

June 11th, 12:00pm “*The Aging Brain: Role of Nutrition and Lifestyle in Prevention and Management of Cognitive Decline*”

Speaker: Aarti Batavia, MS, RDN, CLT, CFSP, IFMCP



Aarti Batavia MS, RDN, CLT, CFSP, IFMCP, is an advanced functional medicine practitioner who is not only IFM-Certified but also trained by the research neurologist and author Dr. Dale Bredesen himself to implement “The Bredesen Protocol” utilizing the systems biology approach. She is the owner of Nutrition and Wellness Consulting. Aarti holds a master’s degree in Food Science, Nutrition and Dietetics from Mumbai, India, and a Coordinated Program in Dietetics from Wayne State University. Aarti currently serves as: Chair - Indians in Nutrition and Dietetics MIG; Connecting Educators Chair - Dietitians in Integrative and Functional Medicine DPG; Spokesperson - Michigan Academy of Nutrition and Dietetics; and CEU Chair - Southeastern Michigan Dietetic Association. Aarti wrote a chapter “Developing Interventions to Address Priorities: Food, Dietary Supplements, Lifestyle, and Referrals” in the new functional medicine textbook entitled *Integrative and Functional Medical Nutrition Therapy*.