



# 2nd International Conference on Pharma & Nutrition, Health and Aging

August 1-2, 2019 Valencia, Spain

## Health Benefits of Intermittent Fasting

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“Intermittent Fasting (IF) has been shown to provide benefits for cardiovascular disease, diabetes and obesity. The presentation will focus on the current literature regarding IF and cite several research studies that demonstrate the benefits of IF for cardiovascular and metabolic conditions as a useful adjunct to medical treatment.”

### Biography:

Dr. Abid Haq MD, MPH, FACOEM is the former Medical Director and Chief of Service of the Occupational Health Department at Kaiser Permanente, Washington from 2008 to 2018, where he supervised 12 clinics. He is also an Associate Clinical Professor of the Department of Occupational and Environmental Medicine at the School of Public Health, University of Washington, Seattle where he teaches residents. He is board-certified in Occupational and Environmental Medicine and Internal Medicine. He received a Master's in Public Health from the University of California, Los Angeles and is a Fellow of the American College of Occupational and Environmental Medicine. He has been awarded the Seattle Metropolitan Magazine “Top Doctor” Award several years in a row. His interests are occupational injuries and illnesses and the role of nutrition and exercise in Functional Medicine.