



## AESKU.AWARD 2012

AESKU.AWARD 2012 goes to three outstanding researchers in autoimmunity.

On May 9th, 2012, the AESKU.DIAGNOSTICS' "Aesku.Award for a Lifetime Contribution to Autoimmunity" was awarded for the fifth time during the opening ceremony of the "8th International Congress on Autoimmunity", which took place in Granada, Spain from May 9th to May 13th, 2012. The award was presented by the Scientific Committee Chairperson M. Eric Gershwin, MD, from the University of California at Davis, US, one of the leading experts in Autoimmunity, Congress Co-Chairpersons Angela Tincani, Ricard Cervera, Carlos Vasconcelos, as well as Torsten Matthias the Founder and President of AESKU.DIAGNOSTICS.

the Aesku.Award was awarded to three known researchers, who have distinguished themselves by year-long research in autoimmunity: Pierre Youinou, MD, DSc, from France, Allan Wiik, MD, Dr. Sci. Med from Denmark and Donna Jackson Nakazawa from the United States.

### *Donna Jackson Nakazawa, USA*

*Donna Jackson Nakazawa is an award-winning science journalist and public speaker. In her newest book, The Last Best Cure, she chronicles her year-long journey investigating the groundbreaking neuroscience on how mind-body therapies such as meditation, yoga and acupuncture awaken the healing potential of our brains, change our biology, and revitalize our cells and our health.*

*Along the way, Nakazawa unveils a little known branch of research showing the clear link between "adverse childhood experiences" and chronic illness in adulthood; a discovery that helped to turn her own life around.*

*She is also the author of The Autoimmune Epidemic, an investigation into the reasons behind today's rising rates of autoimmune and related diseases. In The Autoimmune Epidemic, Nakazawa lays out the mounting evidence showing how our modern lifestyles, stress levels, chemical-laden environment and twenty-first century diet have created the ripest possible conditions for today's autoimmune epidemic to take hold.*

*Ms. Nakazawa lectures nationwide and has keynoted numerous events including the 2012 International Congress on Autoimmunity; Johns Hopkins Annual Women's Health Conference, "A Woman's Journey;" and New York's 92nd Street Y's To Your Health Lecture Series. She has also moderated panels for national symposia including the American Association of Autoimmune and Related Diseases (AARDA) 2010 Summit.*

*She is also the author of Does Anybody Else Look Like Me? A Parent's Guide to Raising Multiracial Children, as well as a contributor to the Andrew Weil Integrative Medicine Library book, Integrative Gastroenterology.*

*Ms. Nakazawa has appeared on The Today Show, National Public Radio, and ABC News. Her work has been featured on the cover of Parade, in Time, USA Today Weekend, Parenting, and Psychology Today. She has been a regular contributor to More, and her work has appeared in The Washington Post, Glamour, Ladies Home Journal, and AARP the Magazine. She is the recipient of numerous awards made to those who have made a lifetime contribution to the field of autoimmune disease, including the 2010 National Health Information Award, recognizing the nation's best magazine articles in health.*

*Ms. Nakazawa has received writing-in-residence fellowships from the Corporation of Yaddo and the MacDowell Colony. She received her Bachelor of Arts degree in English and Public Policy from Duke University and is a graduate of the Radcliffe Publishing Procedures Program.*