



**Dr Alan N Howard MA, PhD, ScD(Hon), FRSC
Wilkins Fellow of Downing College, Cambridge
University and Honorary Professor at University of
Ulster. His career at Cambridge University spans 60
years and he has held positions in the Department
of Investigative Medicine and Pathology as well as
the Dunn Nutritional Laboratory, before founding his
own laboratory at Papworth Hospital, Cambridge,
which was closed in 1999. He has published over 250 original
articles in medical literature and authored and edited 8 major books
on coronary heart disease and obesity. He was co-founder of the
International Journal of Obesity and was involved in the foundation
of the International Congress on Obesity and the European
Atherosclerosis Society. His work on obesity led to the
development of Very Low Calorie Diets, leading to a number of
commercial products including his own formulation of the
Cambridge Diet, which has been used by millions of people world-
wide. In 1982, he established the Howard Foundation, a charitable
trust supporting bio-medical research at the University of
Cambridge, and which donated sums for 3 buildings at Downing
College for completion in 1987 , 1994 and 2009. He currently lives in
Cambridge and Cannes, France.**