

## **Dr. David Minkoff Announces April 2009 Lecture Schedule**

*Dr. David Minkoff M.D. (<http://www.drminkoff.com>) announces his April 2009 lecture schedule for his 'Aspects of Achieving Optimum Health' seminar series that includes a St. Anthony's Triathlon appearance with 6-time Ironman World Champion, Dave Scott.*

March 19, 2009 (FPRC) -- Clearwater, FL -- Dr. David Minkoff, MD (<http://www.drminkoff.com>), complementary medicine and alternative healthcare expert, announces his "Aspects of Achieving Optimum Health" lecture series scheduled for April 2009. Dr. Minkoff is also a 35-time Ironman finisher and his April schedule includes a special appearance at the St. Anthony's Triathlon. Dr. Minkoff will be joined by 6-time Ironman World Champion and world renowned coach, Dave Scott, at the Master Amino Acid Pattern (MAP) booth where both will answer nutrition and training questions. Dr. Minkoff will then compete in the St. Anthony's Triathlon on Sunday.

Dr. David Minkoff delivers two sets of no-cost educational lectures, one for the general public and a second tailored to healthcare practitioners, which are delivered nationally via a teleconference. His appearance along with Dave Scott at the St. Anthony's Triathlon Master Amino Acid Pattern (MAP) booth is also no-cost to the athletes and general public.

"The 'Aspects of Achieving Optimum Health' lecture series stems from my belief that optimum health (<http://www.drminkoff.com/path.asp>) can be achieved and exercise is an important part of the program," says educator, lecturer and Ironman, Dr. David Minkoff MD. "I am committed to helping others live long productive lives. Lectures, teleconferences and personal appearance are one way of helping to educate others on how to achieve it. I find one-on-one scenarios very beneficial to those in attendance as they can get specific questions answered," continues Dr. Minkoff.

Dr. Minkoff's first lecture to the general public is titled "Autism – Why Is It On The Rise"? Once considered extremely rare, autism diagnosis is 10 times more likely than it was 10 years ago and the numbers continue to rise. Currently, one out of 150 children is considered to have some form of autism. Why is this occurring? What are the causative factors? Dr. Minkoff will unlock the mystery of autism detailing: What are the possible causes? How cases may be diagnosed? and What natural treatments are available? The lecture will be held at Nature's Food Patch in Clearwater, FL on Wednesday, April 15th, at 7 P.M. EST.

Dr. Minkoff's second public appearance to the general public and athletes will be at the Master Amino Acid (MAP) booth, at the St. Anthony's Triathlon Sports & Fitness Expo, held in Straub Park, downtown St. Petersburg, Florida, April 24th and 25th. Dave Scott, 6-time Ironman World Champion, and first inductee into the Ironman Hall of Fame will join Dr. Minkoff at the Master Amino Acid (MAP) on Saturday, April 25 between 2-3 P.M. EST. As the world's most recognized triathlete, coach and endurance sport nutrition expert, Dave will take questions about the benefits of using MAP for performance, endurance and recovery.

Dr. Minkoff's April teleconference series begins with "How to Diagnose a Metal Toxic Patient" scheduled for Wednesday, April 1st and again for Wednesday April 22nd, 2009 at 12:00 P.M. EST. In this teleconference Dr. Minkoff will discuss: Heavy Metal Toxicity. What is it, How to diagnose it, and the optimum treatment?

"New methods of assessing body protein synthesis and new treatments" is the second topic scheduled for Wednesday, April 8th at 12:00 P.M. EST. The topics for this teleconference are: New methods of assessing body protein synthesis, New treatments using amino acid supplementation for chronic illness and sports performance, and How to optimize body protein synthesis to improve hormone health, detoxification, and sports performance.

"Autism - why is it on the rise?" is the topic scheduled for April 15th and April 29th at 12:00 P.M. EST. Dr. David Minkoff will cover: What is causing the alarming increase in autism? Why is this occurring? What are the causative factors? and What is our diagnostic approach and why?

Due to the demand for information regarding autism and heavy metal toxicity, the teleconferences covering these subjects will be given twice during the April series.

Healthcare practitioners interested in attending the no-cost teleconferences may call 877-804-3258 for information on how to attend.

Dr. David Minkoff also currently devotes most of his time to writing and research when he's not training for his next Ironman race. The book he is writing, "How To Live To 120 and Feel Like 35," explores the difference between chronological age and biological age and explains the steps one can take to lengthen his/her lifespan while retaining feelings of youth, energy, vitality, and health in his/her body. The book is intended to be a handbook for the body. For more information about Dr. David Minkoff and to read more of his work visit <http://www.drMinkoff.com>.

Dr. David Minkoff (<http://www.drMinkoff.com>) graduated from the University of Wisconsin Medical School in 1974 and was elected to the "Phi Beta Kappa" of medical schools, the prestigious Alpha Omega Alpha Honors Medical Fraternity for very high academic achievement. He then worked as an attending physician in infectious disease while conducting original research on Ribavirin (a broad spectrum anti-viral agent to fight disease), co-directed a neo-natal intensive care unit and worked in emergency medicine until 1995. At that time, his wife became sick with an illness no physician could diagnose. Not accepting an uncertain prognosis, Dr. Minkoff went on a search to help her that led him out of emergency medicine into alternative medicine to find the answers. As a result of his advanced studies, his wife is now in good health and enjoying racing in triathlons.

### **Contact Information**

For more information contact Michele Lussier of Dr. David Minkoff MD (<http://www.drMinkoff.com>)  
727-441-4954

### **Keywords**

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