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**Preventative and Habit transformation healthcare: Fat loss, Focus, Flow****Hanan Selim**

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**S**tatement of the Problem: It's a new age we live in, more and more intellectual individuals are realizing there's a new way to look at healthcare. Rapid Preventative and habit transformation (RPHT) is that new way. To explain what preventative and habit transformation is, we need to explain what it is not. It is not conventional or alternative healthcare. You know the drill, you wait in a cold environment for a long time to see the doctor and then you get a one size fits all treatment. You leave with a prescription, drug sample or concoction knowing deep down inside this is not addressing the core issues. It's like having a fire in your home and the firefighters come and remove the batteries from the fire alarm. It's crazy I know but that's what we do with our health every day. We go get pain killers to numb the pain. Preventative and habit transformation is a customized approach addressing the core or underlying issue behind the disease. It uses "mind and health hacks" that are easy yet powerful solutions and lifestyle strategies. RPHT maximizes brain power, energy and peak performance while optimizing health and preventing disease. RPHT has 3 pillars. First pillar is the removal of toxicities. Second pillar is creating micronutrient sufficiency and third pillar is to inject a few peak performance habits in our daily lives. According to the cutting-edge Epigenome project, only 2%-3% of our genes predisposes us to disease and we control our destiny by the decisions we make and the environment we surround ourselves with psychologically and physiologically. In other words, we inherit our habits not the genes that predisposes us to disease, obesity and low performance.

**Recent Publications**

1. DNA methylation profiling of the human major histocompatibility complex: a pilot study for the human epigenome project
2. A Practical Guide to Avoiding Drug-Induced Nutrient Depletion By NutritonReview.org - December 11, 2016LiX,
3. Brumleu K, Haydn-Myer, A Functional Brain Imaging Can Provide Better Diagnosis And Treatment Monitoring In Persons With Traumatic Brain Injury , — Link to full article COSTA MESA, Calif., March. 19, 2014
4. Silverman, Daniel H., Willeumier, Kristen, Torosyan, Nare, Mallam, Sravya, Raji, Cyrus, Dahlbom, Magnus, Amen, Daniel G. Regional cerebral blood flow patterns during performance of an attention-focused cognitive task in patients resistant and responsive to antidepressant therapy (accepted by the SNM Annual Meeting 2014) AB
5. Facilitating cancer research using natural language processing of pathology reports.H Xu, K Anderson, VR Grann... - Studies in health ..., 2004 - europepmc.org

**Biography**

Known as "the pharmacist of the future", Dr. Hanan is part of the world's leading experts in high-performance, preventative and habit transformation healthcare. As a successful entrepreneur and owned 3 different companies, she is a trusted advisor and high-performance consultant to leaders, managers and senior executives in the Mena region. She graduated from the most prestigious clinical pharmacy doctorate program in America (St. John's University, New York) and has invested over 25 years' experience in healthcare, health retreats, educational seminars and cutting-edge alternative health methods' certifications to help her clients gain a competitive advantage for themselves and their organization. She has received certifications for "Excellence in Healthcare quality" and preventative disease. She received awards for being a keynote speaker on "preventative and habit transformation healthcare" from the likes of Dr. Rashid Alleem's 9th Annual Leadership & Management Congress Week. Dr. Hanan's research papers are included in books like the "21 Alleem Sustainable Development Goals which is introduced by H.E Dr. Rashid Alleem.

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