



THE AUSTRALASIAN ACADEMY OF
ANTI-AGEING MEDICINE

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OLYMPIC & ELITE SPORTS EXPERT IN AUSTRALIA

International sports expert and renowned anti-doping authority, Dr Robert Goldman will visit Australia this October to discuss the links between Olympic Sports, Fitness & Ageing.

A staunch advocate of drug-free sport, Dr Goldman has been awarded the International Olympic Committee Tribute Diploma for contributions to the development of Sport & Olympism.

Dr. Goldman is Chairman of the International Medical Commission overseeing sports medicine committees in over 176 nations.

He has served as a Special Advisor to the President's Council on Physical Fitness & Sports. He is also the Chairman of the American Academy of Anti-Aging Medicine (www.worldhealth.net) and the World Academy of Anti-Aging Medicine (www.waam.net) and the author of countless books.

Dr Goldman will speak at the AustralAsian Academy of Anti-Ageing Medicine (A5M) Conference in Melbourne on October 3-4, 2009.

Dr Goldman believes that keeping fitness and health at optimum level throughout your life will add years to your lifespan.

"There are many links between Anti-Ageing Medicine, sports medicine, Olympic sports, general fitness and top anti-aging therapeutics," Dr Goldman said.

Lecture Features

Practical approaches for health professionals including:

- Anti-Ageing Medicine
- Olympic sport
- Fitness & Longevity
- Cutting-edge Anti-Ageing Medicine therapeutics
- Human longevity and biotech advancements including:
 - stem cells
 - cloning
 - nanotechnology
 - artificial organs
 - nerve-impulse continuity

For more information regarding the conference call +61 3 9813 0439 or visit www.a5m.net



BACKGROUND

Dr Goldman Views: Fitness & Longevity

"The aim of Anti-Ageing Medicine is not only to slow down the ageing process, but also to keep the body functioning at its optimum level," Dr Goldman said.

"As we age, there is a gradual and consistent loss of lean muscle and bone mass, along with loss of musculoskeletal coordination, balance and kinesthetic capacity. This lecture positions sports medicine as the first endpoint in the process of healthy human augmentation, whereby healthy men and women enhance mental and /or physical performance.

"In addition to deterioration of these systems, the CORE (torso/thorax) loses its ability for flexibility and torsion control.

"There are a series of specific training programs, techniques and exercise regimens that can enhance muscle and bones mass, increase balance and coordination and provide an enhanced feeling of confidence and well being during activities of ambulation.

"Numerous techniques, devices and testing mechanisms are employed by the professional athletes of the US National Football League (NFL), the US National Basketball Association (NBA), and Olympic competitors. The frequency, duration and intensity of these training programs are adjusted to age matched controls for safe and effective progression.

Dr Goldman's Accomplishments

- International Olympic Committee Tribute Diploma: for contributions to the development of sport & Olympism, Presented by Excellency Juan Antonio Samaranch
- Distinguished Service Award-Asian Federation
- Founder - National Academy of Sports Medicine
- Humanitarian Award - Healthy American Fitness Leader Award
- Medical Business Development Award
- Chairman - International Medical Commission (176 nations)
- President's Health Service Award
- Chairman - Junior Olympics Medical Commission
- Grand Prize for Medicine Award
- Special Advisor - President's Council on Physical Fitness & Sports
- Co-Founder & Chairman - American Academy of Anti-Aging Medicine



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Dr Goldman Publications

- *Anti-Aging Therapeutics volume X* - Editor
- *Official Anti-Aging Revolution* - Author
- *Anti-Aging Therapeutics volume IX* - Editor
- *Infection Protection: Pandemic* - Author
- *Anti-Aging Therapeutics volume VIII* -Editor
- *121 Ways to Live 121 Years ... and More!* -Author
- *Anti-Aging Therapeutics volume VII* -Author
- *Anti-Aging Therapeutics volume VI* - Author
- *Anti-Aging Clinical Protocols, 2004-2005* - Author
- *Anti-Aging Medical Therapeutics Vol V* - Author
- *Human Growth Factors (HGF)* - Author
- *Sleep: Essential for Optimal Health* - Author
- *Anti-Aging Medicine (Korea) Basic Principles and Clinical Practice* - Author
- *Cellular Phones/RF Radiation - Medical Menaces of a Modern Day Convenience* - Author
- *Infection Protection* - Author
- *The Anti-Aging Revolution* - Author
- *Stopping the Clock/Updated* - Author
- *OPC Natures Anti-Aging Bounty* - Author
- *The Anti-Aging Diet* - Author
- *Anti-Aging Medical Therapeutics, vol IV* - Author
- *Anti-Aging Medical Therapeutics, vol III* - Author
- *Brain Fitness* - Author
- *Fight Aging* - Author
- *Anti-Aging Medical Therapeutics, Vol II* - Author
- *Anti-Aging Medical Therapeutics, Vol I* - Author
- *Stopping the Clock: Anti-Aging Therapies* - Author
- *Seven Anti-Aging Secrets* - Author
- *Advances in Anti-Aging Medicine: A Textbook* - Author
- *Death in the Locker Room II / Drugs of Sports* - Author
- *The E Factor* - Author
- *Death in the Locker Room / Steroids & Sports* - Author