



Population Health & Well-being Series

**Biological Rhythms and Nutrition
Synchronization for Optimal Health**

Live Webinar

Tuesday, September 20, 2022
4:00 to 5:00 PM (Doha time)



Speaker

Shagufta Feroz, PhD

*Founder/President Pakistan Association of Lifestyle Medicine
Director, RIPHAH Institute of Lifestyle Medicine, RIPHAH University*

Dr. Shagufta Feroz has specialized in Family Medicine, and completed two online PhDs from USA in Holistic Nutrition and Integrative Medicine. She has Certifications in Lifestyle Medicine, Physician Leadership, and Positive Psychology from Harvard University, USA. She is Diplomate of International Board of Lifestyle Medicine and the only fellow of University of Arizona in Integrative Medicine from Pakistan.

Her independent observational clinical research called *"SWIPE for HEALTH"* (previously called Synchronised Lifestyle Modification-SLP) has given her clarity about the role of Circadian Rhythms in prevention and reversal of a disease and laid the basis of her Personalized Lifestyle Modifications Program. She developed this program over a period of 10 years, on about 25,000 patients coming to her Family Medicine Clinic.

Her book *Living as Nature Intended*, explains in detail the scientific background of her program and offers comprehensive guidelines for incorporating *SWIPE for HEALTH*; for various aspects of human health. She is the Founder President of Pakistan Association of Lifestyle Medicine since 2017 and Founder of Happiness Movement in Pakistan. She is Professor (Adjunct) Health Sciences Academy, and Director of RIPHAH Institute of Lifestyle Medicine, RIPHAH University. The institute runs post graduate and undergraduate courses for doctors and medical students.