

## 14-15TH MAY 2016 - LONDON OLYMPIA

### PROF. GEORGE BIRKMAYER NADH STAGE TIME TABLE - SATURDAY

Time	Speaker	Company	Presentation Subject	Presentation Description
11.00 - 11.15	Silvia Mocikova	Body & Brain	Ki Gong (Tai-Chi Demo)/Plate Balancing Exercise & Longevity Walking	First we will perform Ki Gong demonstration followed by Plate Balancing exercise which strengthens major joints and meridians and also improve the sense of balance. In the end we will teach the audience how to walk in order to receive energy and therefore live a long and healthy life.
11.25 - 11.40	Dr Max Gowland PHD	Prime Fifty	Healthy Ageing from Within".	Ageing comes in many forms, but by far the most important, is the loss of our musculo-skeletal health. We lose 1-2% muscle mass every year, our bones lose strength (especially women) and together with painful joints, can mean we tend to become far too sedentary as we get older. This is unhealthy, but Prime Fifty is here to help you.
11.50 - 12.05	Prof. George Birkmayer NADH	Prof. George Birkmayer NADH	Ask about your opportunity to hear World leading expert on ageing and NADH. Professor George Birkmayer will be talking about The Revolution in Skin Ageing	Prof. George Birkmayer NADH skin serum . How it prevents and reverses damage to ageing skin.
12.15 - 12.30	Margo Marrone	The Organic Pharmacy	Anti Ageing Secrets	Margo Marrone, pharmacist and founder of The Organic Pharmacy, will be presenting tried and tested anti ageing solutions from antioxidants and nutrition to cleanses and skin enhancing non-surgical treatments to dramatically help with weight loss, energy levels, stress control and younger looking skin.
12.40 - 12.55	Geraldine McColgan	The college of naturopathic medicine	Natural Choices for Anti Ageing	Ageing occurs from the day we are born; however there are many factors that can lead to premature aging including using incorrect skincare products, many of which contain harmful chemicals. We all know the benefits of eating a healthy diet to prevent disease but these same powerful nutrients can be used to fight off premature signs of aging both internally and through topical application.
1.05 - 1.20	Anne Cotty	Danielle Collins Face Yoga Method	Face Yoga	Anne Crotty will be presenting The Danielle Collins Face Yoga Method. It will be a fun and pampering presentation combining face exercise, face massage, relaxation and acupressure for natural anti-ageing results. The session is suitable for all and the Face Yoga DVD and Wallchart will be available to purchase at the class as well as information on how to train as a Face Yoga teacher .
1.30 - 1.45	Andrea Lawrence	International Federation of Aromatherapists	Essential Oils and the skin	In recent times essential oils have been used by the public and household/skincare industries to give products an 'aroma/fragrance' and not recognised for their powerful benefits to the skin. Civilisations have known and understood the benefits of essential oils on the skin.
1.55 - 2.10	Rebecca Bowles	Do Terra	Essential Oils and Anti-Ageing	Come and learn some great uses for essential oils, including helping to combat aging of the skin. This benefit is what most people want, especially women who want to age slower and look younger on a consistent basis.
2.20 - 2.35	Prof. George Birkmayer NADH	Prof. George Birkmayer NADH	The Ageing Brain caused by diminishing NADH	World leading authority on NADH Prof. George Birkmayer talks about how to improve your cognitive performance and mental fitness at any age with the natural performance enhancer NADH that increases your libido, stamina and overall physical power
2.45 - 3.00	Steven de Koenigswarter	The Health Factory	The Noble Minerals and Longevity - The Ancient Link	Throughout all of history, including Sumerians texts, there are records of certain people living extremely long life spans. If true: How was that possible? What minerals did they have access too? How can we use these secrets to live healthier, more youthful and longer lives?
3.10 - 3.20	Catalina Fernandez De Ana Portela	Hifas Da Terra S.L	Antioxidant properties of Reishi: The 'mushroom of eternal youth'	We will be exploring the benefits of including Reishi mushroom into our lives from the inside out. Reishi, also termed as the 'Mushroom of immortality' works at a cellular level helping to improve elasticity, firmness, and softening expression lines from the outside and reducing inflammation from the inside. Discover the hidden secrets of the Reishi mushroom, one of nature's greatest treasures.
3.30 - 3.45	Alessandro Ferullo	Flowing Health	Cleansing and re-charging your energy system with Qigong	The art of Qigong originated in China over a thousand years ago. Qi means Energy, the energy that is naturally flowing in the body and which permeates all living things. Qigong improves physical and mental health. This self healing form is mainly practised through simple energetic body movements and meditations <a href="http://www.flowinghealth.co.uk">www.flowinghealth.co.uk</a>
3.55 - 4.10	Eva Hamilton, DipNT mNTOI	SCOPE Ophthalmics	Revidox: because beauty begins on the inside	Hear how REVIDOX+, a next generation food supplement brought to you by Scope Group helps to strengthen the antioxidant barriers of the skin in order to combat cell ageing. Learn why the unique patented resveratrol: STILVID® in high concentration should be part of your daily routine
4.20 - 4.35	Lisa Pantan	LV Life	Oxidative Stress - The real cause of ageing	Oxidative stress is one of the main reason behind ageing and ageing and in many cases the instigator to most forms of diseases especially in later life. Join us as we explain what it is, how it effects you and how you can reduce it.

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1.30 - 1.45	Michelle Roques-O'Neil	International Federation of Aromatherapists	Essential Oils and the skin	Modern life, diet, stress and environmental factors can play havoc with facial skin causing internal imbalances that compromise skin vitality and tone. Complexion can become devitalised, prematurely aged and wrinkled . Today we'll explore the regenerative capacity of essential oils and other natural materials most of all their ability to rejuvenate.
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### GRACE KELLY STAGE TIME TABLE - SATURDAY

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10.30 - 10.45	Dr Jane Leonard	The Third Space Medical	Bio Identical Hormones	Dr Jane Leonard will be talking about the following areas: 1. What are Bio-identical Hormones? 2. How they affect health and well being, 3. What are the symptoms of hormone deficiencies? 4. How are they treated, 5. who are they suitable for 6. The benefits of bio-identical hormones.
10.55 - 11.10	Cheryl Palmer-Hughes	Irwin Mitchell	How to avoid the potential pitfalls of having cosmetic procedures abroad	Irwin Mitchell's specialist international travel team represents many people who have suffered, to help them achieve justice against rogue surgeons abroad. Cheryl's talk will cover top tips when considering undergoing a cosmetic procedure abroad as well as what to expect from foreign practitioners/the NHS in terms of aftercare or when things go wrong.
11.20 - 11.45	Dr Aamer Khan	Harley Street Skin	Needlework	Once used only for standard aesthetic issues- muscle relaxants and fillers - cosmetic doctors are now much more creative and use the needle to rejuvenate and sculpt the whole face. And the continued development of collagen-boosting threads, inserted into the face via a micro-needle, have only added to the excitement. Dr Khan shows how a deft hand and subtle touch with the cosmetic needle can work wonders on an ageing skin.... and all without the need for general anaesthetic and usually under 60 minutes in the clinic.
11.55 - 12.25	Alyson Rowe	Benefit Cosmetics	How to look 10 years Younger	As it is "Year of the Brow" at Benefit, Alyson and her team will also show you how to take your eyebrows from now to wow "Brows are such an important part of our face and often get neglected or hidden under a fringe, just by having a Benefit Brow arch and styling the Brow with Brow products can change the shape of the face and give us that instant eye lift without surgery and can look natural"
12.35 - 12.50	Dr Sherif Wakil MBBCh BA FICS MACCMA MBCAM	Dr S W Clinics	Sexual Rejuvenation with PRP	The O - Shot® is a revolutionary Non-Surgical treatment developed to enhance sexual stimulation and rejuvenate the vagina using Platelet Rich Plasma (PRP). Women receiving this ground breaking treatment have enjoyed improvements in orgasm, libido and arousal. This has also shown to dramatically improve conditions such as Urinary Stress Incontinence.
1.00 - 1.15	Dr Rupert Critchley	Viva Skin clinics	The 15 minute natural lip enhancement	Every lip enhancement should be tailored to the client. First and foremost, it's important to assess the lip shape, size and contours as everyone is different. This will determine where subtle volumising injections are carried out. With instant results, minimal bruising and zero downtime, I will be revealing the secrets of a perfect natural looking lip enhancement during the show so you can make sure you are in safe hands!
1.25 - 1.40	Paul Marsh	The Organic Pharmacy	How to look younger with Make Up	Paul Marsh, professional make-up artist, will talk through some of the most common and most aging make up application mistakes, and provide his expert advice and demonstrate how to correct them and how to apply makeup in the most flattering way to turn back the clock.
1.50 - 2.05	Mr Azhar Aslam	Linia Skin Clinic	Bloodless Face Lift	Bleeding is a serious complication of facelifts and results in bruising, swelling and delayed healing thereby prolonging the recovery. To prevent it drains are used and the patient stays in hospital. Bloodless facelift technique results in minimal bleeding, bruising and swelling. No drains are required and the patient is home within 2 hours with quick recovery and minimal down time. Hence you are back to work and normal life within days rather than weeks and months.
2.15 - 2.30	Dr Daniel Sister	Dr Daniel Sister	Dracula PRP Facial	Dracula Therapy (PRP) is an anti-ageing treatment that uses your own blood. A small sample is taken & separated it into blood cells, clear serum & platelets -it's then re-injected into the area being treated. Dracula Therapy allows the body to heal faster & more efficiently, stimulates DNA, heals scars & makes skin look & feel younger. It also has wider uses the medical profession, including treating hair loss & sports injuries.
2.40 - 2.55	Dr Roger Amar	Amar Clinic	The FAMI procedure, (FAMI™ is an acronym which stands for Facial Autografting Muscle Injection.	FAMI™ is a non-surgical face lift using the patient's own stem cells to recreate youthful contours, by replacing aged facial tissues using a natural process. Dr Amar is an expert in facial anatomy and the FAMI™ procedure is based on improved facial anatomy. Dr Amar removes unwanted fat from the patient and injects the adult stem cells to aged areas in the face that require reshaping. This will give a more youthful look without scarring.
3.05 - 3.20	Angie Best		Life for the Peri and Post Menopausal Woman	You may have seen Angie recently in the Mail on Sunday You mag as JD Williams bikini model for the over 50's. Well now she is here to chat with you, talk about Bio identical hormones, life for the peri and post menopausal woman who science has decided will live well past 100. This means the conditioned ageing of previous generations has to change and quickly so we can live these years ageing symptom free.....Angie will answer any questions in her 15 mins.
3.30 - 3.45	Daniela Mighall	Skin Geeks	How to Turn Back Your Ageing Clock	TA65 is the only clinically proven solution for lengthening Telomeres. Telomeres are the caps at the end of each strand of DNA that protect it, like the plastic tips at the end of shoelaces. They affect how cells age and are essential for maintaining cell integrity.
3.55 - 4.10	Kate Kerr	Kate Kerr, London Advanced Skin Therapy	FutureSkin DNA Programme	Kate presents her revolutionary FutureSkin DNA Programme. Using the SkinDNA™ test we provide information about your skin's strengths and weaknesses and how you are destined to age. A 5 step preventative programme is then designed which outlines the correct skincare, skin treatments, supplements, lifestyle advice and aesthetic procedures tailored to your genetic blueprint. Working internally and externally, this solution helps prevent and correct skin health and ageing.
4.20 - 4.45	Steve Bertuzzi	Medasun	Medasun Fashion Show	Medasun Marena first UK fashion show features real women showcasing the world leading Marena Lifestyle and Activewear compression garments. Curves become smoother, confidence becomes greater, as Marena bodyshapers and sportswear make our models look better, feel better, and play better. Discover the Marena F7 secret at the Anti-Ageing Show.

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10.45 - 11.00	Amanda Shayle	Acuregen	Looking loved and Feeling Loved - Acuregen's unique Cosmetic Acupuncture System	Amanda Shayle will be explaining how her unique system of cosmetic acupuncture is effective for beauty enhancement and skin problems. Attendees will get a hands on view of her special needles and why they make these treatments such a comfortable and relaxing experience. Amanda will also demonstrate how she makes bespoke healing organic Puriskin Liptreat lipstick - available along with taster treatments with her team on stand no G28.
11.10 - 11.25	Dr Tiina Orasmae-Meder	Meder Beauty	Non - Invasive Meder Eyebrow Lifting	Eyebrow Lifting addresses eyebrow position and loose or wrinkled forehead skin and underlying tissue. Eyebrow position changes as we age. There are many methods of brow's lift, including surgery. Meder Eye-Brow Lifting is a non-surgical and non-invasive innovative method, which become popular over the years.
11.35 - 11.50	Eva Mylona	Finishing Touches	The Nano Needle	Brow design, technique and talking through the demonstration and how the nano creates the finest hair strokes in the Semi Permanent Make up industry
12.00 - 12.15	Dr Zokaire	Linia Skin clinic	The Jet Peel	The Jet Peel is a non invasive skin treatment using high pressurised Oxygen system combined with water or vitamins, for exfoliation of the skin, or to administer a range of vitamins directly to the skin, with outstanding results.
12.25 - 12.45	Dr Aamer Khan	Harley Street Skin	Bodytite - The Secret Weapon for a Celebrity Body!!	Bodytite is the secret weapon of those celebrity bodies on the red carpet. It's an exciting procedure that not only removes stubborn fat, but simultaneously tightens loose skin and firms the body using advanced technology called RFAL - Radio Frequency Assisted Liposuction - which breaks down fat cells, (they are removed by gentle suction) and tightens the skin and deeper tissues safely, gently and more efficiently than other fat removal techniques.  Dr. Aamer Khan will unveil the technology behind Bodytite, and explain how, in the hands of a skilled and experienced doctor, it can deliver noticeable results in super-quick time. Be prepared to be amazed at the difference in the Before and After images.
12.55 - 1.10	Dr Roger Amar	Amar Clinic	Ageing rejuvenation with Hyaluronic acid	Injectable fillers, such as Hyaluronic Acid, nowadays are commonly used for short-term results, but thanks to a Swiss Injector ANTEIS, very dense gel of Hyaluronic Acid (Fortelis) is injected to restructure deep lines. The outcome after using this electro-mechanic injector is smooth and harmonious and lasts for one full year.
1.20 - 1.35	Dr Sherif Wakil	Dr S W Clinics	Non-Surgical Blepharoplasty	A Ground-breaking new technique, brought to the UK by Dr Wakil, has made Non-Surgical Blepharoplasty a reality using Plexr treatment. Plexr soft surgery is a ground-breaking new technique, Dr Wakil is the first to introduce it into the UK and is a master trainer for this technique. Dr Sherif Wakil will be demonstrating live on stage how to diminish the 'hooded eye' problem that many of us suffer from as we age with no cutting or stitches.
1.45 - 2.45	Dr Aamer Khan	Harley Street Skin	The Cinderella Lift Live on Stage	Be prepared to be amazed. Hailed as the non-surgical alternative to a face-lift, this innovative procedure uses a combination of different sized PDO thread (skillfully inserted to lift the lower face and jawline), and combined with Botox and dermal filler, to restore volume to sagging cheeks, smooth lines, tighten drooping brows, and give a gentle lift to the jawline. The new Cinderella Face Lift is perfect if you want an instant lift but don't want the pain, downtime or scarring associated with invasive facial surgery. The 60 -minute procedure will give immediate, natural results which improves over time as collagen synthesis takes place.
2.55 - 3.10	Dr David Jack	Dr David Jack London	Hollywood Hand' Treatment	Dr. David Jack presents his 'hollywood hand' treatment - this exciting treatment comprises of several different treatments so today Dr. Jack is going to present the revolutionisation part, where the bony backs of the hand, which lose volume with age, are filled using the world's first fully organic filler, Neuavia. This treatment replaces the volume that is lost and hydrates the tissue on the back of the hands with minimal downtime. Usually this treatment would be done in association with a skin peel and/or laser treatment to improve skin quality.
3.20 - 3.35	Claudia McGloin	Claudia McGloin	Treating hair loss with PRP Therapy	Claudia McGloin will explain how Dracula PRP Therapy™ can be used to help tackle hair loss and hair thinning in men and women, including alopecia and male pattern baldness. This treatment offers a safe, cost effective, alternative to a hair transplant and gives natural looking results.
3.45 - 4.00	Hannah Cooksey (AACP, CAUK)	Acucosmetic UK	Open your eyes!	Hannah demonstrates and explains how cosmetic facial acupuncture techniques are used to enhance the eye area.
4.10 - 4.20	Dr Maryam Borumand	The TLC Group	NEW Anti-Ageing treatment called HIFU (High Intense Focused Ultrasound)	This new Non invasive treatment improves Fine Line and Wrinkles and helps to reproduce Natural Collagen

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12.55 - 1.10	Dr Roger Amar	Amar Clinic	Ageing rejuvenation with Hyaluronic acid	Injectable fillers, such as Hyaluronic Acid, nowadays are commonly used for short-term results, but thanks to a Swiss Injector ANTEIS, very dense gel of Hyaluronic Acid (Fortelis) is injected to restructure deep lines. The outcome after using this electro-mechanic injector is smooth and harmonious and lasts for one full year.
1.20 - 1.35	Dr Sherif Wakil	Dr S W Clinics	Non-Surgical Blepharoplasty	A Ground-breaking new technique, brought to the UK by Dr Wakil, has made Non-Surgical Blepharoplasty a reality using Plexr treatment. Plexr soft surgery is a ground-breaking new technique, Dr Wakil is the first to introduce it into the UK and is a master trainer for this technique. Dr Sherif Wakil will be demonstrating live on stage how to diminish the 'hooded eye' problem that many of us suffer from as we age with no cutting or stitches.
1.45 - 2.45	Dr Aamer Khan	Harley Street Skin	The Cinderella Lift Live on Stage	Be prepared to be amazed. Hailed as the non-surgical alternative to a face-lift, this innovative procedure uses a combination of different sized PDO thread (skillfully inserted to lift the lower face and jawline), and combined with Botox and dermal filler, to restore volume to sagging cheeks, smooth lines, tighten drooping brows, and give a gentle lift to the jawline. The new Cinderella Face Lift is perfect if you want an instant lift but don't want the pain, downtime or scarring associated with invasive facial surgery. The 60 -minute procedure will give immediate, natural results which improves over time as collagen synthesis takes place.
2.55 - 3.10	Dr David Jack	Dr David Jack London	Hollywood Hand' Treatment	Dr. David Jack presents his 'hollywood hand' treatment - this exciting treatment comprises of several different treatments so today Dr. Jack is going to present the revolutionisation part, where the bony backs of the hand, which lose volume with age, are filled using the world's first fully organic filler, Neuavia. This treatment replaces the volume that is lost and hydrates the tissue on the back of the hands with minimal downtime. Usually this treatment would be done in association with a skin peel and/or laser treatment to improve skin quality.
3.20 - 3.35	Claudia McGloin	Claudia McGloin	Treating hair loss with PRP Therapy	Claudia McGloin will explain how Dracula PRP Therapy™ can be used to help tackle hair loss and hair thinning in men and women, including alopecia and male pattern baldness. This treatment offers a safe, cost effective, alternative to a hair transplant and gives natural looking results.
3.45 - 4.00	Hannah Cooksey (AACP, CAUK)	Acucosmetic UK	Open your eyes!	Hannah demonstrates and explains how cosmetic facial acupuncture techniques are used to enhance the eye area.
4.10 - 4.20	Dr Maryam Borumand	The TLC Group	NEW Anti-Ageing treatment called HIFU (High Intense Focused Ultrasound)	This new Non invasive treatment improves Fine Line and Wrinkles and helps to reproduce Natural Collagen