

Scientific coordination:

Dr Eva Lischka, President of the ÄGHE
Dr Françoise Wilhelmi de Toledo, Buchinger Wilhelmi Clinic

Information: fastenkongress@buchinger-wilhelmi.com / www.aeghe.de

Registration fee including lunch and beverage

ÄGHE-Member:	156 €	Online participation:	139 €
ÄGHE-Non-member:	216 €	Online participation:	179 €

Registration: www.aeghe.de

Admission starts at 8.15 a.m.

Speakers:

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

Magalie Viallon, PhD | MR Physicist, CREATIS, Lyon

Miriam Bredella, MD | Professor of Radiology, Harvard Medical School, Vice Chair, Department of Radiology, Massachusetts General Hospital

Massimiliano Ruscica, PhD | Professor Associate, Department of Pharmacological and Biomolecular Sciences Pharmacy and chemistry, University of Milan

Demetrios Kouretas, PhD | Professor of Physiology-Toxicology in the Department of Biochemistry-Biotechnology, University of Thessaly

Etienne Hanslian | Principal investigator, Dpt. of Clinical Naturopathy, Charité - Universitätsmedizin & Immanuel Krankenhaus, Berlin

Françoise Wilhelmi de Toledo, PhD | Leiterin der wissenschaftlicher Abteilung der Kliniken Buchinger Wilhelmi, Überlingen und Marbella

Robin Mesnage, PhD | Lead Data Scientist, Klinik Buchinger Wilhelmi, Überlingen, und Research Associate, King's College, London

Franziska Grundler, PhD | Scientific Project Manager, Klinik Buchinger Wilhelmi, Überlingen

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




Ärzte-Gesellschaft
Heilfasten und Ernährung e.V.
(ÄGHE)

BUCHINGER
WILHELMI

19th International Congress of the ÄGHE

“Transformation through Fasting”

Saturday, June 18, 2022 (9 am to 6 pm)

 Salem International College
Kurt-Hahn-Str. 1
88662 Überlingen

 and Online

Register
now!



19th International Congress of the ÄGHE and the Buchinger Wilhelmi clinics

“TRANSFORMATION THROUGH FASTING” *

- 09:00 - 09:30 a.m. Opening, Welcome
Eva Lischka, President of the ÄGHE
Leonard Wilhelmi, Buchinger Wilhelmi Clinic
- 09:30 - 10:15 a.m. “Benefits of Buchinger Wilhelmi Long-term Fasting”
Françoise Wilhelmi de Toledo & Franziska Grundler, Überlingen
- 10:15 - 11:00 a.m. “First outcomes of MRI Study on Long-term Fasting”
Magalie Viallon & Pierre Croisille, Lyon
- 11:00 - 11:45 a.m. Break
- 11:45 - 12:30 p.m. “Effect of Fasting on Human Bone Marrow Adipose Tissue”
Miriam Bredella, Boston
- 12:30 - 01:15 p.m. “Changes in Lipid Metabolism During Long-term Fasting”
Massimiliano Ruscica, Milano
- 01:15 - 02:15 p.m. Lunch – Philipp Troppenhagen,
Chef de cuisine Buchinger Wilhelmi Clinic,
Überlingen
- 02:15 - 03:00 p.m. “Report on Recent Fasting Studies”
Etienne Hanslian, Berlin
- 03:00 - 03:45 p.m. “The Benefits of Fasting on Oxidative Stress”
Demetrios Kouretas, Thessali
- 03:45 - 04:20 p.m. Break
- 04:20 - 05:00 p.m. “Health Implications of the Gut Microbiome Remodelling Caused by Long-term Fasting”
Robin Mesnage, Überlingen & London
- 05:00 - 05:45 p.m. “Case Reports”
Eva Lischka et al., Überlingen
- 05:45 - 06:00 p.m. Closing remarks

The lectures are translated into German / English

* Preliminary Program