

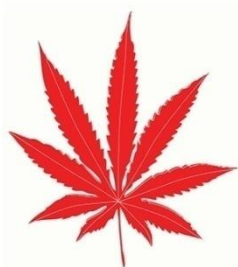


Conference Abstract

5th The Holy Quran & Science Conference and Exhibition – 2018

Sunday November 25, 2018

1194 Matheson Blvd E Mississauga, ON L4W 1Y2 Canada



Conference Abstract

Hormesis – Surely, there is ease after hardship

Dr. Tauseef Khan

Epidemiologist by training and is presently working as a 3D Post-Doctoral Fellow in the Department of Nutritional Sciences at the University of Toronto.

Ethics approval and consent to participate: No ethical approval needed for this research work.

Consent for publication: Author is agreed to submit this abstract for publication in this research journal.

Availability of data and materials: The information and data collected and/ or incorporated in this study is included in this manuscript.

Key words: Hormesis, Surely, ease, hardship

Speakers Profile

Dr. Tauseef Khan is an Epidemiologist by training and is presently working as a 3D Post-Doctoral Fellow in the Department of Nutritional Sciences at the University of Toronto. His current research is on understanding the association between sugars including honey, low-calorie sweeteners and other important foods on cardio-metabolic risk and outcomes (coronary heart disease, stroke, obesity and diabetes). His work mainly involves undertaking systematic reviews and meta-analyses of controlled trials and prospective cohort studies. While the field of nutritional epidemiology is fraught with much debate and emotion, his aim is to sift the data for a deeper understanding of the association between what we eat and drink, and our health. In addition, he also focuses a large part of his research on the effect of honey on health.

Abstract

Hormesis is an adaptive dose-dependent response of cells and organism to moderate stress through which the system improves its functionality and tolerance to more severe stress. This process is integral to all biological systems and is the driving force behind evolution, aging and health. The hormetic principle provides a fundamental explanation for the effect of

Corresponding author:

Dr. Tauseef Khan

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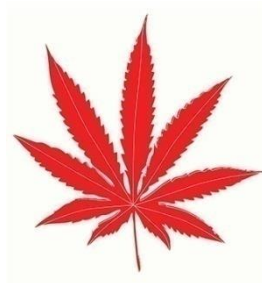
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Competing Interests:

The authors declare no competing interests

Additional information is available at the end of the article.

fasting, exercise, diet, acupuncture, herbal medicine, radiation, and possibly homeopathy on human health. The principle of hormesis, if harnessed correctly, can remove the current roadblocks in the fields of nutrition, chronic disease, and aging. I will present the history of hormesis, its development, its physiological and toxicological underpinnings and the wide scope of its effect. Most importantly, I will present the clear verses of the Holy Qur'an that present the principle of hormesis, which also offer guidance for future research.



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