

## 23 September 2022, Friday

08:00 - 12:00	Welcoming and Registering
12:00 - 13:00	Lunch
13:00 - 13:20	<b>Opening Statements - Presenter:</b> Selim Bayraktar Asuman Kaplan Algin, MD, PHD, Clinical Biochemistry Zafer Kalaycı, MD
13:20 - 13:50	<b>The Evolution of Nutrition and Its Role in Chronic Diseases</b> Murat Baş, Associate Prof., MD, Oncology
13:50 - 14:20	<b>Is It Possible to Increase Antioxidants with Nutrition?</b> Yasemin Akçay, Prof., MD, Clinical Biochemistry
14:20 - 15:00	<b>What Does Laboratory Tell Us in Clinical Practice? Complete Blood Count, Routine Biochemistry and Organic Acids</b> Hasan Alaçam, Associate Prof., MD, Clinical Biochemistry
15:00 - 15:30	Healthy Offers
15:30 - 16:00	<b>Who is Greedy: Mind or Stomach?</b> Murat Baş, Associate Prof., MD, Oncology
16:00 - 16:25	<b>Satellite Symposium</b> <b>Melatonin in Chronic Diseases: All Aspects</b> Sinan Şaban Akkurt, MD, PHD, Clinical Biochemistry
16:25 - 17:20	<b>Functional Approach to Chronic Diseases with Case Samples</b> Serkan Şener, Prof., MD, Emergency Medicine Selahattin Kıyan, Prof., MD, Emergency Medicine Nagehan Katipoğlu, MD, Pediatrics
17:20 - 17:50	Healthy Offers
17:50 - 18:20	<b>Nutritional Approach by Perspective of Ayurveda Expert</b> Ender Saraç, MD, Ayurveda Instructor
18:20 - 18:50	<b>Satellite Symposium</b> <b>Epigenetic Breath: Where Came Where Gone</b> Rüya Acaroğlu, MD, PHD, Thoracic Surgery
18:50 - 19:20	<b>Altered Dentistry Practice: Towards Less Toxic and More Natural</b> Arzu Kayar, Periodontologist, Associate Prof.
19:20 - 19:50	<b>Subconscious Group Session</b> Alparslan Tekiner, MD

ORZAX  
SAĞLIĞA HEDİYE

VeNatura

23-25 SEPTEMBER 2022

Pullman Hotel Istanbul, TURKEY

2. INTERNATIONAL  
NUTRITION CONGRESS  
GAPS and THERAPEUTIC NUTRITION MODELS

## 24 September 2022, Saturday

### Endocrine Disorders Panel: Diabetes Mellitus Chairman: Recep Alp, MD, PHD

09:00 - 09:35 **Bread is Staff of life: Nutrition, Intestinal Microbiota and Chronic Diseases**  
Dilek Çolak, Prof., MD, Microbiology

09:35 - 10:00 **Overview of Digestive System and Value of Gastric Acidity**  
Mustafa Kalkan, MD

10:00 - 10:25 **Functional Approach in Diagnosis and Management of Insulin Resistance and Diabetes Mellitus**  
Banu Öztürk Ceyhan, MD, Endocrinology

10:25 - 10:50 **Satellite Symposium**  
**Berberine and Other Micro Nutrients on Treatment of Diabetes Mellitus**  
Kevser Köş, MD



10:50 - 11:15 **Healthy Offers**

### Chairman: Yasemin Akçay, MD, Prof.

11:15 - 11:45 **How I Manage my Patients with Diabetes Mellitus**  
Ümit Aktaş, MD, Master's Degree in Phytotherapy

11:45 - 12:10 **Supportive Methods for Management and Follow-up in Diabetes Mellitus**  
Murat Balanlı, MD, Internal Medicine

12:10 - 12:40 **Satellite Symposium**  
**Nutritional Monitoring in Diabetic Patients with Case Samples**  
Gülden Kılınç, RD



12:40 - 13:30 **Lunch**

### Neurodegenerative Diseases Panel: Alzheimer's Disease Chairman: Melih Vural, MD

13:30 - 14:00 **Intestines and HPA Axis in Chronic Diseases**  
Zeynep Sümer, Prof., MD, Microbiology

14:00 - 14:30 **Functional Overview in Alzheimer's Disease with Case Samples**  
Recep Alp, Associate Prof., MD, Neurologist

14:30 - 15:00 **Satellite Symposium**  
**Pain and Nutrition Management in Neurodegenerative Diseases**  
Derya Can, MD, Emergency Medicine



15:00 - 15:30 **Phytotherapy and Micronutrient Support in Alzheimer's Disease with Case Samples**  
Melih Vural, MD, Neurologist

15:30 - 16:00 **Healthy Offers**

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## 24 September 2022, Saturday

Chairman: Pelin Arıbal Ayrıl, MD, Prof.

- 16:00 - 16:40** Nutrition and Natural Therapies in Patients with Alzheimer's Disease: Sample Cases  
Buğra Buyrukçu, MD  
Ayça Doğandemir, RD
- 16:40 - 17:10** Stress Management and Biofeedback in Alzheimer's Disease  
Fahrettin Kılıç, Associate Prof., MD, Radiologist
- 17:10 - 17:30** Polyphenols and PQQ (Pyrroloquinoline Quinone) in Alzheimer's Disease  
Levent Gökgünneç, PharmD
- 17:30 - 18:00** Healthy Offers

Chairman: Nuray Yazıhan, MD, Prof.

- 18:00 - 18:30** Chronic Stress and Importance of Nutrition and Vagal Stimulation in Fight against Stress  
Pelin Arıbal Ayrıl, Prof., MD, Internal Medicine, Physiopathology
- 18:30 - 19:00** Pranayama Breathing Techniques in Stress Management  
Ebru Şinik, Wellbeing Specialist, Ayurveda Instructor

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## 25 September 2022, Sunday

### Pediatric Diseases Panel: Autism Chairman: Işıl Erkan, RD

- 09:00 - 09:30** **Neuroinflammation and Autism**  
Aslıhan Gürbüz, Prof., MD, Clinical Biochemistry
- 09:30 - 10:10** **Assessment of Amino Acids and Amino Acid Support in Neurodegenerative Disorders**  
Nuray Yazıhan, Prof., MD, Internal Medicine, Physiopathology
- 10:10 - 10:40** **Autism Follow-up with Case Samples**  
Adil Zorlu, MD, Pyschiatry
- 10:40 - 11:10** **Healthy Offers**

### Chairman: Adil Zorlu, MD, PHD

- 11:10 - 11:40** **Phytotherapy and Aromatherapy in Autism**  
Ahmet Aydınalp, MD, Pediatrics
- 11:40 - 12:10** **Specialized Education in Autism and Living with Autism**  
Göksun Katipoğlu, MD
- 12:10 - 12:40** **Nutritional Monitoring in Autism Patients with Case Samples**  
Işıl Erkan, RD
- 12:40 - 13:30** **Lunch**

### Detoxification Panel Chairman: Aslıhan Gürbüz, MD, Prof.

- 13:30 - 15:20** **Methods for Purgation of Toxins**
- **Natural Chelators** Duygu Değirmen Kirboğa, RPH
  - **Aromatherapy to Detox** Hülya Kayhan, RPH
  - **Laser Method for Detox and Approach to Mitochondria**  
Michael Weber, MD

### 15:20 - 16:20 **Satellite Symposium** **Toxins in Our Life**

- **Why Do We Get Sick Frequently? Halogens and Heavy Metals in Air, Water and Soil**

Asuman Kaplan Algın, MD, PHD, Clinical Biochemistry

- **Threat in Our Kitchen** Gülden Kılınç, RD
- **Threat in Cosmetics** Didem Gülmez, MD

quaLife  
exclusive edition

- 16:20 - 16:40** **Healthy Offers**



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## 25 September 2022, Sunday

Chairman: Derya Ersönmez, RD

16:40 - 17:20	<b>Approach to Nutrition in the eye of Acupuncturist</b> Martha Lucas, MD
17:20 - 17:50	<b>Approach to Amalgam Filling</b> Hasan Hüsnü Eren, MD
17:50 - 18:40	<b>Detoxification Approach in Chronic Diseases with Case Samples</b> Murat Baş, MD, Oncology Şehri Ganimet, DM Derya Ersönmez, RD
18:40	<b>Closure</b> Asuman Kaplan Algın, MD, PHD, Clinical Biochemistry