

# The Heart of Anti-Aging- a Recent Talk by Dr. Giovanni & Dr Scott Berliner at The Symposium Conference in New York City

*Dr. Giovanni Campanile recently presented at the Integrative Healthcare Symposium Conference in New York City.*

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/EINPresswire.com/ -- [Dr. Giovanni Campanile](#) recently presented at the Integrative Healthcare Symposium Conference in New York City. With the collaboration of Dr Scott Berliner, the talk, titled "The Heart of Anti-Aging," offered a comprehensive exploration of lipidology, traditional and novel biomarkers, lifestyle modifications, and integrative treatment strategies for the prevention and reversal of heart disease.

Drawing from his extensive experience and training at renowned institutions such as Harvard, Lahey Clinic, Beth Israel Deaconess Medical Center, and Massachusetts General Hospital, Dr. Campanile provided attendees with invaluable insights into advancing heart health and the science of anti-aging.

In conjunction with this achievement, Drs. Giovanni Campanile and Sandra Cammarata are also excited to share the growing success of their "[The Secret Sicilian Diet](#)" podcast. Presented by [siciliansecret.com](#), this engaging series delves into nutrition, longevity, heart health, and overall well-being, featuring conversations with esteemed doctors, researchers, and other experts. Now in its 43rd episode, the podcast recently celebrated a milestone of 10000 downloads, underscoring its increasing popularity among listeners interested in the benefits of the Mediterranean lifestyle and its impact on health.



Dr Giovanni Campanile - Functional Cardiologist

The podcast embodies the principles discussed in Dr. Campanile's symposium talk, emphasizing the importance of diet in maintaining heart health and longevity. By incorporating superfoods such as pomegranate, rosemary, artichoke extract, olive leaf extract, and resveratrol, known for their health benefits, "The Secret Sicilian Diet" podcast and Dr. Campanile's presentation both advocate for a lifestyle that supports overall well-being and a path to a healthier, longer life.

#### About Drs. Giovanni Campanile and Sandra Cammarata

Drs. Giovanni Campanile and Sandra Cammarata have been at the forefront of the slow food and slow medicine movements for over two decades, championing the integration of food and lifestyle changes into medical practice to promote wellness and longevity. The authors of "The Secret Sicilian Diet Plan," aim to share the health benefits and pleasures of the Sicilian variant of the Mediterranean Diet, emphasizing that taste is fundamental to good nutrition. This diet, celebrated for its health-promoting qualities, was recognized by UNESCO as part of the Intangible Cultural Heritage of Humanity.

Their research into the Sicilian diet, known for its unique benefits and flavors, included studies and interviews with nonagenarians, centenarians, and supercentenarians. Through their book and advocacy, Drs. Campanile and Cammarata strive to guide readers toward a healthier, longer life by embracing a sustainable and enjoyable lifestyle, drawing wisdom from those who've lived the longest.

Dr. Giovanni Campanile

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