

OPENING	11.00-11.10	OPENING SPEECH • Asuman Kaplan Algin, PhD, MD • Zafer Kalaycı, MD • Murat Baş, MD, Spc
PANEL 1		CARDIOVASCULAR HEALTH AND METABOLIC DISORDERS
		MODERATOR: Yeşim Temel Özcan, Rd
	11.10-11.30	Murat Baş, MD The Archeology of Nutrition
	11.30-11.50	Aslıhan Gürbüz Bolkan, Prof., MD Predictive Factors for VO2 and Longevity
	11.50-12.10	Demet Erdoğan, PhD, MD Physiopathology of Metabolic Syndrome
	12.10-12.30	Mehmet Mahir Atasoy Prof., MD, Functional Medicine Approach to Dyslipidemia, Metabolic Syndrome and Hepatosteatosis
	12.30-12.50	Mehmet Camcı, MD, Spc Functional Approach to Metabolic Conditions Leading Elevation in Hepatic Function Tests (NASH - Cholelithiasis)
	12.50-13.00	PRACTICE - Çetin Demircan, PT, Ost., OMT., cPN BNDF Stimulation by HIT Exercises
	13.00-13.20	Suat Dülger, PT, Ost., OMT., cPNir Osteopathic Perspective for Vegetative System and Role of Myokines in Cardiovascular Disorders
	13.20-13.40	SATELLITE - Alara Subaşı, Pharm Innovative Supplements in Metabolic Disorders 
	13.40-14.00	Onur Şahin, MD, Spc Our Cardiovascular Health and Mitochondrias
	14.00-14.30	SATELLITE - Yeşim Temel Özcan, Rd Nutrition Plan and Supplements in Cardiovascular and Metabolic Disorders 
	14.30-15.30	MEAL
PANEL 2		MODERATOR: Onur Şahin, MD, Spc
	15.30-15.50	Serkan Şener Prof., MD Life Model in Acute and Chronic Phases of Ischemic Heart Diseases and Supplements That Can Be Used
	15.50-16.10	Tuğba Yıldırım, Pharm, Spc (Homeopath) Homeopathic Approach to Cardiovascular Disorders
	16.10-16.25	SATELLITE - Fatemeh Bahadori, Assoc Prof., MD MorAronya: Wellbeing from Most Potent Antioxidant 
	16.25-16.45	Yasemin Akçay, Prof., MD Biochemical Overview of Thyroid Hormones
	16.45-16.55	PRACTICE - Tijen Secerli, DDS Exercises in Mandibular Pain
	16.55-17.15	Suat Dülger, PT, Ost., OMT., cPNI A Vaccine Against Harmful Effects of Modern Life: Using Challenges Against Human Evolution
	17.15-17.45	BREAK - HEALTHY SNACKS

PANEL 3		MODERATOR: Yasemin Akçay, Prof., MD
	17.45-18.05	Ümit Aktaş, MD What Can We Do to Prevent Insulin Resistance?
	18.05-18.35	Ümit Aktaş, MD Diabetes Mellitus By Cases
	18.35-18.55	Sinan Akkurt, PhD, MD Functional Immunological Approach to Inflammation
	18.55-19.10	SATELLITE - Ahmet Özen, MD Therapeutic Use of Calcium Fructoborate in Hormone Regulation ViA-BOR
	19.10-19.30	Ersin Özdemir, Rd Silent Killer in Us: Diabetes Mellitus
	19.30-20.00	BREAK - HEALTHY SNACKS
PANEL 4		MODERATOR: Nezahat Arzu Kayar, Assoc Prof., MD
	20.00-20.10	PRACTICE - Almila Suna Nizamoğlu, Ant, MD Evening Wellness Routines for 50 Years or Older
	20.10-20.30	Rüya Acaroğlu, MD, Surgeon Our Vascular Health in Longevity
	20.30-20.50	Didem Gülmez, MD, Spc Chemicals from Cosmetics Passing from Mother to Baby
	20.50-21.05	PRACTICE - Yasemin Akçay, Prof., MD Laughter Yoga
	21.05-21.25	Ayla Aslantaş, MD Human Body Records
	21.25-21.35	PRACTICE - Ayla Aslantaş, MD Are We Listening to Our Heart?
	21.35-22.30	Ayla Aslantaş, MD Family Constellation

PANEL 5		CHILD HEALTH FROM BIRTH TO PUBERTY
		MODERATOR: Prof. Dr. İrem Çankaya
	08.50-09.00	PRACTICE - Almıla Suna Nizamoğlu, MD, Ant Evening Wellness Routines for 50 Years or Older
	09.00-09.20	Ahmet Aydınalp, MD We start aging as soon as we born. How First Two Decades of Life Does Affect Future Life?
	09.20-09.40	Dilek Çolak, Prof., MD Our Fingerprint: Microbiota
	09.40-09.50	PRACTICE - Fuat Balım, PT, Ost, OMT, cPNI Let's Recover Our Mental and Physical Elasticity
	09.50-10.10	Nagehan Katipoğlu, MD, Spc Functional Medicine Approach to Pediatric Patients by Cases
	10.10-10.30	Meleknur Alevcan, Psychologist, Spc (SWEDEN) ADHD Neurobiology and Treatment
	10.30-10.50	SATELLITE - Reyhan Aliusta, Pharm, Spc Scientific Approach to Disorders of Skin-Intestine Axis "Gum Acacia" 
	10.50-11.10	Özge Kayalar Dülger, PT, Ost., OMT., cPNI Assessment and Management via Bio-Pscho-Social Perspective in Pediatric Physiotherapy
	11.10-11.40	BREAK - HEALTHY SNACKS
PANEL 6		MODERATOR: Meleknur Alevcan, Psychologist, Spc (SWEDEN)
	11.40-12.00	Recep Alp, Assoc Prof., MD Holistic Approach in Neurodevelopmental Disorders and Brain Balance Program
	12.00-12.20	SATELLITE - LABORATORY- Hasan Alaçam, Assoc Prof., MD Specific Tests Studied in Harmony Laboratory 
	12.20-12.40	Hasan Hüsnü Eren, MD ADEK in Child Health
	12.40-13.00	Derya Ersönmez, Rd How Nutrition Is Planned in Child Disorders?
	13.00-13.15	İrem Çankaya, Prof., MD Which Herbal Supplements Can Be Used to Enhance Immunity and Concentration in School-Age Children?
	13.15-13.35	Ersin Özdemir, Rd What Kind of A Danger Does Our Children Face with Food Games?
	13.35-13.55	Reyhan Aliusta, Pharm, Spc Treatment Approach to Skin Disorders in Children by Cases
	13.55-15.00	MEAL

PANEL 7		WOMAN HEALTH FROM PREGNANCY TO MENOPAUSE
		MODERATOR: Dilek Çolak, Prof., MD
	15.00-15.20	Aslıhan Gürbüz Bolkan, Prof., MD Biochemical Overview of Female and Male Hormones
	15.20-15.40	Pınar Balcı, MD, Spc Longevity Routines in Woman Life
	15.40-15.55	SATELLITE - Mustafa Kalkan, MD The Innermost Strategies in Longevity and Longlife Family 
	15.55-16.15	Burcu Akdağ Özkök, MD, Surgeon Harmony of Hormones in Healthy Aging
	16.15-16.35	Şenay Aycan, MD, Surgeon Menopause and Hormone Replacement Therapies
	16.35-16.50	İrem Çankaya, Prof., MD Herbal Supplements To Be Avoided During Pregnancy
	16.50-17.00	PRACTICE - Kadri Özdemir, PT Ost., OMT, cPNI Veno-lymphatic Drainage in Pelvic Region
	17.00-17.20	SATELLITE - Şenay Aycan, MD, Surgeon Functional Obstetric Approach by Cases 
PANEL 8	17.20-17.35	Yunus Uçarıcı, MD Effects of Testosterone in Women
	17.35-18.05	BREAK - HEALTHY SNACKS
		MODERATOR: Aslıhan Gürbüz Bolkan, Prof., MD
	18.05-18.20	İrem Çankaya, Prof., MD Medical Teas That Can Be Used in Woman Health
	18.20-18.40	Tijen Secerli, DDS Importance of Oral Health in Infertility
	18.40-19.00	Buğra Adil Buyrukçu, MD Holistic Treatment Approach in Infertility
	19.00-19.20	Pınar Turan, Assoc Prof., MD Ovarian Rejuvenation by Cases
	19.20-19.40	Derya Ersönmez, Rd Nutrition Recommendation from Pregnancy to Menopause
	19.40-20.00	SATELLITE - Hülya Kayhan, Pharm, Spc Aromatherapy from Pregnancy to Menopause 
	20.00-20.20	Cem Keçe, MD 5 Premises of Sex: "Functional and Holistic Sex"
	20.20-20.40	Fatma Coşar, MD, Spc Longevity in Gynecology and Woman Health
	20.40-21.00	Martha Lucas, MD, PhD (USA) Holistic Approach to Woman Health in Traditional Chinese Medicine
	21.00-21.20	Kadri Özdemir, PT, Ost., OMT, cPNI & Gülsen Taşdemir, PT, Ost., cPNI Osteopathy in Woman Health
	21.20-22.30	Korçay Koçak Mental Masking: Art of Mind Manipulation

PANEL 9		BRAIN HEALTH AND NEURODEGENERATIVE DISORDERS
		MODERATOR: Recep Alp, Assoc Prof., MD
	09.00-09.20	Nuray Yazihan, Prof., MD How We Use Laboratory in Brain Health?
	09.20-09.40	Meleknur Alevcan, Psychologist, Spc (SWEDEN) What Are The Signals About Neurodevelopmental Disorders During Childhood?
	09.40-10.00	SATELLITE - Ahmet Aydıralp, MD, Spc Neurotrophic Plants: Natural Doping of Braun and Their Mechanism of Action 
	10.00-10.10	PRACTICE - Fuat Balım, Physiotherapist, Ost, OMT, cPNI & Suat Bekik, Physiotherapist, Ost., OMT., cPNI Let's Do Isometric Exercises with Hypoxia
	10.10-10.30	Tijen Acarkan,, MD, PhD Physiopathology of Dymnesia and Supplements
	10.30-11.00	BREAK - HEALTHY SNACKS
PANEL 10		MODERATOR: Nuray Yazihan, Prof., MD
	11.00-11.20	Melih Vural, MD, Spc Is It Possible to Live Long without Being Alzheimer's Disease?
	11.20-11.50	Leo Pruimboom, MD (NETHERLANDS) Brain Health and PNI in Neurodegenerative Disorders
	11.50-12.10	Fatma Dilek Taman, Physiotherapist, Ost, cPNI Role of Cranisacral Osteopathy in Neurodegenerative Disorders and Cerebral Aging Process
	12.10-12.30	SATELLITE - Levent Mendirme, Pharm Synergy of Magtein and Silver Fir for Clear Mind 
	12.30-12.50	Martha Lucas, MD, PhD (USA) Brain Health and Acupuncture
	12.50-13.10	Recep Alp, Assoc Prof., MD Brain with Parkinson's Disease or Brain Aged Healthy?
	13.10-13.30	BREAK - HEALTHY SNACKS
PANEL 11		MODERATOR: Melih Vural, Assoc Prof., MD
	13.30-13.50	Meleknur Alevcan, Psychologist, Spc (SWEDEN) Mindfulness Techniques for Diseases
	13.50-14.10	Nezahat Arzu Kayar, Assoc Prof., MD How Oral and Gingival Health Do Increase Our Risk for Diseases?
	14.10-14.30	Alparslan Tekiner, MD Exosome Use in Regenerative Medicine
	14.30-14.50	Asuman Kaplan Algin, MD, PHD Ozone Therapy Parkinson's Disease
	14.50-15.10	Neşe Lortlar Ünlü, Prof., MD (USA) (Online) Having A Child with Autism: Experiences of A Parent
	15.10	CLOSING
	15.10-16.00	MEAL