

Joint Event on

# NUTRACEUTICALS & DIET- NUTRITION 2018

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## Prevention of type 2 diabetes by nutraceuticals: Adaptation to pathophysiology

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Type 2 diabetes is the final expression of a long-lasting chronic underlying pathology which is globally known as the (cardio) metabolic syndrome. This pandemic affects one third of worldwide population and a large number of these subjects will develop obesity and eventually diabetes. While it is questionable whether nutraceuticals would treat established type 2 diabetes and its complications, the picture looks much better for preventing this disease. The metabolic dysregulation has a starting point and a

subsequent cascade of events which are increasingly well defined. Based on these recent new notions, nutraceutical composition can be variously adapted to the cellular mechanistic defects and eventually changed according to the state of disease evolution. The author will give a thorough review of the pathophysiology of the metabolic syndrome (or prediabetes) and make suggestions about preferential phytochemical selection based on their demonstrated properties.

### Biography

Nicolas Wiernsperger is currently working as a Professor at, Association Remedés and Lyon University. He has extended his valuable services and has been a recipient of many awards and grants. He has made his valuable contributions and discoveries in major area of research. His area of expertise credits him with many publications in national and international journals.

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