

L. Eduardo CARDONA-SANCLEMENTE

AD, DSc, PhD, MSc

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Profile

- International professorships in diverse health care medical universities and hospitals combined with a distinguished, international teaching and senior scientific research carrier in Basic Medical Sciences.
- Ayurvedic Doctor. Professional Member level: National Ayurvedic Medical Association (NAMA, US)
- Consultant Integrative Medicine & Ayurveda and Physiopathology of Nutrition (Diet, Metabolic Aspects and Lifestyle).
- Doctor of Science (*Docteur d'Etat*, DSc) from the Université Sorbonne Paris XI-Saclay, France.
- Writer on the role of nutrition, diet and lifestyle on today's pandemics of obesity and depression: "Ayurveda for Obesity", 2025 and "Ayurveda for Depression", 2020.
 - <https://www.amazon.com/Ayurveda-Obesity-Gut-Health-Imbalances/dp/1644114887>;
 - <https://www.amazon.es/Ayurveda-Depression-Integrative-Restoring-Reclaiming/dp/1623175364>

ACADEMIC DISTINCTION & FELLOWSHIP

- Doctor of Science (*Docteur d'Etat* /DSc) in Physiopathology of Nutrition, Distinction Très Honorable, Université Paris-Sud (Sorbonne Saclay University) (with highest distinction: très honorable), which recognizes pre-eminence in the field of physiopathology of nutrition & metabolic disorders.
 - Thesis: "The biodynamic of cholesterol & related lipoprotein fractions in the genetically hypercholesterolemic rat (RICO)". Paris-France. 1981-7.
- Doctoral Degree (PhD) in Biochemistry, Institut Pierre et Marie Curie, Université Sorbonne.
 - Thesis: "Studies of the mechanism of neurotransmitters' release action - Different target specificity between Alpha-latrotoxin and glycerotoxin". Paris-France. 1981-3.
- Masters Degree (MSc) in Biochemistry, (Medical School, Health Division) Valle University.
 - Thesis: "Effects of diet on lipid profile and protein levels in different kinds of long-term vegetarian diets and a control group". Cali-Colombia. 1976-9.
- Masters Degree (MSc) in Ayurvedic Medicine, Middlesex University.
 - Thesis: "Fresh perspectives on Obesity – A correlation of Ayurvedic Science and Modern Medicine". Middlesex University, London, UK. 2006-2009.
- Ayurvedic Medicine Internships: Arya Vaidya Pharmacy Hospital (AVP) Coimbatore, and SDM Ayurveda College & Hospital, Udupi, India. (2,000+ certified hours) 2007-2008.
- Bachelors Degree BSc Biology-Medical Sciences, Valle University. Colombia. 1971-1976.
- Fellow of The Royal Society of Medicine (UK).
- NAMA Professional Member level: Ayurvedic Doctor (AD). Practitioner Member No. 27662737

PROFESSORSHIPS, SENIOR RESEACH & ADVISORY POSITIONS

- 2020- Professor on Ayurveda/Integrative Medicine at the Five Branches University, CA, USA
- 2017-19 Academic Adjunct Faculty, Bastyr University, School Traditional World Medicines, Ayurvedic Sciences, Seattle, WA,USA
- 2015- Member of the Editorial Board of the Ayurveda Journal of Health, USA
- 2011-12 APA representative to the European Herbal & Traditional Medicine Practitioners Association (EHTPA) London, UK
- 2011-12 APA representative to the Research Council for Complementary Medicine, London, UK
- 2010 - Scientific Adviser & Honorary Member, AASANA (Argentina)
- 2010-11 Honorary Visiting Professor, *The Ayurvedic Institute, NM, USA*
- 2009 - Academic Consultant/Scientific Communication Representative, MSc Sciences & Technologies. *Université Pierre and Marie Curie. Paris VI, France*
- 2008 - 16 Ayurvedic Practitioner (APA certified). London, UK
- 2007 - 14 Research Committee Director, *Ayurvedic Practitioners Association (APA), UK*
- 2007 - Visiting Professor - *SDM College of Ayurveda. Udupi, India*
- 2007 - Visiting Professor - *AVP College of Ayurveda. Coimbatore, India*
- 2001 -15 Consultant – Private Therapeutic Practice, London, UK
- 1992 -02 Senior Lecturer *Queen Mary & Westfield College (QMW) University of London, UK*
- 1990 -02 Senior Research Scientist *Pathopharmacology Unit (WHRI) St. Bartholomew's Hospital and Medical College. London, UK*
- 1995 Honorary Professor *Medical School, Valle University. Colombia*
- 1995 Honorary Professor *Medical School, Caldas University. Colombia*
- 1992 Biomedical Translator *Lingua Medica, Bart's Hospital. London, UK*
- 1996 -98 Visiting Professor Clinical Biochemistry *University of Perugia, Italy*
- 1995 -98 Associate Member. *Institute of Internal and Vascular Medicine, Perugia, Italy*
- 1993 -95 Associate Researcher *Wellcome Research Laboratories, Beckenham, UK*
- 1989 -90 Senior Research Scientist *Department of Pharmacology, King's College, London*
- 1988 -89 Professor at *Institute Français de Chiropractie, Paris France*
- 1987 -89 Senior Research Scientist *Patho-physiology of Nutrition. INSERM Unit 177, Institut Biomedical des Cordeliers, Paris, France*
- 1986 -88 Assistant Professor *Physiology of Nutrition, Orsay University, Paris XI, France*
- 1982 -86 Research Scientist *Physiology of Nutrition, Saclay University. Paris XI, France*
- 1982 -83 Research Scientist *Physiopathology Unit, Pasteur Institute, Paris, France*
- 1979 -82 Professor *Pereira University (UTP) Medical School, Cali, Colombia*
- 1977 -79 Assistant Professor *Valle University, Medical School, Cali, Colombia*

SUMMARY OF ACADEMIC EXPERIENCE

- 2001- Teaching health professionals on Ayurvedic-CAM-Allopathic synergies and integration
- 1992-02 Senior Lecturer *Queen Mary & Westfield College (QMW) University of London, UK*
- 1990-02 Senior Research Scientist *Pathopharmacology Unit (WHRI) St. Bartholomew's Hospital and Medical College. London, UK*
- 1996-98 Visiting Professor Clinical Biochemistry *University of Perugia, Italy*
- 1993-95 Associate Researcher *Wellcome Research Laboratories, Beckenham, UK*
- 1989-90 Senior Research Scientist *Department of Pharmacology, King's College, London*
- 1995-98 Associate Member. *Institute of Internal and Vascular Medicine, Perugia, Italy*
- 1995 Honorary Professor *Medical School, Valle University. Colombia*
- 1995 Honorary Professor *Medical School, Caldas University. Colombia*
- 1992 Biomedical Translator *Lingua Medica. Barts Hospital. London, UK*
- 1987-99 Senior Research Scientist *Patho-physiology of Nutrition. INSERM Unit 177, Institut Biomedical des Cordeliers, Paris, France*
- 1986-88 Assistant Professor *Physiology of Nutrition, Orsay University, Paris XI, France*
- 1982-86 Research Scientist *Physiology of Nutrition, Saclay University. Paris XI, France*
- 1982-83 Research Scientist *Physiopathology Unit, Pasteur Institute, Paris, France*
- 1979-82 Professor *Pereira University (UTP) Medical School, Cali, Colombia*
- 1977-79 Assistant Professor *Valle University, Medical School, Cali, Colombia*

SUMMARY OF TEACHING EXPERIENCE

Established reputation as a supervisor, instructor, mentor at post-doctoral, post-graduate and undergraduate level in a wide range of medical and scientific subjects in areas such as nutrition and metabolism, biochemistry, physiology, and pathophysiology at the following levels:

Post-doctoral

- Teaching and supervisory responsibilities for post-doctoral researchers in the UK, Germany, Italy South America and India. And external panel PhD supervision in the UK.

Post-graduate

- In USA: Professor on Ayurveda/Integrative Medicine at the Five Branches University, CA; Lecturing in Pathology and Physiology to graduate students at Bastyr University, Seattle, WA, and at the University of New Mexico, NM.
- In London: External supervisor for PhD and post-doctoral candidates at Queen Mary University of London (QMUL, UK); supervision of PhD students to completion for more than 10 years at the Queen Mary and Westfield College (QMW), University of London, UK.
- In Perugia, Italy, Professor at the program of Hematological Biochemistry in the post-graduate Medical School in Clinical Biochemistry. Perugia University.
- In Paris, France, at the University of Orsay, Paris XI, MSc students on Nutrition and Metabolism.
- In India, at SDM College of Ayurveda, Udupi; SVYASA Ayurvedic Medical Faculty and Research Foundation, Bangalore and AVP Hospital, Coimbatore, India.

Undergraduate

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- Lecturing in the Cardiovascular Module on the Intercalated BSc course in Pharmacology at the QMW, London, UK.
- Professor of pre-clinical students at Valle and Pereira Universities, Colombia on Metabolism of lipids; proteins and carbohydrates and Cellular Biology
- Professor and/or Senior Lecturer of Biomedical Sciences (Nutrition and Metabolism; Biochemistry, Physiology and Pathophysiology) at the above universities.

RESEARCH FIELDS

- Integrative aspects of Ayurveda and modern medical sciences.
- The correlation of *Vata* to nitric oxide in vasodilation.
- Assessment of human diets and their effect on plasma proteins, lipids and lipoprotein levels.
- Genetic factors: cholesterol metabolism in conditions of normal and genetically higher plasma cholesterol levels (absorption, internal secretion, urinary, faecal secretions and transformation into bile acids).
- Atherogenicity of different plasma proteins and their uptake by arterial walls and other tissues.
- Role of pressor agents (nitric oxide, adrenaline, noradrenaline, and corticosteroids) in the uptake of potentially atherogenic proteins by different tissues.
- Plasma separation, extraction and analysis of lipase enzymes and lipoprotein subfamilies.
- Genesis of atherogenesis in human renal failure.
- Studies on novel, potentially anti-atherogenic compounds.
- Studies with pharmaceutical compounds manufactured by Bayer, DuPont-Merck, Pfizer etc.
- Studies of native compounds e.g., role of garlic in the metabolism of glucose, triglycerides, cholesterol and lipoproteins.
- Role of Yunnan Tuocha tea on the levels and distribution of cholesterol and triglycerides within the plasma lipoproteins.
- Nutrition and Health Food programme concept for Mark & Spencer (M&S), London, UK.

HIGHLIGHTS OF RESEARCH AND DEVELOPMENT ACTIVITIES

- Co-ordination of international collaborative research programmes between European Union members and South American countries.
- Interdisciplinary networking within the pharmaceutical industry for nutritional studies on lipid levels of natural compounds.
- Participation in the development of a high quality mixed vegetable protein for use in vegetarian diets in undeveloped countries.
- Consultant to the international pharmaceutical industry.
- Development of tailored patient's diet and lifestyle regimes to address a variety of pathologies.
- Incorporation of preventive lifestyle modifications such as diet, daily physical activity (walking, yoga), and other activities such as meditation, relaxation and breathing techniques with other exercise methodologies for body/mind rebalancing.
- Medical research and R&D work has been based in hospital laboratories in association with pharmaceutical companies and university faculties. The International Collaborative Programmes involved USA, European Union and South American countries.

APPENDIX 1

MAIN INTERNATIONAL BOOKS AND PUBLICATIONS

Books:

CARDONA-SANCLEMENTE, L.E. "Ayurveda for Obesity - The Natural Way to Overcome Weight Imbalances for Your Body Type", 2025 <https://www.amazon.com/Ayurveda-Obesity-Gut-Health-Imbalances/dp/1644114887>

CARDONA-SANCLEMENTE, L.E. "Ayurveda for Depression: An Integrative Approach to Restoring Balance and Reclaiming Your Health", 2021 <https://www.amazon.com/Ayurveda-Depression-Integrative-Restoring-Reclaiming/dp/1623175364>.

BORN, G.V.R., CARDONA-SANCLEMENTE, L.E. and MEDINA, R. (1995) **New determinants of LDL and fibrinogen uptake by arterial walls.** In Atherosclerosis X, Eds. Woodford, f.p., Davignon, J. and Niderman, A.: 932-935: Amsterdam; Elsevier.

BORN, G.V.R. and CARDONA-SANCLEMENTE, L.E. (1995) **Endothelium and Atherosclerosis.** In: The Endothelial Cell in Health and Disease: 33-36: Stuttgart: Schattauer.

BORN, G.V.R. and CARDONA-SANCLEMENTE, L.E. (1995) **Risk factor interactions involving pressor agents.** In: **Multiple Risk Factors in Cardiovascular Disease; Vascular and Organ Protection**: 353-357; Amsterdam: Kluber.

BORN, G.V.R. and CARDONA-SANCLEMENTE, L.E. (1977) **Experiments on the risk factor role of fibrinogen. Fibrinolysis and Proteolysis.** Proceedings of the 3rd International Fibrinogen Symposium: Hemostasis, Inflammation and Cardiovascular Disease, Edinburgh: Churchill Livingstone. 11, 1, 9-12

BORN, G.V.R., MEDINA, R., SHAFI, S. and CARDONA-SANCLEMENTE, L.E. (1997) **Factors influencing the transendothelial accumulation of atherogenic plasma proteins in artery walls.** In: **Vascular Endothelium: Physiology, pathology and therapeutic opportunities**: 299-310: Stuttgart; Schattauer.

Other Publications:

CARDONA-SANCLEMENTE, L.E., (2016). 'Sustainability and Ayurveda'. Ayurveda Journal of Health, Winter 2017 issue. XV, 1, 25-32.

CARDONA-SANCLEMENTE, L.E., (2012). 'How Ayurveda sees Rheumatoid Arthritis'. Ayurveda Journal of Health, The Light of Ayurveda (Ivy League Publication), Summer issue. X, 4, 24-28.

CARDONA-SANCLEMENTE, L.E., (2011). 'How Ayurveda sees Obesity'. Ayurveda Journal of Health, The Light of Ayurveda (Ivy League Publication), Summer issue IX, 4, 25-29.

CARDONA-SANCLEMENTE, L.E., (2009). "Fresh perspectives on obesity – A correlation of Ayurvedic science and modern medicine". MSc Thesis. Middlesex University, London, UK.

BORN, G.V.R., MEDINA, R., SHAFI, S. and CARDONA-SANCLEMENTE, L.E. (2007) Factors influencing the transendothelial accumulation of atherogenic plasma proteins in artery walls. *Clinical Hemorheology & Microcirculation*. 37(1-2):9-18.

BORN, G.V.R., MEDINA, R., SHAFI, S. and CARDONA-SANCLEMENTE, L.E. (2003) Review: Factors influencing the uptake of atherogenic plasma proteins by artery walls. *Biorheology*. 40(1-3):13-22.

BORN, G.V.R., MEDINA, R., SHAFI, S. and CARDONA-SANCLEMENTE, L.E. (2002) Review: Endothelial factors in the flux of atherogenic plasma proteins into artery walls. *Clinical Hemorheology & Microcirculation*. 26(2):107-16.

BORN, G.V.R., MEDINA, R., SHAFI, S. and CARDONA-SANCLEMENTE, L.E. (1998) Factors influencing the accumulation of atherogenic plasma proteins in artery wall. In: **Advances in Lipoprotein and Atherosclerosis Research, Diagnostic and Treatment**: 87-100: Jena; Gustav Fisher.

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- BORN, G.V.R., MEDINA, R. and CARDONA-SANCLEMENTE, L.E. (1998) Facteurs influant sur l'accumulation transendothéliale de protéines plasmatiques athérogènes dans les parois artérielles (Factors affecting the trans-endothelial accumulation of atherogenic plasma proteins in artery walls). *Comptes Rendus de la Société de Biologie* 192, 947-961.
- CARDONA-SANCLEMENTE, L.E., HARBRECHT, U., MEDINA, R., FARMER, H and BORN, G.V.R. (1998) Effect of hydrocortisone on the accumulation of LDL and fibrinogen by arterial wall and other tissues of the rat. *Proceedings of the Physiological Society* 100, 174P.
- THURASINGHAM, R. C., BORN, G.V.R., YAQOUB, M.M. and CARDONA-SANCLEMENTE, L.E. (1997) Enhanced uptake of LDL and oxidised LDL by human endothelial cells in uremic plasma. *Kidney Int.* 52 (1): 262.
- MEDINA, R., CARDONA-SANCLEMENTE, L.E. and BORN, G.V.R. (1997) Effect of deoxycorticosterone acetate on blood pressure in relation to accumulation of low-density lipoprotein and fibrinogen by aorta and other tissues of normotensive Wistar rats. *Journal of Hypertension* 15, 531-536.
- MEDINA, R., CARDONA-SANCLEMENTE, L.E. and BORN, G.V.R. (1997) Effect of losartan and captopril on blood pressure and accumulation of LDL and fibrinogen by aortic wall and other tissues in normotensive and hypertensive rats. *Journal of Cardiovascular Pharmacology* 29, 125-129.
- CARDONA-SANCLEMENTE, L.E. and BORN, G.V.R. (1996) Increase by adrenaline or angiotensin II on the uptake of low density lipoprotein and fibrinogen by aortic walls in unrestrained conscious rats. *British Journal of Pharmacology*, 117, 1089-1094. *The Physiological Society Magazine*, 22, 36-37.
- CARDONA-SANCLEMENTE, L.E., SULTAN, F. and GRIGLIO, S. (1996) Characterization and quantification of apolipoprotein E in the genetically hypercholesterolemic rat (RICO). *Journal of Physiology and Biochemistry* 52, 1, 15-20.
- CARDONA-SANCLEMENTE, L.E. and BORN, G.V.R. (1995) Effect of inhibition of nitric oxide synthesis on the uptake of LDL and fibrinogen by arterial walls and other organs of the rat. *British Journal of Pharmacology*, 114, 1490-1494
- CARDONA-SANCLEMENTE, L.E., MEDINA, R. and BORN, G.V.R. (1994) Effect of increasing concentrations of angiotensin II into unrestrained rats on LDL and fibrinogen uptake by aorta. *British Journal of Pharmacology* 111, 22P.
- MEDINA, R., CARDONA-SANCLEMENTE, L.E. and BORN, G.V.R. (1995) Effect of deoxycorticosterone acetate on blood pressure and uptake of low density lipoprotein by aorta of normotensive rats. *European Journal of Physiology*, 430, 4, R140.
- MEDINA, R., CARDONA-SANCLEMENTE, L.E. and BORN, G.V.R. (1995) Effect of angiotensin II and Losartan on the incorporation of human and rat low density lipoprotein by organs of normotensive and hypertensive rats. *European Heart Journal*, 16, 274.
- MEDINA, R., CARDONA-SANCLEMENTE, L.E. and BORN, G.V.R. (1995) Effect of Losartan on blood pressure and uptake of LDL and fibrinogen by aorta on normotensive and hypertensive rats. *Federation of American Societies for the Experimental Biology Journal*, 9, 3, A318, 1842.
- CARDONA-SANCLEMENTE, L.E., MEDINA, R. and BORN, G.V.R (1994) Effect of increasing doses of angiotensin II into normal and hypertensive rats on low density lipoprotein and fibrinogen uptake by aortic walls. *Proceedings of the National Academy of Sciences, USA.* 91, 3285-3288.
- CARDONA-SANCLEMENTE, L.E. and BORN, G.V.R. (1992) La adrenalina induce un aumento de la captación de las proteínas de baja densidad por las arterias carótidas de conejos bajo anestesia. *Revista Iberoamericana de Trombosis y Hemostasia*, 5, 4-7.
- CARDONA-SANCLEMENTE, L.E. and BORN, G.V.R. (1992) Increased uptake of fibrinogen into arterial

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- walls of unrestrained conscious rats caused by adrenaline or angiotensin II. *British Journal of Pharmacology*, 107 Suppl 317.
- CARDONA-SANCLEMENTE, L.E. and BORN, G.V.R. (1992) Adrenaline increases the uptake of low-density lipoprotein in carotid arteries of rabbits. *Atherosclerosis*, 96, 215-218.
- CARDONA-SANCLEMENTE, L.E., GOROG, P. and BORN, G.V.R. (1992) Adrenaline increases the uptake of low-density lipoproteins by arteries of rabbits and rats in vivo. *European Heart Journal*, 13 Suppl 26.
- CARDONA-SANCLEMENTE, L.E., GOROG, P. and BORN, G.V.R. (1992) Increased uptake of low-density lipoprotein induced by adrenaline in the aortae of unrestrained rats. *Journal of Physiology*, 452, 58P.
- CARDONA-SANCLEMENTE, L.E., GOROG, P. and BORN, G.V.R. (1992) Increased uptake of low-density lipoprotein induced by adrenaline in arteries of anaesthetized rabbits or unrestrained rats. *British Journal of Haematology*, 80, 1-19.
- SULTAN, F., CARDONA-SANCLEMENTE, L.E., LAGRANGE, D., LUTTON, C. and GRIGLIO, S. (1989). Hepatic and lipoprotein lipase activities in a hypercholesterolemic strain of rat. Effect of dietary cholesterol. *Biochemical Journal*, 266, 2, 349-353.
- CARDONA-SANCLEMENTE, L.E., FERZOU, J. and LUTTON, C. (1988) Cholesterol metabolism in the genetically hypercholesterolemic rat (RICO). II-Study of plasma lipoproteins and effect of dietary cholesterol. *Biochimica Biophysica Acta*, 960, 3, 382-389.
- SULTAN, F., CARDONA-SANCLEMENTE, L.E., LAGRANGE, D., LUTTON, C and GRIGLIO, S. (1988) Cholesterol plasmatique et activites lipasiques postheparine chez le rat RICO soumis a un regime semi-synthetique enrichi avec 0,5% et 1% de cholesterol. *Annals of Nutrition and Metabolism*, 32, 4, 262-263.
- CARDONA-SANCLEMENTE, L.E., PASTIER, D., AYRAULT-JARRIER, M. and LUTTON, C. (1988) Apolipoprotein E in the genetically hypercholesterolemic rat (RICO). *Bulletin de la Societe de Chimie Biologique*, 53, 27.
- CARDONA-SANCLEMENTE, L.E., VERNEAU, C., MATHE, D. and LUTTON, C. (1987) Cholesterol metabolism in the genetically hypercholesterolemic rat (RICO). I - Measurement of turnover process rates. *Biochimica Biophysica Acta*, 919, 3, 205-212.
- MATHE, D., GIGOU, M., CARDONA-SANCLEMENTE, L.E. and LUTTON, C. (1987). Effects of portocaval anastomosis on cholesterol metabolism in a genetically hypercholesterolemic rat (RICO). *European Surgical Research*, 19, 5, 283-289.
- LUTTON, C., PERRODIN, M., CARDONA-SANCLEMENTE, L.E. and SEROUGNE, C. (1986) In vivo cholesterol synthesis by the digestive tract. III - Modulating factors. *Reproduction-Nutrition and Development*, 26, 6, 1241-1253.
- CARDONA-SANCLEMENTE, L.E., (1986). "Effect of *Allium sativum* (garlic) supplementation on plasma lipoproteins and cholesterol metabolism in a hyperlipidemic rat model". Section DSc Thesis. Sorbonne University, Paris, France.
- MADEDDU, L., MELDOLESI, J., POZZAN, T., CARDONA-SANCLEMENTE, L.E. BON, C. (1984) Alpha-latrotoxin and glycerotoxin differ in target specificity and in the mechanism of their neurotransmitter releasing action. *Neuroscience*, 12, 3, 939-949.
- CARDONA-SANCLEMENTE, L.E., (1981). "Decrease of plasma cholesterol levels induced by vegetarian diets in a normal adult population". MSc Thesis. Cali, Colombia,

APPENDIX 2 – AYURVEDA & INTEGRATIVE MEDICINE INTEGRATIVE MEDICINE CLINICAL QUALIFICATIONS

- NAMA Professional Member level: Ayurvedic Doctor, 2017
- Ayurvedic Practitioner, National Ayurvedic Medical Association (NAMA, USA). 2014
- Certified Massage Therapist (CMT) by the California Massage Therapy Council (CMTTC). 2016.
- Lymphatic Drainage Therapy (CMLDT, MDL-Vodder Technique), Santa Fe, NM, USA. 2010
- Yoga Therapy: AVP (Arya Vaidya Pharmacy Hospital), Coimbatore and SVYASA Yoga Dean University (Swami Vivekananda Yoga Anusandhana Samsthana), Bangalore, India. 2007.
- Cranio-Sacral Therapy (CST) and Somato Emotional Release (SER) certifications by the Upledger Institute, UK/USA. 2001
- Certified in Anatomy, Physiology and Body and Cranial Massage by the International Therapy Examination Council (ITEC) UK. 2001. (Recognized by the International Education Research Foundation (IERF, USA) 2016.

THERAPEUTIC PRACTICE – UK & INTERNATIONALLY SINCE 2001

- Integration of allopathic and ayurvedic medicine in clinical practice with patients exhibiting a variety of pathologies.
- Development of patient lifestyle regimes to address a variety of pathologies incorporating life style modifications such as diet, daily physical activity (walking, yoga), and other activities such as meditation, relaxation and breathing techniques with other exercise methodologies.
- Patient consultations, including external clinical referrals: assessments, diagnoses and development of tailored programs for specific nutritional and metabolic disturbances.
- Application of Cranio-Sacral Therapy, Marma, Lymphatic Drainage and other therapies to address different physical, psychological or mental disturbances.

SUMMARY OF EXPERIENCE IN INTEGRATIVE MEDICINE & AYURVEDA

- 2017 - Adjunct Faculty, *Bastyr University, School of Traditional World Medicines, Seattle, WA*
- 2017 - Awardee, Athena Foundation Grant: partnership with Central American Resource Center (CARECEN), *San Francisco, CA*
- 2014- Editorial Board & Peer Reviewer: *Ayurveda Journal of Health. UMass, Dartmouth, USA.*
- 2009 - Conference presentations & instruction seminars on Integrative Medicine-Ayurveda
- 2011-12 APA representative to the European Herbal & Traditional Medicine Practitioners Association (EHTPA) *London, UK*
- 2011 -12 APA representative to the Research Council for Complementary Medicine, *London, UK*
- 2010 - Scientific Adviser & Honorary Member, *AASANA (Argentina)*
- 2010 -11 Honorary Visiting Professor, *The Ayurvedic Institute, NM, USA*
- 2009 - Academic Consultant/Scientific Communication Representative, MSc Sciences & Technologies. *Université Pierre and Marie Curie. Paris VI, France*
- 2008 -15 Ayurvedic Medical Practitioner. *London, UK*
- 2007 -15 Research Committee Director, *Ayurvedic Practitioners Association (APA), UK*
- 1986 -9 Studies of native compounds e.g., role of Garlic and *Yunnan Tuocha* tea on plasma lipoproteins levels. *Paris, France*
- 1976 -9 Evaluation of lipid profiles in vegetarian diets followers, *Cali-Colombia.*

MAIN PAPERS, SEMINARS, CONFERENCES AND LECTURES

CARDONA-SANCLEMENTE L E Podcast: Ayurveda for Today's Pandemics: Obesity and Depression. September 22, 2023. Finding Genius Podcast (Health, Bioscience & Medicine Edition), with Lucian Gutica, USA. www.findinggeniuspodcast.com

CARDONA-SANCLEMENTE L E Podcast: Ayurveda: An Integrative Approach to Healing. 12 March 2021. The Healing Place Podcast with teriwellbrock.com, USA,

CARDONA-SANCLEMENTE L E Keynote speaker at Share Ayurveda Conference on "Ayurvedic Perspective on Cancer & Depression" June 24-26, 2022 at the University of British Columbia.

CARDONA-SANCLEMENTE L E Fight against Corona: University Initiatives. Jiwaji University, Gwalior. "COVID-19 Outbreak" May 15-17, 2021, India. Plus other Zoom conferences and talks with India.

CARDONA-SANCLEMENTE, L.E., "Comparative Analysis of Curanderismo and Ayurveda from India". Traditional Medicine without Borders: Curanderismo in the Southwest and Mexico at the University of NM, USA, July 2018.

CARDONA-SANCLEMENTE, L.E., "FRESH LOOK - Overview of Ayurvedic Medicine for Various Pathologies". University of New Mexico, Albuquerque, NM, USA. July, 2018.

CARDONA-SANCLEMENTE, L.E., Ayurvedic Medicine Balancing Corporal and Mental Health "Medicina Ayurvedica para la Salud y Equilibrio Corporal y Mental" Central American Resource Center (CARECEN), SF, USA September 2017- 2018

CARDONA-SANCLEMENTE, L.E. Obesity: imminent danger and massive terror A role of Ayurveda. New Harbinger Publications, April 25, 2018 Berkeley, CA, USA

CARDONA-SANCLEMENTE, L.E., Academic Adjunct Faculty, Bastyr University, School Traditional World Medicines, Ayurvedic Sciences, Seattle, WA

CARDONA-SANCLEMENTE, L.E., Seminars and Research discussions on the way to correlate Ayurvedic and Allopathic Medicine. AVP Research Institute, Coimbatore, India. July-December 2017

CARDONA-SANCLEMENTE, L.E., "Ayurvedic Medicine" SF Vegetarian Society. St. Cyprian's Episcopal Church, San Francisco, CA. 28 Jan 2017

CARDONA-SANCLEMENTE, L.E., Ayurvedic Systemic Pathology. Master of Science in Ayurvedic Sciences (MSAS). Dept. Ayurvedic Sciences, Bastyr University, Seattle, WA. 2016- 2017

CARDONA-SANCLEMENTE L E. Programa Radial de Medicina Preventiva, San Francisco, CA. 2017

CARDONA-SANCLEMENTE, L.E., (2016). "Sustainability and Ayurveda". Ayurveda Journal of Health, Winter 2017 issue. XV, 1, 25-32.

CARDONA-SANCLEMENTE, L.E., "Ayurveda and Health". Rancho La Puerta, Baja California, Tecate, Mexico. 15 December 2016

CARDONA-SANCLEMENTE, L.E., "Nutrition and Diet under the Ayurvedic Perspective". Rancho La Puerta, Baja California, Tecate, Mexico. 10-15 December 2016

CARDONA-SANCLEMENTE, L.E., "Nutrition and Diet under the Ayurvedic Perspective". Rancho La Puerta, Baja California, Tecate, Mexico. 3-9 December 2016

CARDONA-SANCLEMENTE, L.E., "Sustainability and Ayurveda" Green Festival Expo. San Francisco, Pier 35, CA. 12 November 2016

CARDONA-SANCLEMENTE, L.E., "Ayurveda and Mental Health" Asociación Argentina de Salud Natural y Ayurveda (AASANA) Latino American Conference. Rosario Medical School, Argentina. 6 November.

CARDONA-SANCLEMENTE, L.E., "Ayurvedic Medicine & Health-1". Community presentation. Tiburcio

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Vasquez Health Centre, San Leandro, CA 13 October 2016

CARDONA-SANCLEMENTE, L.E., "Ayurvedic Medicine & Health-2". Community presentation Tiburcio Vasquez Health Centre, San Leandro, CA. 21 October 2006

CARDONA-SANCLEMENTE, L.E., Binational Health: "Ayurveda". Latino Connect. Day of the Dead - Health and Wellness Event. San Francisco, CA. November 5th, 2016

CARDONA-SANCLEMENTE, L.E., "Ayurveda a potential way to support the immune system". AIDS Foundation. San Francisco, CA. 6 September 2016

"Ayurveda source of Health" La Clinica, California Health Centre, Oakland, CA. 11 May 2016

CARDONA-SANCLEMENTE, L.E., "Scientific Mastery of Vata Dosha Trough Pranayama: Modern Therapeutic Implications of Recent Molecular Discoveries". National Ayurvedic Medical Association (NAMA) Conference, Warwick, Rhode Island, USA. April 2016.

CARDONA-SANCLEMENTE, L.E., Lecturing and project planning/analysis with various medical AND NON-MEDICAL institutions in the Bay area, other US States and France (Ayurvedic Institute, Albuquerque, NM; University Pierre & Marie Curie. Paris VI, France; Bastyr University, Seattle; La Clinica, California Health Centre, Oakland; AIDS Foundation, San Francisco; Tiburcio Vasquez Health Centre, San Leandro and others.) concerning the importance of Integrative Medicine and various disciplines like Ayurveda in physical and mental health.

CARDONA-SANCLEMENTE, L.E., "Exploring Interconnectedness of Man and Nature: Case Study" 5th International Ayurveda Conference Where Science Meet Consciousness". Coimbatore, Tamilnadu, India. December 2015.

CARDONA-SANCLEMENTE, L.E., Lecture: "Ayurveda and Cancer Colorectal – Holistic Approach". September 20, 2014. Cansurvive Center Malaysia Berhad. 4th Malaysian International Conference on Holistic Healing for Cancer, Kuala Lumpur, Malaysia

CARDONA-SANCLEMENTE, L.E., Workshop: "Optimize health and prevent mind/body diseases by utilizing ancient Ayurvedic knowledge". 21 July 2014. University of New Mexico, NM, USA

CARDONA-SANCLEMENTE, L.E., Lecture: "Yoga and Prana - The Meaning and Value of Vata". April 21, 2014. The Meditation Center, Minneapolis, USA

CARDONA-SANCLEMENTE, L.E., Salon: "Wisdom of the Traditional Medicines". April 16, 2014. Institute of Traditional Medicine (ITM). Toronto, Canada

CARDONA-SANCLEMENTE, L.E., Weekend Seminar: "The Science of Ayurveda for Today's Life". April 11-13, 2014. The Friends House. Toronto, Canada

CARDONA-SANCLEMENTE, L.E., Lecture: "Exploring the Mind". April 8, 2014. Metro Hall, Toronto, Canada

CARDONA-SANCLEMENTE, L.E., Lecture: "Ayurveda - the Science of Long Life". April 6, 2014. Vedic Cultural Centre Markham, Toronto, Canada

CARDONA-SANCLEMENTE, L.E., Seminar: "Experience a Day of Wellness and Renewal through the Lens of an Ancient Tradition". April 3, 2014. Seattle University. Seattle, USA

CARDONA-SANCLEMENTE, L.E., Seminar: "Ayurveda and the Mind". 25-26 January. New Acropolis International. London, UK

CARDONA-SANCLEMENTE, L.E., Seminar: "Chronic diseases in today's world – Integrative Medicine: The Ayurvedic approach". 10-12 January 2014. Sorbonne University - Paris VI. Paris, France

CARDONA-SANCLEMENTE, L.E., "The Ayurvedic Approach to Health and Different Pathologies". Sorbonne University Paris VI. Paris, France. February 2013

Dr L. Eduardo CARDONA-SANCLEMENTE

CARDONA-SANCLEMENTE, L.E., Seminar: "Ayurvedic medicine and its basic principles". New Acropolis International. London, UK. February 2013.

Several conferences in different Universities, institutions, foundations and other charitable organisations in India, USA, Canada and Europe as well as private consultations. Among them:

CARDONA-SANCLEMENTE, L.E., "Ayurvedic medicine today outside India" Sushruta Ayurvedic Medical College Hospital - Prashanti Kuteeram, Bangalore, India. February 2013.

CARDONA-SANCLEMENTE, L.E., "Treating Cancer: Working with the Patient and the Family". National Ayurvedic Medical Association (NAMA) Conference, Albuquerque, USA. April 2013.

CARDONA-SANCLEMENTE, L.E., "Ayurvedic Medicine and its role in today's world". Gurdjieff Foundation San Francisco, USA. May 2013

CARDONA-SANCLEMENTE, L.E., "How Ayurveda Can Complement Western Medicine". Vedic Cultural Centre, Toronto, Canada. May 2013

CARDONA-SANCLEMENTE, L.E., "Understanding One's True Nature through the wisdom of Vedanta & Ayurvedic Psychology". Institute of Traditional Medicine, Toronto, Canada. May 2013

CARDONA-SANCLEMENTE, L.E. "Can Ayurveda Complement Western Medical Practice". Coburg Community Centre, Canada. May 2013.

CARDONA-SANCLEMENTE, L.E., "Ayurvedic Medicine and its role in today's world". Gurdjieff Foundation New York, USA. May 2013

CARDONA-SANCLEMENTE, L.E., "Ayurvedic Medicine and its role today". Silver Lake, NY. USA. June 2013

CARDONA-SANCLEMENTE, L.E., Research projects and methodological analysis. Italy. September 2013

CARDONA-SANCLEMENTE, L.E., "Chronic diseases of XXI Century – The role of Ayurveda" Sofia, Bulgaria. October 2013.

CARDONA-SANCLEMENTE, L.E., (2012). 'How Ayurveda sees Rheumatoid Arthritis'. Ayurveda Journal of Health, The Light of Ayurveda (Ivy League Publication), Summer issue. X, 4, 24-28.

CARDONA-SANCLEMENTE, L.E., "Approaching Cancer in today's world". Sorbonne University Paris VI. Paris, France

CARDONA-SANCLEMENTE, L.E., Seminar: "Ayurvedic medicine and its role in today's world". New Acropolis International, London, UK

CARDONA-SANCLEMENTE, L.E. "CPD for Ayurvedic Practitioners: Rheumatoid Arthritis". London, UK

CARDONA-SANCLEMENTE, L.E., Seminar: " Ayurveda and Mental Disorders". Loenen aan de Vecht, The Netherlands

CARDONA-SANCLEMENTE, L.E., "Ayurveda: Introduction a la Médecine Ayurvédique" L'Institut G.I.G, Paris, France.

CARDONA-SANCLEMENTE, L.E., "Ayurvedic Medicine". Gowland Hopkins Lecture Theatre, Guy's Hospital Campus, London, UK

CARDONA-SANCLEMENTE, L.E., (2011). 'How Ayurveda sees Obesity'. Ayurveda Journal of Health, The Light of Ayurveda (Ivy League Publication), Summer issue IX, 4, 25-29.

CARDONA-SANCLEMENTE, L.E., Invited speaker to various Ayurvedic Medicine Conferences in India, USA, Greece

CARDONA-SANCLEMENTE, L.E., Seminar: "Ayurvedic Medicine the Millenary Science of Life". Varna, Bulgaria

CARDONA-SANCLEMENTE, L.E., Seminars: "Main Principles of Ayurvedic Medicine". Amsterdam, The

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Netherlands

CARDONA-SANCLEMENTE, L.E., "Ayurveda: A solution for our epidemic obesity". Symposium of Integrative Medicine), University of New Mexico (UNM), Albuquerque, USA

CARDONA-SANCLEMENTE, L.E., "OBESITA: Medoroga and Globesity". First ANVAG Symposium: Clinical therapeutic approaches and treatment modalities within Ayurveda. Leiden University, The Netherlands. 2013

CARDONA-SANCLEMENTE, L.E., "The potential role of Ayurvedic medicine in today's epidemic Obesity". Traditional Medicine without Borders. University of New Mexico (UNM), Albuquerque, USA

CARDONA-SANCLEMENTE, L.E., "Obesity: imminent danger and massive terror – A role of Ayurveda". Guest speaker, National Ayurvedic Medical Association (NAMA) Conference, San Francisco, USA

CARDONA-SANCLEMENTE, L.E., (2009). "Fresh perspectives on obesity – A correlation of Ayurvedic science and modern medicine". MSc Thesis. Middlesex University, London, UK.

CARDONA-SANCLEMENTE, L.E., "Ayurveda and Champi: Ancient Indian Cranial Massage". V International Symposium of Chirurgical Aesthetics. Cali, Colombia

CARDONA-SANCLEMENTE, L.E., "Comparison between the Ayurvedic Medicine and Conventional Western Medicine approach to Metabolic Disorders". Rosario University, Medical School, Argentina

CARDONA-SANCLEMENTE, L.E., Various Seminars and Conferences on Ayurveda. Argentina, Colombia, Peru and Chile

CARDONA-SANCLEMENTE, L.E., "Ayurvedic Medicine for the XXI Century". Medical School. Valle University, Cali, Colombia

CARDONA-SANCLEMENTE, L.E., "Comparison between Ayurveda and Conventional Western Medicine in Typical Metabolic Diseases". 11th International Ayurvedic Symposium

Guest speaker, European Academy of Ayurveda. September 2009. Birstein, Germany

CARDONA-SANCLEMENTE, L.E., (2008). "Understanding obesity: Correlating Ayurvedic Science and Modern Medicine with today's Biomedical Technology". World Ayurveda Congress on Maladies and Remedies of Overweight and Obesity. Udupi, India

CARDONA-SANCLEMENTE, L.E., (2007). "Decrease of plasma cholesterol levels induced by vegetarian diets in a normal adult population". SVASTHA International Ayurveda Conference. London, UK

CARDONA-SANCLEMENTE, L.E., (2007). "Effect of *Allium sativum* (garlic) supplementation on plasma lipoproteins and cholesterol metabolism in a hyperlipidemic rat model". SVASTHA International Ayurveda Conference. London, UK

CARDONA-SANCLEMENTE, L.E., (2003). "Role of potentially atherogenic plasma proteins, catecholamines, angiotensin and other factors on the development of cardiovascular diseases". HRYDYAM: National Seminar on Preventive Cardiology. Trivendrum, India

CARDONA-SANCLEMENTE, L. E., (2003). "Stress: The Role of catecholamines on atherosclerosis and cardiovascular diseases". Global Holistic Health Summit, Bangalore, India

CARDONA-SANCLEMENTE, L.E., (1986). "Effect of *Allium sativum* (garlic) supplementation on plasma lipoproteins and cholesterol metabolism in a hyperlipidemic rat model". DSc Thesis. Sorbonne University, Paris, France.

CARDONA-SANCLEMENTE, L.E., (1981). "Decrease of plasma cholesterol levels induced by vegetarian diets in a normal adult population". MSc Thesis. Cali, Colombia,

COMMUNITY SERVICES

- Talks: "Natural Preventive Medicines" C.E.A's, and Cabanyal Library Valencia, Spain
- Course: "Educational Information on Health Prevention" CARITAS Buena Guia/Proyecto Red Bonavia. Valencia, Spain
- ZEN Hospice Project, Volunteer Laguna Honda Hospital, San Francisco, CA. Offering support to patients actively dying.
- Colombian Consulate, San Francisco, CA. Imparting educational information via website platforms on lifestyle, nutrition, diet and physical and mental activities for wellbeing.
- Central American Resource Center (CARECEN), San Francisco, CA. Training social workers (facilitadoras) on approaches for the improvement of life style to first-second generation of minorities originally from San Salvador.
- Others Bay area activities: Lecturing in institutions such as La Clinica, California Health Centre, Oakland; AIDS Foundation, San Francisco; Tiburcio Vasquez Health Centre, San Leandro etc.) about the importance of linking modern health medical approaches and Integrative Medicine.

LANGUAGES

English, French, Spanish and Italian.