






6 DECEMBER 2024 – FRIDAY

TIME / HALL	HALL A	TIME / HALL	HALL B Courses
	MAIN SESSION 1 Session Chairs: Arzu HİSARVANT, Şeyma YÖNEY BİLİŞMEK		
09.30 – 09.50	The Importance of Vitamin and Mineral Supplements in Psychiatric Disorders Arzu HİSARVANT	09.30 – 11.00	Polyvagal Theory & Breath & Sensory Experience & Sexuality Course Görkem DİZDAR
09.50 – 10.10	Fertility, Birth, and Longevity Nurgül ULUSOY		
10.10 – 10.30	The Impact of Food Intolerances on Longevity in Today's Pandemic Burak AYDIN		
10.30 – 10.50	Nutrition for Heart Health and Longevity: Antioxidants, Polyphenols, and Omega-3 Nevrez KOYLAN		
10.50 – 11.10	 Satellite Symposium – Neu Pharma Which PRP, Which Exosome? Eray ÇALIŞKAN		
11.10 – 11.40	COFFEE BREAK – EXHIBITION BREAK	11.00 – 11.30	COFFEE BREAK – EXHIBITION BREAK
	MAIN SESSION 2 Session Chairs: Oğuz ÇELİK, Nurgül ULUSOY		
11.40 – 12.00	Zeolite and Detox Asuman KAPLAN ALGIN	11.30 – 13.00	Aromatherapy Course Hülya KAYHAN
12.00 – 12.20	Cosmetic Urology and Genital Aesthetics for Longevity and Sex Eyüp Burak SANCAK		
12.20 – 12.40	Water Birth and Orgasmic Birth Yusuf OLGAÇ		
12.40 – 13.00	 Satellite Symposium – Astarte Pharma Feminine Energy: 'MsVENUS' Azer Aras ULUĞ		
13.00 – 14.30	LUNCH BREAK – EXHIBITION BREAK	13.00 – 14.30	LUNCH BREAK – EXHIBITION BREAK
14.30 – 14.50	 Satellite Symposium – Art De Huile Aromatherapy in Vaginal Dryness Treatment and Longevity Hülya KAYHAN	14.30 – 16.00	GENITAL AESTHETICS AND COSMETIC GYNECOLOGY COURSE 14:30–15:15 – SESSION 1 Session Chairs: Cihan KAYA, Orhan ŞAHİN What Is the Correct Technique in Labiaplasty Surgery? Eray ÇALIŞKAN Vulvovaginal Laser Applications in Cosmetic Gynecology (Skin Lightening, Incontinence, Tightening) Which Patients Should Be Treated with Laser and Which with Surgery? A Look at the Short- and Long-Term Results of Laser, Our Experience Telal DOĞRUEL VIDEO-BASED TRAINING Surgical Techniques in Labiaplasty Eray ÇALIŞKAN • Linear Excision • Wedge Resection • Modified Wedge Resection Episiotomy Scar Revision: Z-Plasty, U-V Plasty Pinar KADİROĞULLARI Clitoral Hoodoplasty Pinar KADİROĞULLARI • Bilateral Vertical Skin Incision • Inverted V-Plasty • Inverted Y-Plasty Revision Labiaplasty with Flap Surgery Eray ÇALIŞKAN Office-Based Labiaplasty Eray ÇALIŞKAN 15:15–16:00 – SESSION 2 Session Chairs: Ali Emre TAHAOĞLU, Emrullah AKAY Genital Area Liposuction – Lipofilling Applications Key Points: Harvesting – Preparation – Application Mertihan KURDOĞLU PRP Applications in Cosmetic Gynecology (O-Shot, C-Shot, V-Shot) Preference for PRP in Postmenopausal Patients and Its Effects on Female Sexual Function Pinar KADİROĞULLARI VIDEO-BASED TRAINING PRP Applications (O-Shot, C-Shot, V-Shot) Filler Applications in Sexual Dysfunction: G-Shot Filler Application Use of Autologous Fat and Lipofilling Applications • Eray ÇALIŞKAN • Murat BOZKURT • Erhan CÖMERT Cosmetic Gynecological Approach in Prolapse Surgery Eray ÇALIŞKAN
	MAIN SESSION 3 Session Chairs: Doğu KEMİK, Murat BAŞ		
14.50 – 15.10	Obesity and Acupuncture Murat TOPOĞLU		
15.10 – 15.30	Anti-Aging Secrets: Ways to Maintain a Youthful Appearance Ali Fuat AYTEKİN		
15.30 – 15.50	From the First 1000 Days to Aging: Longevity and Nutrition Murat BAŞ		
15.50 – 16.10	Love, Passion, Hormones, and Longevity Oytun ERBAŞ		
16.10 – 16.40	COFFEE BREAK – EXHIBITION BREAK	16.00 – 16.30	COFFEE BREAK – EXHIBITION BREAK
16:40–18:20	MAIN SESSION 4 Session Chairs: Asuman KAPLAN ALGIN, Şeyma YÖNEY BİLİŞMEK	16.30 – 18.00	Neural Therapy Course Hüseyin NAZLIKUL, Yusuf TAMAM, Tijen ACARKAN
16.40 – 17.00	DNA Matchmaking: Is It Possible to Find the Right Match Through Genomic Analysis? Kadir DEMİRCAN	16.30 – 17.00	The Effect of Neural Therapy on Pathophysiological Processes in Longevity: The Power That Guides Treatment Hüseyin NAZLIKUL
17.00 – 17.20	Exercise for Longevity: The Key to a Healthy and Long Life? Gülsemin ERTÜRK ÇELİK	17.00 – 17.30	Delve into the Depths of the ECM: Regulation of Connective Tissue with Neural Therapy Tijen ACARKAN
17.20 – 17.40	Why Can't We Raise Our Vitamin D Levels? Asuman KAPLAN ALGIN	17.30 – 18.00	Neural Therapy's Battle Against Inflammation: The Power of Local Anesthetics Yusuf TAMAM
17.40 – 18.00	Wise Recommendations for a 100-Year Life Murat AKSOY	17:40–18:10	Session Chair: Özlem DEMİRCİ The Scientific Secrets of Slowing Down Aging: Is It Really Possible? İrem ÇANKAYA
17.40 – 18.00	The Biology of Aging, Insulin Resistance and Metformin Nujen BOZKURT ÇOLAK		
18.20 – 18.30	COFFEE BREAK – EXHIBITION BREAK		
	MAIN SESSION 5 Session Chairs: Azer ARAS ULUĞ, Nurgül ULUSOY		
18:30–18:50	Vaginal Longevity Azer ARAS ULUĞ	18.10 – 19.30	Homeopathy Course Session Chair: Öznur PARLAK Case Study in Homeopathy Sebatî BİLGİÇ
18:50–19:10	Regenerative Treatment Options for Genitourinary Syndrome of Menopause Özgür LEYLEK		
19:10–19:30	Laparoscopic Neovagina Applications in Patients with Vaginal Agenesis Fatih ŞENDAĞ		

7 DECEMBER 2024 - SATURDAY

TIME / HALL	HALL A	TIME / HALL	HALL B Courses	TIME / HALL	HALL C Courses
	MAIN SESSION 6 Session Chairs: Recep DURSUN, Erol KARAKAŞ				
09.30 – 09.50	Applied Well-being Meditation Mustafa ÇAY				
09.50 – 10.10	A Holistic Perspective on the Concept of Healthy Aging Sevgi ÖZCAN		Video-Based Urosexology Genital Aesthetics and Cosmetic Urology Course		
10.10 – 10.30	Is Longevity Possible Without Healing the Past? Sabri YURDAKUL	09.30 – 11.00	Penile Filler Applications Taner ÇAVUMİRZA Botulinum Toxin and Exosome Applications in Erectile Dysfunction Taner ÇAVUMİRZA Penile Lengthening and Thickening Surgery Eyüp Burak SANCAK		
10.30 – 10.50	V-NOTES Minimally Invasive Surgical Techniques and Longevity Cihan KAYA			10.30-11:30	Session Chair: Özlem DEMİRCİ From Pharmacogenetics to Epigenetics: New Trends in Pharmacy Kadir DEMİRCAN
10.50 – 11.10	Timeless Wisdom: The Evolution of Temperament Theory into Functional Medicine Gülsemin ERTÜRK ÇELİK				
11.10 – 11.40	COFFEE BREAK – EXHIBITION BREAK	11.00 – 11.30	COFFEE BREAK – EXHIBITION BREAK		
11.40 – 12.00	 Satellite Symposium – DIMX A New Era in Health with Diindolylmethane Ali Fuat AYTEKİN				
	MAIN SESSION 7 Session Chairs: Reyhan ALIUSTA, Sevgi ÖZCAN	11.30 – 13.00	Effective Communication and Body Language Course Mustafa ÇAY		
12.00 – 12.20	The Unconscious Mind's Anti-Longevity Power Fatma COŞAR				
12.20 – 12.40	The Ten Foundations of Longevity Cem KEÇE				
12.40 – 13.00	The Secret of Longevity Lies in the Genes Kadir DEMİRCAN				
13.00 – 14.30	LUNCH BREAK – EXHIBITION BREAK	13.00 – 14.30	LUNCH BREAK EXHIBITION BREAK		
	MAIN SESSION 8 Session Chairs: Öznür PARLAK, Oğuz ÇELİK				
14.30 – 14.50	 Satellite Symposium Dermal Longevity Reyhan ALIUSTA	14.30 – 15.30	Longevity Nutrition Course Murat BAŞ		
14.50 – 15.10	The Physiology of Staying Young and Aging Hasan Serdar GERGERLIOĞLU				
15.10 – 15.30	Fundamental Principles of Longevity Mehmet Mahir ATASOY				
15.30 – 15.50	Longevity Through Hypnosis and Self-Hypnosis Recep DURSUN	15.30 – 16.30	From Day to Night, From Breath to Acupressure: Our Healthy Living Routines Course Asuman KAPLAN ALGİN		
15.50 – 16.10	Ozone: Its Contributions to a Long and Healthy Life Lale YEPREM				
16.10 – 16.40	COFFEE BREAK – EXHIBITION BREAK	16.30 – 17.00	COFFEE BREAK – EXHIBITION BREAK		
	MAIN SESSION 9 Neural Therapy Approach and Hormonal Regulation in Longevity (Anti-Aging) Session Chairs: Hüseyin NAZLIKUL, Fatma Gülçin URAL NAZLIKUL				
16.40 – 17.10	Longevity, Long Life, Anti-Aging Treatments and Their Effects Hüseyin NAZLIKUL	17.00 – 18.00	V NOTES COURSE Cihan KAYA	17:00-18:30	Prescription Examples and Preparation of Bach Flower Remedies Öznür PARLAK, Reyhan ALIUSTA
17.10 – 17.35	Aging: The Hidden Face of Chronic Inflammation – Controlling Inflammation Through Neural Therapy Yusuf TAMAM				
17.35 – 17.55	Hormonal Regulation with Neural Therapy Murat ORAK				
17.55 – 18.20	Aging: The Story of Accumulations in Connective Tissue – Detoxification with Neural Fatma and the Power of Phyto-Chelators Fatma Gülçin URAL NAZLIKUL				
18.20 – 18.30	COFFEE BREAK – EXHIBITION BREAK				
	MAIN SESSION 10				
18.30 – 18.50	 Satellite Symposium – Astarte Pharma Take Control, Take the Power: "EnduraXMan" Volkan BULUT	18.00 – 19.30	Session Chair: Zeynep TOKSOY KARAŞIN Use of Hypnotherapy in Infertility and IVF Treatments (Hypnofertility Course) Ali Ata ÖZDEMİR	18:30-19:30	Nutrition Practices in Candida Zuhal CEVAHİR
18.50 – 19.10	 Satellite Symposium – Astarte Pharma Masculine Energy: "MrMARS" Taner ÇAVUMİRZA				
19:10-19:30	COFFEE BREAK – EXHIBITION BREAK				
19:30-21:00	CEM KEÇE STAND-UP SHOW: "THE INFIDELITY COMEDY"				

8 DECEMBER 2024 SUNDAY

TIME / HALL	HALL A	TIME / HALL	HALL B Courses	TIME / HALL	HALL C Courses
	MAIN SESSION 11 Session Chairs: Doğu KEMİK, Tijen ATAÇAĞ	09.30 – 11.00	Mesotherapy Course Alparslan TEKİNER		
09:30 – 09:50	Storytelling and the Hero's Journey Mustafa ÇAY				
09.50 – 10.10	Longevity and the Taoist Philosophy of Long Life Akif POROY				
10.10 – 10.30	The Connection Between Longevity and Leaky Gut Syndrome Didem GÜLMEZ				
10.30 – 10.50	Fundamentals of Longevity and the Role of Bioidentical Hormone Replacement Therapy Dilara TEKDEN KIRGIZ	11.10 – 11.30	COFFEE BREAK – EXHIBITION BREAK		
10.50 – 11.10	 Vitamin & Mineral Satellite Symposium – Nutraxin Vitamin–Mineral Category Sales in Pharmacies Murat Selçuk				
11.10 – 11.40	COFFEE BREAK – EXHIBITION BREAK				
11.40 – 12.00	 Satellite Symposium – Astarte Pharma Natural and Herbal Solutions for Depression and Anxiety: "HerbaDepAn" Sabri YURDAKUL				
	MAIN SESSION 12 Session Chairs: Fatma ESKİCIOĞLU, Volkan BULUT	11.30 – 13.00	GENITAL AESTHETICS AND COSMETIC GYNECOLOGY COURSE 11:30–12:15 SESSION 1 Session Chair: Mehmet SAKINCI – Evrim Ebru KOVALAK Controversial Techniques and Innovations in Vaginoplasty Surgery: Posterior – Lateral – Total Approaches Alper BAŞBUĞ VIDEO–BASED TRAINING Alper BAŞBUĞ Vaginal Reconstruction Vaginoplasty Posterior Vaginal Wall Reconstruction Uterosacral Ligament Strengthening Cervical Ring Repair Erhan CÖMERT Cystocele Repair with Natural Tissue Epithelialization Method Imperforate Hymen – Hymenectomy Permanent and Temporary Hymenoplasty Combined Mesotherapy Applications in Cosmetic Gynecology, Management of Pregnancy Stretch Marks, Genital Area Fillers – Hyaluronic Acid Applications Sevtap HAMDEMİR KILIÇ Regenerative Treatments in Cosmetic Gynecology: Are Stem Cell Therapies, Exosome, SVF Applications Appropriate? Murat BOZKURT 12:15–13:00 – SESSION 2 Session Chair: Arzu TEKİN – Serap SİMAVLI VIDEO–BASED TRAINING Eray ÇALIŞKAN, H. Erhan CÖMERT, Sevtap HAMDEMİR KILIÇ Mons Pubis (Venus Mound) Aesthetics Mesotherapy and Exosome Applications Scar Revision Management (Episiotomy, Cesarean Incision Scars, and Stretch Marks) Yusuf BAŞKIRAN Genital Area Fillers and Hyaluronic Acid Applications in Cosmetic Gynecology Sevtap HAMDEMİR KILIÇ What Are the Effects of Cosmetic Gynecological Procedures on Sexual Functions? What Do Obstetricians Think? What Does the Literature Say? Kübra BAĞCI	12:00–12:40	Session Chair: Özlem DEMİRCİ Is Chlorogenic Acid a Hope for Longevity Research? Didem DELİORMAN ORHAN
12.00 – 12.20	Stem Cells and Longevity Tunç AKKOÇ				
12.20 – 12.40	Regenerative Anti-Aging Applications Alparslan TEKİNER				
12.40 – 13.00	Masculine Insights for Timeless Relationships: Longevity Uğur BATI				
13.00 – 14.30	LUNCH BREAK – EXHIBITION BREAK	13.00 – 14.30	LUNCH BREAK – EXHIBITION BREAK		
	MAIN SESSION 13 Neural Therapy in Longevity: Discover the Power of the Immune System and Mitochondrial Health Session Chairs: Tijen ACARKAN, R. Demet ERDOĞAN	14.30 – 16.00	Family Constellation Course Ayla ASLANTAŞ		
14.30 – 15.10	The Secret to Longevity with Neural Therapy: Discovering the Effects of Procaine and Mitochondrial Health – Diagnosis and Treatment Hüseyin NAZLIKUL, M.Ali ELMACIOĞLU				
15.10 – 15.40	Vegetative Nervous System – Effects of Enteral and Central Nervous System on Inflammation and Its Reflections Yusuf TAMAM				
15.40 – 16.10	Vital Nutrients in Mitochondrial Dysfunctions Tijen ACARKAN	16.00 – 17.00	Course on the Philosophy and Art of Tantra Teaching Akif POROY		
16.10 – 16.30	Healthy Breathing for a Long and Healthy Life Demet Erdoğan				
16.30 – 17.00	Satellite Symposium				