

Voluntary Associate Professor, University of Miami Miller School of Medicine, USA
CEO and Co-founder, Nurish. Me, LLC

EDUCATION

- 1990 B.S., Business Administration, University of Tennessee, USA
- 1992 M.S., Exercise Physiology, University of Tennessee, USA
- 1995 Ph.D., Education and Psychological Studies, University of Miami, USA

PROFESSIONAL AND MAJOR RESEARCH STUDIES

Dr. Lewis is the principal investigator of several health, nutrition, and exercise studies, including: (1) a nutrition education and exercise program for conduct-disordered adolescents in an inpatient unit; (2) a glyconutrient supplement on Alzheimer's disease and Multiple Sclerosis; (3) a whole food, greens-based nutritional supplement on hypertension in adults; (4) a Tai Chi program for smoking cessation; (5) a food sensitivity testing study to look at the effects of food elimination on disease-specific symptoms in weight loss, headaches, and GI complaints; (6) omega-3 fatty acids on ADHD symptoms in children and adolescents; (7) a combined aerobic and strengthening exercise training study on metabolic variables in HIV subjects; and (8) comparing bio-electrical impedance to DXA on body composition. He has co-authored more than 75 peer-reviewed scientific articles, been invited to speak at international conferences on HIV/AIDS, and has mentored many graduates and medical students in health promotion and research design.

Dr. Lewis is also a Scientific Investigator at the Fundación Clínica Valle del Lili and the Corporación de Lucha contra el SIDA in Cali, Colombia.

The immunomodulatory and anti-senescent effects of BioBran (RBAC) among healthy adults and patients with chronic illness

We have been evaluating the immunomodulatory effects of BioBran (RBAC) in different populations over the past decade in an ongoing clinical research program at the University of Miami Miller School of Medicine. This presentation will show the results of the previous clinical trials utilizing BioBran (RBAC) as the intervention among three groups: (1) healthy adults, (2) adults infected with HIV, and (3) adults with non-alcoholic fatty liver disease (NAFLD). Overall, the results suggest that BioBran (RBAC) is a potent immunomodulator in the short-term (i.e., 6 months or less), has no known interactive effects with medications, and causes no adverse effects according to either participant report or liver enzyme and kidney function tests. Most importantly, treatment with BioBran (RBAC) : (1) causes transient modulation of natural killer cell cytotoxicity and an overall net anti-inflammatory effect according to a battery of cytokines and growth factors in healthy adults; (2) halts immunosenescence in HIV by reversing CD4+/CD8+ from an inverted (<1.0) to > 1.0 ratio and significantly decreasing the CD8+ count; (3) results in important relationships among immune, cardiometabolic, and endothelial function markers; and (4) improves alkaline phosphatase, percent monocytes, percent eosinophils, platelets, neutrophils, neutrophil-lymphocyte ratio, γ -glutamyl transferase, and 4-hydroxynonenal in NAFLD. Thus, the results of these studies suggest that the immunomodulatory and anti-senescent activities of BioBran (RBAC) are promising for people who are healthy and want to prevent diseases related to inflammation and those with chronic afflictions, who are subjected to accelerated aging.