

THE BOTANICAL RESEARCH CENTER AT PENNINGTON BIOMEDICAL RESEARCH CENTER  
PRESENTS A FREE COMMUNITY EDUCATION EVENT

# Trust Your Gut YOU ARE WHAT YOU EAT.



## Schedule

- 5:00 - 6:00 p.m. - Free Blood Pressure Screening
- 6:00 - 7:00 p.m. - Program
- 7:00 - 7:30 p.m. - Q & A

## Program Agenda



**6:00 - 6:20 p.m.**

**How Your Gut Works For You**

**William T. Cefalu, M.D.**

*Douglas L. Manship Professorship in Diabetes  
Executive Director  
Pennington Biomedical Research Center*



**6:20 - 6:40 p.m.**

**Trust Your Gut**

**Jacqueline M. Stephens, Ph.D.**

*Claude B. Pennington, Jr. Chair in Biomedical Research  
Associate Executive Director for Basic Research  
Pennington Biomedical Research Center*



**6:40 - 7:00 p.m.**

**Protection Against Chronic Disease with Probiotics**

**Heli Roy, Ph.D., R.D.**

*Associate Professor  
Pennington Biomedical Research Center*

## About The Botanical Research Center A National Center for the Study of Botanicals and Metabolic Syndrome

Since 2005, the Botanical Research Center (BRC) at Pennington Biomedical Research Center has hosted an annual free education event for the community at large to promote awareness of ongoing botanical research at the center.

Presentation information from our previous conferences can be found at <http://botanical.pbrc.edu/>.

The BRC was created through a grant from the National Institutes of Health and is a national center for the study of botanicals and metabolic syndrome. Since its inception, the BRC has significantly advanced the study of botanicals and metabolic syndrome. The goal of the BRC is to provide a comprehensive evaluation of botanicals in addressing many of the mechanisms that lead to the development of insulin resistance and the metabolic syndrome. The specific aims of the BRC are:

- ▶ To promote a collaborative and interactive research environment to develop an internationally-recognized center of excellence in the area of botanicals and mechanisms of metabolic disease.
- ▶ To identify and further study botanicals with potential efficacy in metabolic syndrome, to identify their bioactive constituents, to standardize and optimize those botanicals, to provide necessary pre-clinical and mechanisms of action data, and to translate the foregoing findings into clinical studies in humans.
- ▶ To expand the critical mass of investigators addressing botanical research by identifying, recruiting and mentoring promising young investigators