



Dear IAACN Members and Friends,

It's time to mark your calendars for the 2024 IAACN Scientific Symposium, **“Optimal Epigenetic Expression and Aging Harmoniously with Food and Clinical Nutrition”** taking place September 23rd-25th at the conveniently located Four Points by Sheraton Hotel in Coppell, Texas near the Dallas / Fort Worth airport.

Why is “anti-aging” the hottest topic in healthcare today? Globally, in 2023, consumers spent \$71.6 billion in trying to stop the clock. Could it be because we're aging prematurely, starting in the womb and continuing throughout life? With the exception of exercise, our country has a tendency to ignore the roles that diet, life-style, and the environment play in preventing this early decay and promoting longevity.

The medical community sees the damage as disease and seeks to manage its symptoms. As CCNs, we look deeper into causation and have recognized that untimely aging is but an accelerated sabotaging and ultimate degradation of tissues, mitochondrial function, biochemistry, and micro-physiology, resulting in system failure. It's not just a war of fighting inflammation and oxidative damage - we can do more. Now science has shown us that there are substances in our foods and food-based supplementation that actually promote the presence of life-giving molecules associated with longevity. In that, we can use food to either prematurely age or retro-age.

Testing for degenerative bio-markers is common, but how do we test for longevity bio-markers? What are the substances in food that have demonstrated age-defying properties? Please join us in September as we learn how to help ourselves and our patients mature in a more natural and harmonious way. Stay tuned for speaker introductions.