

Dietary treatment strategies: From Paleo diet to plant-powered plate and beyond

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Abstract

Obesity is a fast-growing progressive disorder characterized by imbalance of energy intake and expenditure. As the epidemic of obesity continues to grow globally, 42.4% of population in US in 2017-2018 was either overweight or obese. Weight gain has become a major challenge since calories have become more readily available along with the sedentary lifestyle. Abundance of hormone that signals hunger, availability of palatable foods, gut microbiome is directly related to the genetics and the environmental factors. With the increasing incidence of chronic illnesses related to obesity, it is necessary to develop an accepted blueprint of how nutrition and exercise can be modified based on individual needs. Despite considerable research, there is a continued debate regarding the energy content and the optimal macronutrient distribution for promoting healthy and effective weight loss. Low-fat and low carbohydrate diets are widely accepted as the standard of care for patients; however, their effectiveness has been recently challenged, partly because the prevalence of obesity continues to rise despite the reduction in fat or carbohydrate intake. With the emerging social media touting the availability of multiple weight loss programs, people are unable to choose and understand what is right for them to maintain healthy weight. In this presentation, I will highlight and address the pros and cons of using variety of dietary intervention in this challenging domain with emphasis on benefits of plant-based diet and its effect in gut microbiome. My goal is to increase awareness among health care providers about the benefit of various diets by predicting individual responses to diet and exercise interventions.

Fellow of esteemed organization called American College of Physicians. She is practicing as internist at One medical and also currently an adjunct faculty at Touro University School of Medicine, Vallejo, CA. She is a writer, wellness coach and obesity medicine specialist. She has published papers in reputed journals and has been serving as an editorial board member of repute in journals like British Medical Journal, American Diabetes Association

Speaker Publications:

1. "Michael Barbour, Associate Professor (Instructional Design)
2. "Nathalie Bergeron, Professor- Chair of Biological and Pharmaceutical Sciences
3. "Domain adaptation meets disentangled representation learning and style transfer
4. "High-speed data-plane packet aggregation and disaggregation by P4 switches
5. "IUML: Inception U-Net Based Multi-Task Learning for Density Level Classification And Crowd Density Estimation

[26th International Conference on Human Metabolic Health Diabetes, Obesity and Endocrinology](#), June 22-23, 2020, Webinar

Abstract Citation:

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Biography:

Shagun Bindlish has completed her medical school from Yerevan State University, Armenia. She has completed the post-graduation training from Lutheran Medical center, Brooklyn, NY. Dr. Bindlish is fellowship trained Diabetologist from Ohio University, Athens, OH. She is entitled as