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Anti-obesity potential of aged garlic extract: Overview

Obesity is a hallmark of pre-diabetes with a conversion rate of close to 10%. However, recent large-scale clinical observations tell us that non-diabetic obesity (metabolic syndrome) is as dangerous as established diabetes for macro angiopathy. Obesity is becoming a huge worldwide health problem and actual lifestyle measures are of limited efficacy, in addition to be difficult to sustain. Therefore, complementary dietary measures are highly suitable. Among these, garlic and more particularly aged (black) garlic, is of particular potential interest based on its pharmacological properties which target most of the individual parameters causally involved in obesity development. Although a lot has still to be learned and precised about ideal composition and dosage for humans, animal research shows promising beneficial effects. A recent trial with concentrated aged garlic extract has demonstrated impressive loss of weight over short treatment duration in high fat/high sucrose chronic fed rats. Several mechanisms, including central effects in hypothalamus, have emerged.

Biography

Nicolas Wiernsperger is a Physiologist and has completed his PhD in Neurophysiology from University Basel, Switzerland. He has worked as the Head of Department of Brain Microcirculation at Novartis and also he was the Head of International Pharmacological Development at Lipha/Merck KgA in Lyon. He was also Head of a Private/Public Research Unit on Diabetic Micro vascular Complications at Lyon University. He has been an Author/Co-author of about 150 publications and 2 scientific books. He has also worked as a Visiting Professor at several universities. He is presently a Private Consultant for Pathophysiological and Pharmacological aspects of cardio metabolic diseases.

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