

Scientific coordination:

Dr Eva Lischka, President of the ÄGHE

Dr Françoise Wilhelmi de Toledo, Buchinger Wilhelmi Clinic

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Registration fee including lunch

- beverages not included -

ÄGHE Member: 120 €

ÄGHE Non-member: 180 €

Extra charge for gala dinner

- beverages not included -

For everyone: 40 €

Bank account: Sparkasse Bodensee

BIC: SOLADES1KNZ

IBAN: DE50690500010001024520

Reference: "ÄGHE Kongress 2019, followed by your name and surname"

Speakers

Mark Mattson, PhD | Professor of Neuroscience, John Hopkins University School of Medicine, Baltimore

James Mitchell, PhD | Associate Professor of Genetics and Complex Diseases, Harvard T.H. Chan School of Public Health, Boston

Frank Madeo, PhD | Researcher, Karl-Franzens-Universität, Graz

Niklaus Brantschen, SJ | Co-founder of Lassalle-Hauses, Lassalle-Institut; Zen master, spiritual guide and fasting expert, Edlibach

Andreas Michalsen, MD, PhD | Holder of the endowed Professorship for Clinical Naturopathy, Charité-Universitätsmedizin, Head Physician, Department of Naturopathy, Immanuel Krankenhaus, Berlin

Johannes Georg Wechsler, PhD | President of the Bundesverband Deutscher Ernährungsmediziner e.V. (BDEM), München

Yvon Le Maho, PhD | Distinguished Research Director Emeritus, CNRS-University of Strasbourg

Françoise Wilhelmi de Toledo, PhD | Head of Research, Buchinger Wilhelmi Clinics, Überlingen

Magalie Viallon, PhD | MR Physicist, CREATIS, Lyon

Pierre Croisille, MD, PhD | Professor of Radiology, Chairman Department of Nuclear Medicine and Radiology, University of Lyon. Deputy Director, CREATIS Research Lab, Lyon

Eva Lischka, MD, PhD | President of the ÄGHE, Head Physician, Buchinger Wilhelmi Clinic, Überlingen

Robin Mesnage, PhD | Research associate, King's College, London

Jean-Jacques Trochon | Airline Pilot, Air France, Paris

Franziska Grundler, MSc | Research associate, Buchinger Wilhelmi Clinic, Überlingen

Daniela Liebscher, PhD | Investigator and Study Physician, Immanuel Krankenhaus, Berlin

Bettina Berger, PhD | Chair for Medical Theory, Integrative and Anthroposophic Medicine, Universität Witten Herdecke, Herdecke

18th International Congress of the German Medical Association for Fasting and Nutrition (ÄGHE)

Fasting: the Switch of Life

Saturday 29th and
Sunday 30th of June 2019 (till 1:30 p.m.)

Conference Center "Kursaal", Christophstraße 2b,
in 88662 Überlingen, Lake Constance (Germany)



BUCHINGER
WILHELMI



18th International Congress of the German Medical Association for Fasting and Nutrition (ÄGHE) Fasting: the Switch of Life – PRELIMINARY PROGRAMME

Saturday, June 29, 2019

09:00 - 09:30 a.m. Opening, Welcome
Eva Lischka, President of the ÄGHE
Jan Zeitler, Mayor of Überlingen
Leonard Wilhelmi, Buchinger Wilhelmi Clinic
and Maria Buchinger Foundation

The Long European Fasting Tradition.

09:30 - 10:15 a.m. “Safety, Health Improvement and Well-being During a 4 to 21-day Fasting Period in a Large Cohort”-
Françoise Wilhelmi de Toledo, Franziska Grundler, Überlingen

10:15 - 10:30 a.m. **Award Ceremony:** the Maria Buchinger Foundation Prize will be awarded to Mark Mattson (USA).
Laudation: Françoise Wilhelmi de Toledo

10:30 - 11:30 a.m. “Working for Food: How the Brain and Body Adapt to Intermittent Bioenergetic Challenges”
Mark Mattson, Baltimore

11:30 - 12:00 p.m. Break

12:00 - 01:00 p.m. “A Time to Fast: Current Perspectives in Fasting”
Andreas Michalsen, Berlin

“Bahai Fasting”
Daniela Liebscher, Berlin

“Buchinger Fasting for People With Type I Diabetes - feasibility and safety”
Bettina Berger, Herdecke

01:00 - 02:30 p.m. Lunch
Hubert Hobler, chef de cuisine Buchinger Wilhelmi Überlingen

Fasting and the Impact of Proteins.

02:30 - 03:05 p.m. “Protein Restriction Improves Glucose and Lipid Homeostasis Independent of Total Calorie Intake”
James Mitchell, Boston

03:05 - 03:40 p.m. „Review of 40 years Protein Diets“
Johannes G. Wechsler, München

03:40 - 04:00 p.m. Low Prot vs High Prot: Discussion

04:00 - 04:30 p.m. Break

04:30 - 05:20 p.m. “Case Reports”
Eva Lischka et al., Überlingen

05:20 - 06:00 p.m. “How I fought my own cancer”
Jean-Jacques Trochon, Paris

06:00 - 06:30 p.m. “Robots to study fasting penguins”
Yvon Le Maho, Strasbourg

06:30 p.m. End of the lectures

08:30 p.m. Gala dinner at Kursaal, catering by Buchinger Wilhelmi

Sunday, June 30, 2019

From the Spiritual to the High-tech Approach to Fasting.

09:00 - 09:40 a.m. „Fasting and Silence – a couple of twins“
Niklaus Brantschen SJ, Edlibach

09:40 - 10:20 a.m. „Fasting and fasting imitating substances to maintain health“
Frank Madeo, Graz

10:20 - 10:50 a.m. Break

10:50 - 11:40 a.m. “The Impact of Fasting Diet and Lifestyle on the Human Gut Microbiome”
Robin Mesnage, London

11:40 - 12:25 p.m. “Magnetic Resonance Imaging and Spectroscopy to Reveal Immediate and Long-term Multi-organs Composition Changes of a 14-days Periodic Fasting Intervention”
Magalie Viallon, Pierre Croisille, Lyon

12:25 - 12:45 p.m. Closing words of ÄGHE President Eva Lischka

The lectures are translated into German, English and French