

Predictive, Preventive and Personalized Medicine & Molecular Diagnostics

September 01-03, 2015 Valencia, Spain

Adaptogens in personalized medicine: A fascinating group of secondary plant metabolites enabling the human body to enhance its ability to rebalance under stress

Lars Von Olleschik-Elbheim
ACON Laboratories, Germany

In the mid-20th century the Soviet scientists Nicolai Lazarev and Israel I. Brekhman came up with the term adaptogen. The term refers to a group of secondary metabolites, based on plant extracts that can help the body adapt to stress, regardless of the source: heat, cold, exertion, trauma, sleep deprivation, toxic exposure, radiation, infection, or psychological duress. By definition, an adaptogen causes no side effects, treats a wide variety of illnesses, and helps return an organism back toward balance (homeostasis) no matter in what manner it has moved out of balance. Intensive research has been made on this topic in Russia and Asia, first of all in the area of sports and military. There is strong evidence that there is a positive correlation between frequent adaptogen extracts uptake, enhanced physical endurance and enhanced mental capacity. The talk will give an overview on the most important adaptogenic plants, the secondary plant metabolites involved and the current use of adaptogenic extracts on various health conditions. It shall also discuss the adaptogenic effects on biological ageing. In order to estimate how much an individual will benefit from the use of adaptogens, the measurement of cortisol levels has become like a biomarker. Recently an easy to use home test has been developed in Canada. It estimates how much an individual might benefit from the use of adaptogens. This test is also dedicated to monitor long term effects of adaptogen intake on the individual stress level and thus may soon become part of the diagnostics toolbox for personalized medicine.

Biography

Lars Von Olleschik-Elbheim completed his PhD in Medical Microbiology from Westfälische Wilhelms-Universität, Germany. In the past 17 years he has been working for both pharmaceutical and diagnostics companies in various positions. Dealing with the diagnostics and treatment of environmental, diet and behaviour related diseases, his interest became focussed on the effects of personalized nutrition within the framework of personalized medicine. Within this context he is currently focussing on the effects of Vitamin D and adaptogens, when it comes to stress and age related diseases and anti-ageing in general. The proper use of companion diagnostics for consultation and monitoring is one of his additional topics of interest in regard to personalized nutrition and anti-ageing.

lars@von-olleschik.de

Notes: