



CV - Dr Peter Voshol

My name is Peter Voshol. I am the husband of Marieke and father of Jasper (5 years) and Hannah (2 years).

My scientific path starts with medical microbiology (Hogeschool Zeeland, Vlissingen, 1992), after which I moved on to the Biomedical Sciences (Toxicology) at the University of Nijmegen (1995).

My PhD research was at the Pediatric Department at the current University Medical Center Groningen (UMCG, 2000).

This was followed by 14 years in the integrative physiology of 'Metabolic Syndrome, Obesity, Insulin resistance and type 2 Diabetes' with a focus on nutrition and health as a postdoc, associate professor in the department of endocrinology and metabolic diseases at the Leiden University Medical Center (LUMC).

And further as a Research Associate at the Joslin Diabetes Center, Harvard Medical School, Boston, USA,

Associate Professor Department of Nutrition, University of Oslo, Norway.

Continue in 2009 as Director of Disease Model Core at the Wellcome Trust - MRC Institute of Metabolic Sciences, University of Cambridge, UK.

Since 2015 I have been a senior researcher at the Louis Bolk Institute in Driebergen.

My broad and holistic interest in nutrition and health has led me to be a co-founder of Nutrition Lives. My personal goal is to implement the broad awareness and acceptance of nutrition as medicine in our society through inspiration and creation.

In addition to a scientific interest in the effects of food as a medicine, I have a special connection with bread. And I mean 100% sourdough from local, organic, stone-ground flour that has had the time to develop into a beautiful and fully-fledged product. This is to create awareness of what the process of producing bread really means for our digestion of grains and bread. That quality is more important than pure quantity. Allow inspiration and creation to experience that you can do a lot about your diet as a medicine.

I am Advisory Board Member of the European Keto Live Centre – Information and Training Centre – Association for Ketogenic Metabolic Therapies.

<https://www.researchgate.net/profile/Peter-Voshol>

<https://voedingleeft.nl/>