

# Elena Molokova

*(Russia)*

Gynecologist-endocrinologist

Physician of preventive and anti-aging medicine

- 1987 graduated from the Novosibirsk State Medical University (diploma with honors)
- 1987-1989: Clinical residency in the specialty "Obstetrics and Gynecology", specialization "Endocrinology of women's health".
- Since 1989: gynecologist-endocrinologist. Specialization - problems of infertility, miscarriage, pathology of menopause.
- Since 2004, Medical consultant of the pharmaceutical company Organon (the Netherlands). Direction: male and female health, menopause and andropause, treatment of infertility and IVF
- In 2006 was invited to Abbott (USA) to work in the direction of "Treatment metabolic syndrome and obesity ", where she collaborated with leading research centers, such as the Institute of Nutrition, the Endocrinological Research Center, developed and conducted All-Russian scientific and educational program for doctors and patients "NO WEIGHT!"
- Since 2010, the company Ever Neuro Pharma (Austria), Medical Director. Direction activities: mental health and longevity, treatment of age-related diseases, developing effective anti-aging strategies and active longevity programs.
- State diploma in specialty "Practical psychologist" Eriksonov's International Coaching Institute
- Certified "Professional Coach"
- Continuing training and internship at the International Institute for Integrated Preventive and Anti-Aging Medicine "PreventAge"
- Medical consultant at ASTRAMED Ltd, and he conducts the training course "Fundamentals of Anti-Age medicine in the practice of beautician "
- Heads the department of anti-aging medicine at the Clinic of Preventive Medicine NL-Clinic (Moscow)
- Conducts clinical practice in the field of women's health, preventive and anti-aging medicine.

## **Main activities:**

- Genetic and laboratory diagnosis of the characteristics of the hormonal status, metabolism substances and risks of major diseases.
- Active prevention. Medicine health and active longevity. Correction conditions leading to premature aging, optimization of hormonal levels.
- Development and maintenance of individual wellness and anti-aging programs
- Preparing an individualized nutritional program and nutritional support.
- The author's weight loss program "Thin Case".
- Psychosomatics of female health. Identification and correction of psychological causes diseases and excess weight.
- Health Coaching