



**Cristina Ferreira Leite** is a Portuguese Pharmacist and holds a Master in Preventive Medicine, with a holistic view of Health and Wellness.

She incorporates into her practice a comprehensive knowledge in Integrative and Functional Medicine, Lifestyle Medicine, Phytotherapy and Clinical Aromatherapy, so she can empower people to take control of their health, promoting physical and emotional wellbeing and prevent diseases, with evidence-based approaches.

She is also Founder of Prevention Lab, her Longevity practice in Porto, where she offers personalized health programs, designed to optimize long term health and well-being. She incorporates aromatherapy, supplementation and lifestyle changes strategies such as sleep optimization, stress management and emotional health interventions, to prevent aging associated diseases, promote better health and maintain a healthy longevity path.

Currently she is a student of an Executive MBA at Católica Porto Business School.

She is also a university lecturer at Pharmaceutical Sciences course at CESPU, Portugal and speaker at various national and international congresses, courses and post graduations and is also a Member of Portuguese Society of Lifestyle Medicine.