



UMAHRO CADOGAN

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FORMAL EDUCATION (also see professional memberships and conferences below)

- 1993-1995 International Baccalaureate with high level biology and biochemistry, [Li Po Chun United World College, Hong Kong](#).
1989-1993 Grades 7-10, [International School of Beijing](#), People's Republic of China.

WORK EXPERIENCE

- 2016- CEO, Umahro ApS [Umahro Ltd.].
2015-2016 Member of Medical Advisory Board, [My Life Health Skodsborg](#).
2015- Associated nutrition and health consultant and guide, [PFA Health](#).
2014-2016 Member of Advisory Board, [PurePharma](#).
2014-2015 Ambassador and Lecturer, [Functional Sports Nutrition Academy](#).
2013-2016 Peak Performance & Nutrition Consultant, [PurePharma](#).
2013- Lecturer, [DNALife](#).
2012-2015 Adjunct Professor on the Masters Degree in Nutrition and Functional Medicine, The University of Western States, Portland, USA.
2012-2014 Associated Director of Nutrition, Functional Medicine and Performance, Team Tinkoff Bank-Saxo Bank. www.teamsaxobank.com
2012-2014 Culinary and nutritional consultant for ISS cantinas. www.issworld.com.
2011-2012 Culinary and nutritional consultant to [Saxo Bank](#) on their in-house "Feeding Your Mind To Perform" programme with focus on the 2500+ meals served for breakfast, lunch and dinner in their in-house canteen
2011 Culinary and nutritional consultant to [TDC](#) on men's health with specific focus on the food served in their canteens.
2010-2016 Cofounder of Slip Slikket [Let Go Of Your Candy Crawlings] w/ [Lone "PowerPrincess" Rasmussen](#). Lectures and workshops on how to choose better and healthier sweets with focus on nutrition, the science of flavour, the neuroscience of appetite and hunger and the emotional reasons for overeating and craving sweets. www.slipslikket.dk.
2010- Founder, Lecturer and Director of Education, Sundhedsrevolutionær [Health Revolutionaries], an online education for those interested in better health as well as practitioners who want to provide their patients with the very best care.
2010-2015 Cofounder of the concept [bodyschool.dk](#)...move, empower and feed your body in collaboration with leading personal trainers and exercise physiologists [Jacob Søndergaard](#) and [Anna Bogdanova](#)
2010-2012 Affiliated Director of Nutrition and Neurobiochemistry at [The Mindsteps Foundation](#), a foundation working for optimal treatment of brain-damaged children and children with developmental/behavioural/neurological problems
2010-2011 Cofounder of and Director of Nutrition + R&D in the concept [Rationel Diabetes](#)...mindre insulin, mere livsglæde og velsmag [Rational Diabetes Management...Less Insulin, Better Quality of Life and More Flavour]. An organization devoted to teaching children and teenagers with type I diabetes how to best manage their condition via diet and lifestyle so less insulin is necessary.

- 2010 Online forum host for [The Institute For Functional Medicine](#) in March, 2010. Led online discussions and did web-lectures about Functional Medicine, biochemistry and physiology for several hundred cutting edge doctors and health professionals around the world. Also provided individual guidance on optimal treatment of individual patients.
- 2009-2012 Joint lectures and retreats focusing on how to achieve inner peace and more energy via meditation and healthy cooking in collaboration with [Henning Daverne](#)
- 2009-2011 In-house Director of The Neuroscience of Leadership and Feeding Your Mind To Perform™ on the [LEADING YOURSELF](#) programme from [The Leadership Company®](#) and for [Jesper Elling](#)
- 2009- Lecturer and in-house consultant on development of probiotics and food supplement for [Actavis DK A/S](#)
- 2009-2010 Joint lectures, articles and TV-appearances w/ [Christian Bitz](#) under the heading "Den alternative vs. akademikerer" [The alternative practitioner vs. the academic] at various locations in DK
- 2008-2016 Lectures on nutrition and mental function on behalf of [MindJuice](#), a coaching company
- 2008-2010 Gastronomical partner in [Intermezzo da Sandra](#), a catering company making food exclusive based on my 10 "Dietary Commandments" and also offering dairy/glutenfree meals and menus
- 2008-2010 Head of R&D and Medical Education, [Nordic Clinic](#), Copenhagen.
- 2007-2013 Co-owner and Head of R&D, [Kur Organic Superfoods](#).
- 2007-2014 Lectures on dietary prevention, support and self-help for mental disorders and stress on behalf of [PsykiatriFonden](#) [The Danish Psychiatric Foundation] and [Landsindsatsen mod depression](#) [The Danish Countrywide Effort To Prevent Depression], various locations in Denmark.
- 2007- Health and cooking classes. See more [here](#).
- 2007-2012 Affiliated lecturer, nutritional advisor, medical advisor in Functional Medicine, Specialskolen [Bramsnaesvig](#).
- 2007-2014 External Nutritional Consultant to [Urtekram](#) and [Nutana](#) working with product development, employee health, improvement in food served to employees, validation of health claims etc.
- 2007- 2008 Lectures on using nutrition as part of rehabilitation from learning and attention disorders (ADHD, ADD, Aspergers' Syndrome and autism) for various remedial schools in Denmark in collaboration with Thorbjörg Hafsteinsdóttir
- 2007-2008 Lecturer and examiner for Sundhedsalliancen, a temporary 2-yr education qualifying for FADK certification.
- 2006- Lectures on nutrition and visual disorders on behalf of Øjenforeningen [The Eye Association]
- 2006- Founder of [Sundhedsrevolutionen™](#). Various lectures, workshops and events related to healthy living, anti-aging, cooking and empowering people to take care of their own health,
- 2006-2008 Member of The Quality Control Board of [Nordic VMS](#)
- 2006-2008 Managing Director and co-founder, [10 grunnreglur ehf](#)
- 2006-2007 Examiner of students at [Hover Sundhedshøjskole](#) sitting the exam to become certified Nutritional Councilors.
- 2006-2007 Lectures in Iceland on "[The 10 Dietary Commandments](#)" in collaboration with Thorbjörg Hafsteinsdóttir.
- 2006-2007 Chef and nutritional advisor, [GAM3](#)
- 2006 Appearances on Go'Morgen Danmark the morning programme on the Danish TV-station [TV2](#). Focus on healthy cooking and nutrition.
- 2006 Co-host of the TV-show Heil og Sæl on the Icelandic TV-station [SkjarEinn](#) together with Thorbjörg Hafsteinsdóttir.

- 2005-2007 Co-lecturer on nutrition at The Sports Academy in Reykjanesbær ([Íþróttakadémían](#)).
Co-lecturer Thorbjörg Hafsteinsdóttir.
- 2005-2007 Lectures and cooking classes for [Foreningen Hjerneaktiv](#)
- 2005-2007 Manager of R&D, [Himneskt hollusta ehf](#) (Matrad ehf and Himneskt ehf combined into one company). Co-owner.
- 2005-2006 Faculty at [The International Health Institute of Scandinavia \(IHIS\)](#)
- 2005-2006 Forum Host for [The Institute for Functional Medicine](#)
- 2005 Lecture on evolution, genes and inherited dietary and environmental needs at 1st International Symposium On Food and Health, Spjald, Denmark. (Other lecturers were Walter C. Willett, Harvard School of Public Health and Thorbjörg Hafsteinsdóttir, RN and Nutritional Therapist D.E.T.).
- 2005 Visiting Fellow, [MetaMetrix Laboratories](#), GA, USA.
- 2004-2008 Consulting for [Natural Factors](#) with regards to the legislative aspects of introducing their products in the EU as well as product development.
- 2004-2007 Lectures on nutritional treatment of various diseases and health problems for health practitioners, both conventional and alternative, on Iceland in collaboration with Thorbjörg Hafsteinsdóttir, nurse and Danish ION Dipl. See www.10grunnreglur.com
- 2004-2006 Consultant to [Madur Lifandi](#), Iceland (a health centre incl. a health food shop, a health food café, import and distribution of health foods and food supplements and various practitioners).
- 2004-2005 Consulting for and lectures on behalf of [Anjo](#) A/S, Denmark regarding EFAs, tocopherols and more.
- 2004-2005 Technical Reviewer on *The Textbook of Functional Medicine* published by [The Institute for Functional Medicine](#) in 2005.
- 2004-2005 Weekly column on functional medicine, nutrition and biochemistry for the student intraweb at [Hover Sundhedshøjskole](#)
- 2004-2005 Consultant to Matrad ehf and [Himneskt](#), Iceland (development of healthy and functional foods, marketing material and sourcing of ingredients).
- 2004-2006 Consulting with regards to product selection, evaluation and development on behalf of [BioVita](#) A/S
- 2004 Lectures on the numerous types of reactions to gluten/gliadin, casein and other food proteins on behalf of [The Norwegian Protein Intolerance Association](#)
- 2004 Authored 3 chapters for the "Food-pilot" programme (Kostpilot) from [Hover Sundhedshøjskole](#). The topics covered were diseases of civilization, digestion and the immune system.
- 2003-2005 Workshops on nutrition rehabilitation at [Feeding The Next Generation](#), London [yearly conference on the links between diet and common health problems in children and adolescents, such as substance abuse, behavioural disorders and obesity]
- 2002-2003 Co-owner of and Director of Research and Information at Nordic Clinic [functional medicine clinic in Copenhagen]
- 2002-2006 Lecturer for [The Association of Danish Nutritional Councillors](#) for the diploma degree (Kostvejleder FADK, [Kostakademiet Hover](#)) and their continual "post-graduate" educational programme.
- 2001- Clinical Consultant for Nordic Laboratories ApS, the European agent of numerous North American laboratories offering functional testing, such as [MetaMetrix Laboratories](#) and [Doctors' Data Inc.](#)
- 2001- Lecturer for The Association of Danish Nutritional Therapists (the equivalent of Patrick Holford's Institutes of Nutrition in the UK and the education offered at these).
- 2001-2004 European Officer of Research and Information, [FMD](#) Ltd.

- 2001-2004 External lecturer on fats, nutrition health, and disease for [The Danish School of Heilpraktik](#)
- 2000-2002 Member of a think tank commissioned by the Danish Dietetic Association, The Danish Ministry of Education, and The Danish Ministry of Culture with the goal of finding new ways to promote healthy eating and living amongst future generations of Danes.
- 2000-2004 Nutritional advisor to several top-level athletes including Dennis Holbaek Pedersen (IBC Lightweight World Champion; official contender to meet Paul Spadafora for his IBF Lightweight World Championship), Ashira Oure Ewans (current IBA and WBA Middleweight World Champion; IBF Inter-Continental Champion), Laurits Thorning Jacobsen (2001 Ironman World Champion for 35-39 year olds), and Clinton Woods.
- 2000-2001 Cofounder of Green Tea Festival 2001 to be carried out in partnership with PharmaGreen ApS, Royal Scandinavia, The Japanese Embassy in Denmark, and various other institutions and companies in central Copenhagen from March 12 to March 17, 2001.
- 2000-2001 Cooking at conventions as well as development of healthy recipes using Martlet cider vinegar, both for DHC A/S.
- 2000-2002 Healthy catering for weddings, birthdays, confirmations and the like.
- 2000-2004 Lectures on essential fatty acids and health for Panacea Helse.
- 2000- Product testing and development as well as consulting for PharmaGreen ApS.
- 1999- Consultant for [Urtekram](#), the largest Danish producer and distributor of health foods, when needed
- 1999-2001 Editor and contributor to [NetCafeen Mocca](#). Currently part of [Scandinavia Online](#) A/S.
- 1999-2001 Lectures on nutrition, healthy cooking, food supplements, and integrative medicine for various chapters of The Danish Dietetic Association, The Danish Multiple Myeloma Association, and Tidslerne, an independent association of Danish cancer patients promoting and investigating holistic treatments.
- 1999-2001 Live demonstrations of healthy cooking in various health food stores in the Aarhus area.
- 1999- Nutritional consultant for various patients and athletes in Aarhus and Copenhagen.
- 1999- Written recipes and articles on healthy cooking regularly for [HealthWorld Online](#) featured in the section called "Columns From The Experts". This section also features contributions from Dr. Leo Galland and Dr. Andrew Weil amongst others.
- 1999 Short stint writing articles on healthy cooking for Berlingske Tidende, one of the biggest national Danish newspapers.
- 1999 TV-chef appearing several times a month on "Go'Morgen Danmark" [Good Mornin' Denmark] on TV2, the morning program with the most viewers.
- 1998- Monthly column on healthy cooking for [Politiken](#), one of the biggest national Danish newspapers.

PUBLISHED MATERIAL

- 2015 Author of *Alle Kvinders Sundhedsbibel: 100 veje til et sundere, gladere og mere vitalt liv* (The Health Guide For All Women: 100 Ways To A Healthier, Happier and More Vibrant Life). Published October 2015 by Pretty Ink.
- 2014 Co-author with Majken Matzau of *Rigtige mænd går også i sort: En overlevelsesmanual for stressede mænd* (Real Men Also Have Blackouts: A Survival Guide For The Stressed Male). Published April 2014 by People's Press.
- 2013 Author of *Køkkenrevolution: Alle de bedste opskrifter* (KitchenRevolution: The Best Recipes). Published November 2013 by Pretty Ink.
- 2013 Co-author of the editorial "Motion er en katastrofe ved stress" (Exercise Is A Disaster For People Clinically Ill With Stress) along with Majken Matzau in *Berlingske Tiden*
- 2012 Co-author of *Safter* (Juices). Published October 2012 by People's Press.
- 2012 Co-author of *Slip slikket: Det behøver ikke at være en kamp* (Beat Your Addiction To Sugar, Candy and Sweets: It does not have to be a struggle). Published October 2012 by Pretty Ink.
- 2011 Author of *Herrerevolution: Sådan spiser du dig til styrke, potens og power* [Man-Revolution: The Diet For Better Libido, Power and Strength]. Published November 2011 by Pretty Ink.
- 2011 Author of the opening chapter in *Nutrition and Addiction*. Published November 2011 by Pavilion Publishing.
- 2009 Co-author of *Aarstidernes nye livretter* [New favorite dishes from Aarstiderne.]. Published august 2010 by Politikens Forlag, Copenhagen, Denmark.
- 2009 Author of *Mere køkkenrevolution med Umahro* [Further Kitchen Revolution with Umahro]. Published November 2009 by [Pretty Ink](#)/Rosinante & Co., Copenhagen, Denmark.
- 2008-2009 Weekly food columns in [Femina](#).
- 2008 Articles on cooking and health published on [NetDoktor](#) DK.
- 2008 Author of *Køkkenrevolution for hele familien* [Kitchen Revolution For Your Whole Family], published October 2008 by [Pretty Ink](#)/Rosinante & Co., Copenhagen, Denmark. ISBN 978-87-638-0858-3.
- 2008 "Kan man bruge kosten i behandlingen af depression?" [Can Diet Be Used In The Treatment of Depression?], article in *Indsigt* [Insight], no. 9, 2008.
- 2008 Author of the opening chapter "Modern Diets: A Recipe For Madness" in *Nutrition and Mental Function: A Handbook – An Essential Guide to the Relationship Between Diet and Mental Health*, published by Pavilion, Brighton, UK, 2008. ISBN 978-18-41962-45-0.
- 2007 Author of the bestselling cookbook *Køkkenrevolution på høje hæle* [Kitchen Revolution On High Heels] published October, 2007 by [Pretty Ink](#), Copenhagen, Denmark. ISBN 978-87-91603-30-3.
- 2006-2007 Food columns in women's magazine [Nova](#).
- 2006-2007 Answers to readers' questions about health and nutrition in women's magazine [Nova](#).
- 2005-2006 Video lectures on various topics all related to health and nutritional on Hjerneguf, an online library on health and nutrition available by subscription via [Hover Sundhedshøjskole](#).
- 2005 Technical reviewer on [The Textbook of Functional Medicine](#) published by [The Institute for Functional Medicine](#), 2005. ISBN 978-09-77371-30-3.
- 2004 Authored 3 chapters for the "Food-pilot" programme (Kostpilot) from [Hover Sundhedshøjskole](#). The topics covered were diseases of civilization, digestion and the immune system.

- 2004 Authored a chapter in *Hvad er det vi fylder i børnene?* [What are we feeding our children?] on casein- and gluten/gliadin-derived neuropeptides in pediatric mental dysfunction. Published by Høst & Søn, Denmark, 2004. ISBN 87-142-9945-3.
- 2003-2005 Author and chief editor of E-formation™, electronic newsletter on functional medicine for practitioners.
- 2003-2004 Bi-monthly column in [Naturli](#) [The English title would be "Naturally"; it is one of the biggest health magazines in Denmark].
- 2000-2001 Several articles, letters to the editor, and book reviews published in the official membership magazines of The Danish Multiple Myeloma Association and [Tidslerne](#).
- 2000 Three articles about healthy Asian cooking and foods in *Berlingske Tidende*.
- 1999-2001 Numerous articles and answers to questions about nutrition published [NetCafeen Mokka](#).
- 1999 Author of *Fortset den gode cyklus* [Continuing The Good Cycle] published by Thaning & Appel, Copenhagen, Denmark, 1999. ISBN 87-413-6374-4. A book concerning holistic treatment of inflammatory bowel diseases and severe allergies. Contains recipes, dietary advice, information on integrative treatments, and theories about the etiology, antecedents, and causes of inflammatory bowel diseases. It is currently used as part of the curriculum for The Association of Danish Nutritional Therapists' core education. This book is meant as a follow-up to *Breaking The Vicious Cycle* by Elaine Gottschall, Ontario: The Kirkton Press, 1997 which deals with dietary treatment of inflammatory bowel disease.
- 1998-2007 Monthly articles on healthy cooking and foods in [Politiken](#), one of the largest Danish newspapers.

OTHER SIGNIFICANT INFORMATION

- 1999- Recovery sustained by a healthy diet, micronutrient and phytochemical supplementation, and exercise.
- 1996-1999 Severely ill with Crohn's colitis, musculoskeletal inflammation, liver dysfunction, severe allergies, and neurological disturbances. Treated by dietary changes and supplementation with micronutrients and phytochemicals. Initiated on my own accord with Lone Guldbæk and subsequently under the guidance of Dr. Bruce Kyle, M.D., A.C.A.M. between 1997-1998.

PROFESSIONAL MEMBERSHIPS

- 2009-2013 [The Neuroleadership Institute](#)
- 2004-2010 [Foreningen af Danske Kostvejledere](#)
- 2004-2010 [American Botanical Council](#)
- 2004-2008 [MayDay Denmark](#)
- 2004-2006 [Helsebranchens Leverandørforening](#) [The Danish Health Trade Association]
- 2003-2010 [American Nutraceutical Association](#) (www.americanutra.com)
- 2002- [Institute for Functional Medicine/IFM](#) (www.functionalmedicine.org)
- 2002-2012 [New York Academy of Sciences](#)
- 2001-2008 [International Society for the Study of Fats and Lipids](#)
- 2001-2005 [American Oil Chemists' Society](#)

SELECTED PROFESSIONAL CONFERENCES & KEYNOTE LECTURES

- 2016 Methylation in health and disease, keynote lecture at CAM Expo 2016, London, UK.

- 2016 The Human Microbiome In Health and Disease. Keynote lecture at Inspire Convention 2016, DK.
- 2016 Healthy fats and unhealthy fats. Keynote workshop
- 2014 [The Gut-Brain Axis](#): Keynote lecture "Exploiting the Gut-Brain Axis".
- 2014 Functional Sports Nutrition Academy Level 2. 1-day lecture on ergogenic aids and doping.
- 2014 Sports Nutrition Live. KeyNote lecture on applied functional sports nutrition using client cases.
- 2014 Functional Sports Nutrition Academy Level 1. 1-day lecture on functional sports nutrition and healthy food.
- 2014 Mad & Læring (The Foundation Food & Learning). Keynote lecture on the link between physical health and mental health at their yearly symposium.
- 2013 VIA University College, Viborg. All-day workshop on the link between physical health and mental health.
- 2013 Seminarer.dk. Several day workshops on the link between physical health and mental health for health professionals
- 2012 Confex DK. Alle Tiders Kvinder (Better Women In Business). Keynote lecture on health and pleasure.
- 2012 Diet and Nutrition In The Management of Autism, ADHD and Other Pervasive Development Disorders. Lecture during Psykiatriugen [Psychiatry Week] arranged by Psykiatridonden [The Danish Psychiatric Foundation].
- 2012 Diet and Nutrition For Brain Rehabilitation. Lecture at Hjernedagen [The Brain Day] arranged by Hjernebarnet [The Brain Child Foundation].
- 2011 Feeding Your Mind To Perform. Lecture at the conference "When Leadership Makes A Difference" held by [Jesper Elling's Leadership Club](#)
- 2011 IFM 18th International Symposium on Functional Medicine. Attendee and conducted 3 cooking demonstrations with immune boosting foods.
- 2011 Confex DK. Kantinedagen [The Day of The Cantinas]. Workshop on how to combine health and flavour into exquisite culinary experiences.
- 2010 Confex DK. All-day workshop on the neuroscience of mindfulness, meditation and relaxation. Sole presenter.
- 2010 The Danish Technological Institute. Conducted a 1-hour lecture on the neuroscience of mindfulness.
- 2010 [IFM 17th International Symposium on Functional Medicine](#). Participant and also [conducted 3 cooking demonstrations with cancer-fighting foods](#).
- 2010 Nutrition and Addiction, London. Plenary speaker, the role of nutrition in the management of addiction. [See screen capture of the lecture [here](#).]
- 2009 Rational Management of Autism, Hyperactivity, ADHD, Tourette's, Asperger's and Similar Neuropsychiatric Disorders, Copenhagen and Aarhus, DK. Plenary speaker and organizer
- 2009 Management of Autism Through Biomedical Approaches. Copenhagen, DK. Plenary speaker.
- 2009 Psykiatriugen efteråret 2009 [Psychiatry week hosted by The Danish Psychiatric Foundation in the fall of 2009]. Plenary speaker.
- 2009 IFM 16th International Symposium on Functional Medicine, Hollywood, FL, USA.
- 2009 Psykiatriugen foråret 2009 [Psychiatry week hosted by The Danish Psychiatric Foundation in the spring of 2009]. Plenary speaker.
- 2009 Nutrition and Mental Health, London, UK. Plenary speaker.
- 2008 IFM 15th International Symposium on Functional Medicine, Carlsbad, CA, USA.

- 2007 [IFM 14th International Symposium on Functional Medicine](#), Tucson, AZ, USA.
- 2006 [IFM 13th International Symposium on Functional Medicine](#), Tampa, FL, USA.
- 2005 1st International Symposium on Food and Health, Spjald, Denmark. Plenary speaker.
- 2005 [IFM 12th International Symposium on Functional Medicine](#), Palm Springs, CA, USA.
- 2005 Overfed and Undernourished (part of Feeding The Next Generation), London, UK. Plenary speaker.
- 2004 Feeding The Next Generation, London, UK. Plenary speaker.
- 2004 [IFM 11th International Symposium on Functional Medicine](#), Vancouver, Canada.
- 2003 Feeding The Next Generation, London, UK. Plenary speaker.
- 2003 [IFM 10th International Symposium on Functional Medicine](#), Tucson, Arizona, USA.
- 2002 HealthTrends 2002, Copenhagen, Denmark.
- 2002 [IFM 9th International Symposium on Functional Medicine](#), Ft. Lauderdale, Florida, USA.