

**Professor Basant Puri and Dr Nina Bailey**  
**Eastbourne Fibro Support Group**

On Thursday 16<sup>th</sup> April 2009 Professor Basant Puri and also Dr Nina Bailey spoke to a group of 90 people at Causeway School in Eastbourne.

Professor Basant Puri MA (Cantab), PhD, MB, BChir, BSc (Hons) MathSci, MRCPsych, DipStat, PG Cert Maths, Mmath

Professor B.K. Puri, a medical doctor and research scientist based at Hammersmith Hospital and Imperial College London, is a world-leading neuroscience and biochemistry expert. He has carried out pioneering research work in these fields. Indeed, he was the first in the world to treat a patient with depression using a pure fatty acid. Professor Puri's research findings have been described in scientific journals and in lectures at international medical and scientific conferences. He is the author of over 30 books and 130 peer-reviewed papers.

Dr Nina Bailey BSc PhD

Dr Nina Bailey is a nutritional scientist and senior member of the Academy of Nutritional Medicine, whose efforts are concentrated within the role of dietary health and nutritional intervention in disease, with particular emphasis being placed upon the role of fatty acids in conditions such as M.E., fibromyalgia and depression. Dr Bailey regularly holds training workshops with the public, medical practitioners and practitioners of complementary medicine, and speaks on a variety of topics including digestive health, depression, M.E., fibromyalgia and children's disorders. Dr Bailey received her PhD in Cell Biology from Cambridge University. Her doctoral research was conducted at the Dunn Human Nutrition Unit, Cambridge.

Dr Bailey spoke at length about the importance of the ratio of omega-6/omega-3 essential fatty acids and explained in depth how the body and brain struggle to work effectively when depleted of what they need to function well.

There was a 15 minute Comfort Break and both Dr Bailey and Professor Puri were happy to speak to people and answer questions.

The second half of the evening Professor Puri gave a fascinating talk about his observations whilst conducting his Brain Imaging Study.

He referred to 'The Mozart Effect', studies have been performed where it has been shown that listening to music enhances Spatial Temporal Reasoning.

The talk was both fascinating and enjoyable thanks to Professor Puri's fantastic ability to explain findings in an understandable and interesting manner.

The evening over ran by half an hour, Professor Puri was determined to answer ALL questions from the audience.

The event was a huge success and people had the opportunity afterwards to speak to both Dr Bailey and Professor Puri.

Eastbourne Fibro Group are very proud that the speakers came to Eastbourne and are very excited that on June 24<sup>th</sup> Professor Puri will be returning to announce his findings of the Brain Imaging Study he has been conducting in his own time with barely any funding at all.

If anyone would like details of the Professor's next visit please contact Eastbourne Fibro Support Group: [ebournefibrosupport@live.com](mailto:ebournefibrosupport@live.com)