

**21st Anniversary  
Free Online Conference  
23rd September 2022  
10am to 5.30pm**

**21<sup>ST</sup>**  
Anniversary  
Celebration



# **CNELM: Pioneering Personalised Nutrition Education, Research & Practice.**

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**2022 is CNELM 's 21st Anniversary year, and we invite you to join us for a free online event officially launching the CNELM Personalised Nutrition Institute and showcasing recent Staff and Student Research.**

Personalised Medicine is a rapidly emerging approach that will revolutionise the current medical paradigm. Personalisation is particularly applicable to the field of Nutrition, and CNELM 's vision is 'to place Personalised Nutrition at the heart of healthcare world-wide'. To achieve this, over the next decade CNELM is investing in building a new Research Centre called the CNELM Personalised Nutrition Institute focused on Evidence-Based Personalised Nutrition and Evidence-Based Nutrition Coaching.



## **The CNELM Personalised Nutrition Institute will focus on the following areas:**

1. Systematic Literature Reviews relevant to Personalised Nutrition practice.
2. Development and Statistical Analysis of Clinical Questionnaires.
3. Development of Machine Learning Tools for Personalised Nutrition.
4. Statistical Analysis of Laboratory Tests.
5. Theoretical/Mathematical Foundations of Personalised Nutrition.
6. Randomised Controlled Trials on the Clinical Efficacy of Personalised Nutrition.
7. Qualitative Analysis of the Client experience of Personalised Nutrition and Nutritional Therapy.
8. Theoretical Foundations of Health Coaching.
9. Development of Nutrition Coaching Techniques.
10. Randomised Controlled Trials on the Efficacy of Nutrition Coaching.

As part of our Personalised Nutrition Institute Launch, we will be launching Euzen: a public facing Nutritional Therapy and Nutrition Coaching Service that will be tightly integrated with the CNELM Research Centre, providing data to build Evidence-Based tools and Services.

Please visit our website [euzen.co.uk](http://euzen.co.uk).



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## **Invited Speakers**

**Hosted by Kate Neil MSc Founding Director of CNELM**

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### **Guest Speakers**

Prof Adrian Hunnisett (CNELM External Academic Quality Reviewer), Adi Mistry-Frost (Chair of CNELM Business Education and Ethics Committee), Satu Jackson (CEO of BANT)

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### **Staff Led Research**

Dr Michelle Barrow DProf  
Clinical Tools for Personalised Nutrition Clinical Practice

Dr Karin Seidler PhD  
Time Restricted Feeding and Obesity

Dr James Neil PhD  
Machine Learning for Personalised Nutrition

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### **Student Led Research Presentations**

For more details see our [Undergraduate and MSc Research Publication Page](#).

Topics: Hypertension and Probiotics, ME/CFS, Rheumatoid Arthritis, Intermittant Fasting, Perimenopausal and Postmenopausal Depression and Oestrogen and Soy, The Gut Microbiota and Parkinson's Disease, Female Sex Hormone Dysregulation Hashimoto's Thyroiditis and Vitamin D, Vitamin D and PCOS

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### **Student Contributors**

Alexandra (Scotti) McLaren BSc, Alina Grylls MSc, Anna Gruvstad Melén MSc, Daisy Ilchovska MSc, Karin Seidler PhD, Sinead Berry MSc, Sophie Nielsen MSc, Stephanie Weichert PhD

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### **Presentations on Books by CNELM Graduates Published in Singing Dragon's Personalised Nutrition Series**

Lorraine Nicolle MSc  
Biochemical Imbalances in Systemic Disease and the Development of the Personalised Nutrition Book Series

Ray Griffiths MSc  
Importance of Healthy Mitochondria in the Prevention of Systemic Disease

Rose Holmes BSc  
Importance of Oral Health in the Prevention of Systemic Disease