EVENING SESSION

19.00 - 21.30: SPECIAL THERAPEUTIC WORKSHOP

- Theoretical information: What you need to know
- Practical experience:
 - ◇ Mesotherapy
 - ◇ Light Therapy
 - ◇ Cardiohealth
 - ◇ Oligoscan

Dr. Thierry Hertoghe
Dr. Marie-Christine Lhermitte
Dr. Charlotte Godefroit, Belgium

Dr. Patrick Lemoine, France

The aging female: how to reverse her aging after age 30?

08.45 - 10.30: Reversing aging in women after age 30

- **Female sexual aging starts early** at age 30-35 or even at puberty

Dr. Thierry Hertoghe, Belgium

- **Female (and male) hormones therapies** long before menopause and after menopause

- **Nutritional treatments** of premenstrual syndrome, menorrhagia, short/long menstrual cycles, breast cysts, cyclical headaches, fibroids, breast cancer, peripheral edema

**Dr. Marie-Christine Lhermitte
Dr. Charlotte Godefroit
Dr. Thierry Hertoghe,
Belgium**

10.30 - 11.00: Break

11.00 - 13.00: Nutritional treatments of female hormone disorder

- **Vitamin D therapies in male and female hormone disorders**, its role in female and male fertility and pro-aging

Dr. Jürgen Merke, Germany

- **Overcoming difficult female hormone problems**

Dr. Uzzi Reiss, USA

- **The benefit of Estrogen treatment** to women with breast cancer

Dr. Uzzi Reiss, USA

- **Oxytocin, the hormone of female orgasm**

Dr. Jorge Flechas, USA

13.00 - 14.00: Lunch

The aging male: how to reverse his aging after age 30?

14.00 - 15.50: Reversing aging in men after age 30 with testosterone (part 1)

- **High frequency of testosterone deficits in adult men**
- **Testosterone deficiency:** symptoms and physical signs
- **Testosterone deficits:** laboratory tests, how to interpret...
- **Testosterone therapy of male pattern baldness:** doses, safety
- **Testosterone treatment for psychological andropause syndrome**

Dr. Thierry Hertoghe, Belgium

15.50 - 16.10: Break

16.10 - 18.00: Reversing aging in men after age 30 (part 2)

- **Evolution of testosterone treatment** over 25 years in 2,500 patients using 7 different forms of treatment

Dr. Malcolm Carruthers, UK

- **Parallels between insulin resistance and testosterone resistance** affecting the causation and treatment of both diabetes and testosterone deficiency in men

Dr. Malcolm Carruthers, UK

- **Testosterone treatment of lipid and cardiac disorders:** doses, efficacy

- **Use/misuse of aromatase and 5-alpha-reductase inhibitors in men on testosterone**

Dr. Thierry Hertoghe, Belgium

- **Testosterone treatment:** solving problems, including rectile dysfunction, Peyronie's disease, prostate hypertrophy, acne, gynecomastia, etc.

08.15 - 10.20: Nutritional Therapies	
• How can we boost our hormones production with herbal and micronutritional supplements	Dr. Benoît Everard , <i>Belgium</i>
• Light therapy treatment of sleep disorders	Dr. Patrick Lemoine , <i>France</i>
• Stem cell factor therapy to revive senescent cells	Dr. Ghislaine Beilin , <i>France</i>
• Gastric acid and bile primarily determine the optimal production of the pro-aging hormones	Dr. Walter Faché , <i>Belgium</i>
• Silicium supplements to treat arthritis	Dr. Roger Lecurieux , <i>France</i>
10.20 - 11.00: Break	
11.00 - 12.50: Stimulating the Immune System	
• Obstacles to a longer life	Dr. Christophe de Jaeger , <i>France</i>
• Restoring acid-base balance to slow down aging	Dr. Ludwig Jacob , <i>Germany</i>
• High dosed vitamin D therapies to treat degenerative and autoimmune diseases like cancer, multiple sclerosis...	Dr. Anette Merke , <i>Germany</i>
• A diet free of food intolerance may decrease aging, gluten and other IgG sensitivities	Dr. Roger Mussi , <i>France</i>
12.50 - 14.00: Lunch Break	
14.00 - 15.50: STAR SESSION	
• Detecting electromagnetic and biological waves of infectious disturbances as key to longevity	Prof. Luc Montagnier *, <i>France</i> (Nobel Prize)
• Peptides, genome, aging	Prof. Vladimir Khavinson , <i>Russia</i>
• Individualised therapies based on the repair of the endogenous stem cell niche	Prof. Augustinus Bader , <i>Germany</i>
• Adverse effects of EMF by mobile or other devices	Prof. Olle Johansson , <i>Sweden</i>
15.50 - 16.30: Break	
16.30 - 18.00: Hormone Therapies	
• Hearing loss treatable with aldosterone, memory loss with bioidentical vasopressin	Dr. Richard Lippman , <i>USA</i>
• Oxytocin to treat fibromyalgia and social isolation	Dr. Jorge Flechas , <i>USA</i>
• Adrenal burnout	Dr. Thierry Hertoghe , <i>Belgium</i>

* speakers are not confirmed yet

**ENGLISH / FRENCH / DUTCH TRANSLATION
ACCREDITATION POINTS REQUESTED**

Day address: The Hotel, Bd de Waterloo 38, B-1000 Brussels

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