

NEW EVENT ANNOUNCEMENT



An Energetic View: Mitochondrial Nutrition for Fatigue, the Brain, and Healthy Ageing

Mitochondrial dysfunction contributes to a wide range of chronic diseases and is particularly relevant to fatigue syndromes such as long covid, brain bioenergetics and mental health, and optimisation of healthy ageing. Restoring mitochondrial bio-energetic functions has been shown to be important for improving specific health outcomes.

It is well established that for optimal function mitochondria require a range of co-factors, including many micronutrients. Specific nutrients also influence mitochondrial biogenesis, structure and mitophagy (the selective degradation of mitochondria by autophagy). Furthermore, food-based approaches such as intermittent fasting, ketogenic diets, and phytonutrients influence health in part through changes in mitochondrial metabolism.

The annual NMI Summit 2024 An Energetic View: Mitochondrial Nutrition for Fatigue, the Brain, and Healthy Ageing on the 11-12 October, London, United Kingdom is a deep dive into an energetic view of health, empowering you with new insights and innovative clinical applications.

The speaker line up gives you a rare opportunity to hear from thought leaders in this area. The programme is designed to take you deep into mitochondrial metabolism then move quickly into a series of lectures that have immediate clinical relevance across themes such as long covid, cancer care, neurology, mental health, and healthy ageing.

Beyond lectures, connection and collaboration is at the core of the NMI Summit. Ample break time allows space for networking and interaction with other delegates and speakers. The gala evening provides a space to relax and socialise with colleagues.

The exhibition space features new products and services from leading brands that specialise in supporting health professionals in the implementation of personalised nutrition. Meet with exhibitors for products samples, special offers and to find out about services that could help you.

So, join us for what will be one of the most important events this year.

[See the full event here](#)