

9 PILLARS OF WELL-BEING**PUTTING OUT THE FIRE OF INFLAMMATION IN CANCER**

CANSURVIVE CENTRE MALAYSIA
A NON-PROFIT CANCER CHARITY ORGANIZATION

Understand the Inflammatory Response. Discover its promoters and how to halt this mechanism
(This is the second of a 9-part educational series brought to you by CanSurvive.)



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*All Timelines in MYT (UTC + 8:00)

Time*	Topics	Speakers
0830 - 0845	Zoom Platform is Opened	Roll-In & Program Preparation
0845 - 0900	Welcome, Introduction & House Rules	Mr. Suresh Dhawan
0900 - 0930	The 9 Pillars & Introduction to Pillar-I : INFLAMMATION	Mr. Jagdev S. Bhullar
0930 - 1030	The Role of Inflammation in Cancer Cell Proliferation and Metastasis	Dr. Wong Ang Peng ¹
1030 - 1130	Fats, Inflammation and Cancer	YB Dr. Azman Ismail ²
1130 - 1230	Foods that Fight Inflammation	Dr. Khor Ban Hock ³
1230 - 1245	<i>CanSurvive Updates</i>	Mr. Suresh Dhawan
1245 - 1345	Lunch Break	
1345 - 1445	Gut Microbiome link to Gut Inflammation and Cancer	Dato Dr Aminuddin ⁴
1445 - 1545	Add spice to your life	Mr. Jagdev Singh Bhullar ⁵
1545 - 1645	Foods that promote Inflammation and herbs that reduce Inflammation	Dr. Siby ⁶
1645 - 1655	<i>CanSurvive Quiz</i>	Mr. Suresh Dhawan
1655 - 1700	Closing Remarks & Gratitude	Dr. Siby / Ms. Elke Wollschon



<https://bit.ly/2RyVJbx>



CanSurvive & Its Purpose

CanSurvive is a support and information service for those who are challenged with cancer. Not just information and support, but a service that offers a greater awareness of the benefits of holistic, non-invasive cancer therapies, nutrition and diet, as well as orthodox treatments; what is available and where to access them. It is a window of light into the world of healing, where the word "Terminal" is a challenge, not a death sentence.

Date : Saturday, 12th June 2021
Time : 8:30 am to 5:00 pm
Venue : Online via ZOOM

Organised by:

CanSurvive Centre Malaysia Berhad (903023-M)

WEB : www.cansurvive.org.my

Facebook : CanSurvive Malaysia



The Role of Inflammation in Cancer Cell Proliferation and Metastasis

Dr Wong Ang Peng is a Researcher and a Naturopathic Physician. He has also pursued the study of Iridology, Homeopathy and Philosophy. One of the Awards he received was the Gold Medal by the Indian Board of Natural Medicine in 1993, for his work in promoting natural medicine and health in Malaysia.

Dr Wong is the President of The Society of Natural Health Malaysia. He is also the President of The Naturopathic Medicine Association Malaysia.

He has also authored books and publications on Health. Dr Wong is also a well sought after speaker at various organisation including schools and clubs. He had also appeared on radio and television to share his expertise.



Fats, Inflammation and Cancer

YB Dr Azman Ismail is a Doctor of Internal Medicine, who is also a Member of the Malaysian Parliament, with a portfolio in Food and Health. He has also studied Hypnotherapy and Nutritional Medicine.

Among his accomplishments, in the field of medicine, include, his representing Malaysia at WHO, and presenting the first scientific paper from Malaysia, on reversing diabetes, using low carbohydrate high fat, at a medical conference.

Given his extensive work with Malaysian Palm Oil and Coconut Oil, he was invited by the Colombian government to present a scientific paper on edible saturated fats at an international conference in Colombia.



Foods that Fight Inflammation

Dr. Khor Ban Hock is a Post Doctoral Researcher with the Faculty of Medicine, University Kebangsaan Malaysia. He has a Ph.D. in Dietetics, and his Thesis was on "Dietary Burden On Inflammation In End Stage Kidney Disease Patients On Maintenance Haemodialysis".

Dr Khor has received many awards and scholarships from Universiti Kebangsaan Malaysia, including the Best Dietetics Student Award in 2011. He also received the Dean's Prize, Faculty of Allied Health Sciences, as well as the Zamalah Yayasan Canselor scholarship. He is a Committee Member of Guidelines, working on Guidelines for Dietary Fat and Oil, with the Ministry of Health. He has also worked with the Malaysian Dietitians Association, on Medical Nutrition Therapy Guidelines for Critically Ill Adults.

Among his many achievements, Dr Khor has also been a sought after presenter at various International Conferences, both abroad and in Malaysia.



Gut Microbiome Link to Gut Inflammation and Cancer

Dato' Dr. Aminuddin Ahmad is a Consultant Gastroenterologist and Hepatologist, at the Prima Nora Medical Centre in Kuala Lumpur. He was a founding member of the Faculty of Medicine at University Teknologi MARA, and is now a Professor of Medicine with the University.

He is the past President of the College of Physicians Malaysia and a member of the National Specialist Registry in Gastroenterology and Hepatology.

Dato' Dr Aminuddin has received a Fellowship from WHO to study Gut Inflammation at Massachusetts General Hospital, Harvard Medical School, Boston. He also received a Fellowship from the Japanese Government to train at University of Tokyo for interventional endoscopy. A Fellow of the Royal Colleges of Physicians London, Glasgow and Ireland. He now manages patients with chronic diseases using nutritional therapy, lifestyle modification, hormonal optimization and cellular therapy. Currently his research interest focuses on healthy aging, gut microbiome and cellular therapy.



Add spice to your life

Mr. Jagdev Singh Bhullar completed his Bachelor of Pharmacy (Hon.) studies at USM in 1986 and obtained a Certificate in Ayurvedic Medicine from the Ayurvedic Institute, USA in 2005. He is the Past President of Dietary Supplement Association (2003-2013) and was also the Executive Director of ASEAN Alliance of Health Supplement Association.

His career began as a Pharmacist at General Hospital KL in 1986 and then joined ICI Pharmaceuticals. Later he served Prima-Health Pharmacy and CCM Group. Thereafter he was Country Manager at HeartScan. In 2007, he became the Managing Director of a Health Supplement company before starting his own company in 2008, providing natural health products for the medical community to extend their service beyond pharmaceutical solutions.



Foods that Promote Inflammation and Herbs that Reduce Inflammation

Dr C. D Siby, is the Chief Ayurvedic Physician at Ayur Centre Sdn Bhd, Malaysia. Although he has a sound understanding of modern medical, paramedical sciences and yoga, he has chosen to practice Ayurveda.

He obtained his Bachelor of Ayurvedic Medicine and Surgery from Madras University. Although currently residing in Malaysia, most of his initial work and experience were from India, where he comes from.

While in India, Dr Siby had conducted Medical Camps in rural areas of Tamil Nadu and Kerala. He also had gained experience and insight into treating cancer, kidney failures and connective tissue diseases, from Amala Cancer Institute, also in India.

His work has been published in several newspapers and health journals. He has also published a book "Knowledge of Life : Tales of an Ayurvedic Practitioner in Malaysia". He is also the recipient of the "Ambassador of Peace" Award, by the Universal Peace Federation.

Dr Siby is currently the President of CanSurvive Centre Malaysia.