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Websites & social links

- www.virtualgymlondon.com
- <https://www.morebooks.de/gb/search?ut8=&q=Xanya+Sofra>
- IMCAS Surgery
- Journal of Aesthetic Nursing
- Research Gate
- <https://scirp.org/journal/articles.aspx/ab/outous/articles.aspx?searchcode=Xanya+Sofra&searchfield=author&page=1&size=0>
- <https://www.growkudos.com/projects/how-narcissism-invented-trumpism>
- Barnes and Noble

Countries

- United Kingdom, United States, Hong Kong SAR China

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Xanya Sofra

Name
Xanya Sofra, Ph.D, Ph.D

Biography

Dr Sofra has a doctorate from in Neurophysiology from City University London, UK, and a doctorate in Clinical Psychology from the New School for Social Research, New York City, USA. She is an award-winning international speaker and faculty member in several Medical and Anti-ageing societies, including IMCAS and Euromedicom, and the author of over 22 published research and scientific review articles. Her new book "Checkmate by a Protean Invisible Enemy" that has been translated in 6 different languages. Also the books: "How Narcissism Invented Trumpism: The Sadomasochistic Amphiboaena". Her current research is on signalling pathways, wound healing and novel interventions resulting in visceral fat reduction, fitness and hormonal balance increase. She is also a recognized honoured member of Who is Who.

Activities

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Employment (2)

IELLIOS LTD: Hong Kong, HK

2015-05-15 to 2033-12-29 | Director of Research (Research & Development) [Show more detail](#)
 Employment
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IELLIOS LTD: London, United Kingdom, GB

1999-05-02 to 2031-12-29 | Director of Research (Research & Development) [Show more detail](#)
 Employment
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Education and qualifications (2)

The New School for Social Research: New York, NY, US

1986-09-01 to 1992-08-29 | Ph.D (Clinical Psychology) [Show more detail](#)
 Education
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City University of London Centre for Culture and the Creative Industries: London, London, GB

1981-09-01 to 1988-10-18 | PhD (Neurology) [Show more detail](#)
 Education
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Professional activities (1)

WHO'S WHO GmbH: Gilching, Bayern, DE

2006-06-15 | Honored Member (Handmaster Who's Who) [Show more detail](#)
 Distinction
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Works (23)

The Long Term Effects of Effortless Exercise on Hormonal balance and Health

Brainwashed [Show more detail](#)
 2023-08-31 | Book chapter | *Conceptualization*
 CONTRIBUTORS: Xanya Sofra
 Source: [Xanya Sofra](#)

The long-term effects of effortless exercise on hormonal balance and health

Journal of Diabetes, Metabolic Disorders & Control [Show more detail](#)
 2023-07-11 | Journal article
 DOI: [10.15406/jdmcd.2023.10.00258](https://doi.org/10.15406/jdmcd.2023.10.00258)
 CONTRIBUTORS: Xanya Sofra
 Source: [Crossref](#)

Liver repair of NAFLD patients following effortless exercise and the possible involvement of endogenous stem cells

Journal of Diabetes, Metabolic Disorders & Control [Show more detail](#)
 2022-09-20 | Journal article
 DOI: [10.15406/jdmcd.2022.09.00235](https://doi.org/10.15406/jdmcd.2022.09.00235)
 CONTRIBUTORS: Xanya Sofra
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Liver repair of NAFLD patients following effortless exercise and the possible involvement of endogenous stem cells

2022-09-20 | Book chapter [Show more detail](#)
 CONTRIBUTORS: Xanya Sofra
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Balancing hormones improves Type 2 diabetes

Journal of Diabetes, Metabolic Disorders & Control [Show more detail](#)
 2022-08-17 | Journal article
 DOI: [10.15406/jdmcd.2022.09.00232](https://doi.org/10.15406/jdmcd.2022.09.00232)
Part of ISSN: 2374-6847
 CONTRIBUTORS: Xanya Sofra
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How Narcissism Invented Trumpism

Lambert Publishing [Show more detail](#)
 2022-04-11 | Book
 CONTRIBUTORS: Xanya Sofra
 Source: [Xanya Sofra](#)

Vaccines' Safety and Effectiveness in the Midst of Covid-19 Mutations

Health [Show more detail](#)
 2021 | Journal article
 DOI: [10.4236/health.2021.133023](https://doi.org/10.4236/health.2021.133023)
Part of ISSN: 1949-4998
Part of ISSN: 1949-5005
 CONTRIBUTORS: Xanya Sofra
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To be or Not to Be Vaccinated

Archives of Metabolic Syndrome [Show more detail](#)
 2021-08-26 | Book chapter
 CONTRIBUTORS: Xanya Sofra
 Source: [Xanya Sofra](#)

Checkmate by a Protean Invisible Enemy.

Lambert Publishing [Show more detail](#)
 2021-08-04 | Book
 CONTRIBUTORS: Xanya Sofra
 Source: [Xanya Sofra](#)

Exercise Solution for the Optimal Metabolic Control of Type II Diabetes

ACTA SCIENTIFIC GASTROINTESTINAL DISORDERS [Show more detail](#)
 2021-06-01 | Book chapter
 CONTRIBUTORS: Xanya Sofra
 Source: [Xanya Sofra](#)

Covid-19 Mutations and How the Vaccine Enhances Immune Intelligence

Journal of Endocrinology and Metabolism Research [Show more detail](#)
 2021-02-01 | Journal article
 DOI: [10.37191/jmepsci.2582-7960.2111-014](https://doi.org/10.37191/jmepsci.2582-7960.2111-014)
Part of ISSN: 2582-7960
 CONTRIBUTORS: Xanya Sofra
 Source: [Xanya Sofra](#)

The War Against SARS-CoV-2: The Immune Giant Collapsing Under Its Own Rampaging Cytokine Storm

Journal of Endocrinology and Metabolism Research [Show more detail](#)
 2021-01-01 | Journal article
 DOI: [10.37191/jmepsci.2582-7960.2111-013](https://doi.org/10.37191/jmepsci.2582-7960.2111-013)
Part of ISSN: 2582-7960
 CONTRIBUTORS: Xanya Sofra
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A Randomized Longitudinal Double-Blind Clinical Trial on Long-Term Neuropathic Symptomatology Relief & Pain Analgesia

Health [Show more detail](#)
 2020 | Journal article
 DOI: [10.4236/health.2020.127054](https://doi.org/10.4236/health.2020.127054)
Part of ISSN: 1949-4998
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 CONTRIBUTORS: Xanya Sofra
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Adverse Effects of Sedentary Lifestyles: Inflammation, and High-Glucose Induced Oxidative Stress—A Double Blind Randomized Clinical Trial on Diabetic and Prediabetic Patients

Health [Show more detail](#)
 2020 | Journal article
 DOI: [10.4236/health.2020.128076](https://doi.org/10.4236/health.2020.128076)
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Dynamics of Female Sexuality; Hidden Emotional Issues

Health [Show more detail](#)
 2020 | Journal article
 DOI: [10.4236/health.2020.126051](https://doi.org/10.4236/health.2020.126051)
Part of ISSN: 1949-4998
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 CONTRIBUTORS: Xanya Sofra
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Technological Advances in Accelerated Wound Repair and Regeneration

Health [Show more detail](#)
 2020 | Journal article
 DOI: [10.4236/health.2020.127053](https://doi.org/10.4236/health.2020.127053)
Part of ISSN: 1949-4998
Part of ISSN: 1949-5005
 CONTRIBUTORS: Xanya Sofra
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The Dark Reflection of Sadism within the Brilliance of the Narcissistic Persona

Health [Show more detail](#)
 2020 | Journal article
 DOI: [10.4236/health.2020.129092](https://doi.org/10.4236/health.2020.129092)
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The Importance of Systemic Balance in Safeguarding Health: A Randomized Double-Blind Clinical Trial on VLDL, Triglycerides, Free T3, Leptin, Ghrelin, Cortisol and Visceral Adipose Tissue

Health [Show more detail](#)
 2020 | Journal article
 DOI: [10.4236/health.2020.128078](https://doi.org/10.4236/health.2020.128078)
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A Review of COVID19 associated factors: CRP, Creatinine, Bilirubin, VLDL, HDL, Triglycerides, Cortisol and Thyroid Function

Journal of Endocrinology and Metabolism Research [Show more detail](#)
 2020-11-01 | Journal article
 DOI: [10.37191/jmepsci.2582-7960.1271-011](https://doi.org/10.37191/jmepsci.2582-7960.1271-011)
 CONTRIBUTORS: Xanya Sofra
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The Affinity between Obesity and COVID-19

Journal of Endocrinology and Metabolism Research [Show more detail](#)
 2020-10-01 | Journal article
 DOI: [10.37191/jmepsci.2582-7960.1271-010](https://doi.org/10.37191/jmepsci.2582-7960.1271-010)
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How to get rid of visceral fat: a randomised double-blind clinical trial

Journal of Aesthetic Nursing [Show more detail](#)
 2020-09-02 | Journal article
 DOI: [10.12968/jaan.2020.9.7.268](https://doi.org/10.12968/jaan.2020.9.7.268)
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Gain without pain: beyond sport effortless exercise solutions

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 2020-06-02 | Journal article
 DOI: [10.12968/jaan.2020.9.5.202](https://doi.org/10.12968/jaan.2020.9.5.202)
Part of ISSN: 2050-3717
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Empowering the woman: a comprehensive model of sexual anti-ageing

Journal of Aesthetic Nursing [Show more detail](#)
 2020-04-02 | Journal article
 DOI: [10.12968/jaan.2020.9.3.118](https://doi.org/10.12968/jaan.2020.9.3.118)
Part of ISSN: 2050-3717
Part of ISSN: 2052-2878
 CONTRIBUTORS: Xanya Sofra
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