



*5<sup>th</sup> International Eurasian Congress on*  
**‘Natural Nutrition, Healthy Life and Sport’**  
*02-06 October 2019, Ankara, Turkey*

*CAPITAL ANKARA*

*‘Doorway to the World’*

*Dear Participants,*

Healthy life, sports and proper nutrition are the most natural rights and basic necessities of all living beings and they have a special importance in maintaining both life and quality of living. All these improvements have rendered the food production systems indispensable to be socially viable, economically profitable and fruitful, protective of human health and caring the health and comfort of all living beings. Hence with the increasing industrialization and the uncontrolled application of modern agriculture; the intensive use of chemicals, soil pollution, genetically engineered seeds, hormone usage and similar methods which detract from natural production are becoming the main topic, thus making the healthy production increasingly difficult while renders the product quality and nutritive value under significant risks. On the other hand, foods produced by illicit methods and processed by unregistered means can create the basis of primarily heart diseases and cancer risk along with many diseases.

Nutrition safety is a fact that is continued and cared both in whole world and Turkey. The generations of our country to grow up healthy and to be properly fed with safe nutritions are of almost importance for the prevention of both health and economical losses. As a result of these improvements, the organic and good agricultural practices, local and natural products, herbal food supplements, natural cosmetics and other natural health products have become quite popular lately in the world. However, there are a lot of different opinions being presented nearly every day in visual and printed-social media. In fact, every wrong application made will affect negatively to both health and comfort of individuals, and bring extra social and economic burdens. For this reason, it is extremely important to facilitate a scientifically based awareness for a large scope that is extending from field-to-table and from producer-to-consumer. Proper nutrition, healthy lifestyle and sport habits which protects and improves the health of the society and prevents a lot of physical and spiritual diseases can only be facilitated by increasing the public awareness. Nowadays, the damages which are done to the public health for the sake of profits are essentially caused by the information pollution. As a natural result for this, both the individual and the society are affected negatively and are misdirected. On this topic, information sharing for all the parts of the society in light of scientific data along with the interdisciplinary comparative true knowledge and experience coming from primarily the food, agriculture, nutrition, health and sports disciplines are of great importance. Improving health is adopted not only by the increase of quality and quantity of health services, but facilitation of a body of strategies which involves a collaboration between many sectors.

In this scope, with the participation of notably, Turkey Republic President's Wife, First Lady Emine Erdoğan, Turkey Republic Prime Minister's Wife, related Ministers, Members of Our Parliament, Academicians, NGO representatives, shareholders from public institutions and organizations, the NATURAL'2015 arranged in Sapanca, NATURAL'2016 arranged in Antalya EXPO Center, NATURAL'2017 arranged in Ankara, NATURAL'2018 Congress and Exhibition in National Botanical Garden of Turkish Presidency hosted by TAGEM activities have been completed with a great success. The continuity of these activities is seen as important in order for individuals to maintain conscious nutrition and healthy life behaviors according to changing life conditions and to revise their activities accordingly. For that reason; with the hostings of Gazi University and Malatya Turgut Özal University, **NATURAL'2019 - '5<sup>th</sup> International Eurasian Congress on Natural Nutrition, Healthy Life & Sport'** is organized between the dates **02-06 October 2019**. In the context of this summit, the Course of **'Maternal-Infant Nutrition in First 1000 Days'** will be also organized. We are waiting for your attendance to these important organizations which are significant for the continuity of national and international powerful cooperations and thank all institutions and organizations which have contributions.

With our wish of a healthy generation and healthy future...

Prof.Dr. Mehmet Rüştü Karaman

*Editor of NATURAL'2019*

*Presidents of Honorary Board*

Prof.Dr. İbrahim Uslan	Rector of Gazi University
Prof.Dr. Aysun Bay Karabulut	Rector of Malatya Turgut Özal University

*Honorary Board*

Dr. Bekir Pakdemirli	Minister of Agriculture and Forestry
Dr. Fahrettin Koca	Minister of Health
Mehmet Muharrem Kasapoğlu	Minister of Youth and Sports
Zehra Zümrüt Selçuk	Minister of Family, Labor and Social Security
Murat Kurum	Minister of Environment and Urbanism
Fatih Dönmez	Minister of Energy and Natural Resources
Mehmet Ersoy	Minister of Culture and Tourism
Vasip Şahin	Governor of Ankara
Mansur Yavaş	Mayor of Ankara Metropolitan Municipality
M. Rifat Hisarcıklıoğlu	President of the UCC Exchanges of Turkey
Prof.Dr. Erkan İbiş	Rector of Ankara University
Prof.Dr. A.Haluk Özen	Rector of Hacettepe University
Prof.Dr. Cevdet Erdöl	Rector of Health Sciences University
Prof.Dr. İbrahim Aydın	Rector of Yıldırım Beyazıt University
Prof.Dr. Sebahattin Balcı	Rector of Kyrgyzstan-Turkey Manas University
Prof.Dr. Ömer Çomaklı	Rector of Atatürk University
Prof.Dr. Mustafa Şahin	Rector of Selcuk University
Prof.Dr. Sabahattin Aydın	Rector of Istanbul Medipol University
Prof.Dr. Cumhuri Çökmüş	Rector of Konya Food and Agriculture University
Prof.Dr. Kurtuluş Karamustafa	Rector of Kayseri University



*National Scientific Committee*

Prof.Dr. Leyla Aık	Gazi University
Prof.Dr. Aydın Adilođlu	Namık Kemal University
Prof.Dr. Blent Ađbuđa	Pamukkale University
Prof.Dr. Emine Akalın	Istanbul University
Prof.Dr. Hasan Akan	Harran University
Prof.Dr. Mehmet Akdođan	Sakarya University
Prof.Dr. Recep Akdur	Ankara University
Prof.Dr. Selami Akkuş	Yıldırım Beyazıt University
Prof.Dr. Nazan Aktaş	Seluk University
Prof.Dr. Hami Alpas	Orta Dođu Technical University
Prof.Dr. Mehmet Levent Altun	Ankara University
Prof.Dr. Serta Arslanođlu	Istanbul Medeniyet University
Prof.Dr. Nevzat Artık	Ankara University
Prof.Dr. Mustafa Aslan	Gazi University
Prof.Dr. Levent Aydın	Uludađ University
Prof.Dr. Tahir Balevi	Seluk University
Prof.Dr. Ahmet Bařaran	Hacettepe University
Prof.Dr. Metin Bařaranođlu	Bezmialem University
Prof.Dr. Ođuz Bayraktar	Ege University
Prof.Dr. Aysun Bideci	Gazi University
Prof.Dr. Dilek Boyacıođlu	Istanbul Technical University
Prof.Dr. Muharrem Certel	Akdeniz University
Prof.Dr. Alper Ceylan	Gazi University
Prof.Dr. Abdullah ađlar	Afyon Kocatepe University
Prof.Dr. İbrahim akmak	Uludađ University
Prof.Dr. Ramazan akmakı	anakkale Onsekiz Mart University
Prof.Dr. İ. İrem Tatlı ankaya	Hacettepe University
Prof.Dr. Fatma elik	Biruni University
Prof.Dr. Nurcan etinkaya	Ondokuz Mayıs University
Prof.Dr. Vedat ınar	Fırat University
Prof.Dr. Betl iek	Erciyes University
Prof.Dr. Mesut imrin	Mustafa Kemal University
Prof.Dr. Sleyman Dařdađ	Istanbul Medeniyet University
Prof.Dr. Orhan Deđer	Karadeniz Technical University
Prof.Dr. Grsel Dellal	Ankara University
Prof.Dr. Halit Demir	Yznc Yıl University

Prof.Dr. Fatih Demirci	Anadolu University
Prof.Dr. Sadık Demirsoy	Gazi University
Prof.Dr. Ener Çağrı Dinleyici	Eskisehir Osmangazi University
Prof.Dr. Ali Ahmet Doğan	Kırıkkale University
Prof.Dr. Rıza Durmaz	Yıldırım Beyazıt University
Prof.Dr. F. Yeşim Ekinci	Yeditepe University
Prof.Dr. Funda Elmacıoğlu	İstinye University
Prof.Dr. Gülgün Ersoy	Medipol University
Prof.Dr. Kuddusi Ertuğrul	Selcuk University
Prof.Dr. Ayhan Filazi	Ankara University
Prof.Dr. İ. Bülent Fişekçioğlu	Selçuk University
Prof.Dr. Muazzez Garipağaoğlu	Medipol University
Prof.Dr. İbrahim Gençsoylu	Adnan Menderes University
Prof.Dr. Medine Güllüce	Atatürk University
Prof.Dr. Hayrettin Gümüşdağ	Bozok University
Prof.Dr. Mehmet Günay	Gazi University
Prof.Dr. Erdoğın Güneş	Ankara University
Prof.Dr. Aydın Gürel	Namık Kemal University
Prof.Dr. Doğan Işık	Erciyes University
Prof.Dr. Osman İmamoğlu	Ondokuz Mayıs University
Prof.Dr. Neriman İnanç	Nuh Naci Yazgan University
Prof.Dr. Güzin Kaban	Atatürk University
Prof.Dr. Ahmet Kalaycıoğlu	Karadeniz Technical University
Prof.Dr. Murat Kartal	Bezmialem University
Prof.Dr. Mükerrerem Kaya	Atatürk University
Prof.Dr. Hüsniye Kayalar	Ege University
Prof.Dr. Gül Kızıltan	Başkent University
Prof.Dr. Hüseyin Koç	Aksaray University
Prof.Dr. Mehmet Settar Koçak	Middle East University
Prof.Dr. Sevgi Kolaylı	Karadeniz Technical University
Prof.Dr. Nurettin Konar	Malatya Turgut Özal University
Prof.Dr. Feza Korkusuz	Hacettepe University
Prof.Dr. Mitat Koz	Ankara University
Prof.Dr. Birhan Kunter	Ankara University
Prof.Dr. Nurgün Küçükboyacı	Gazi University
Prof.Dr. Kemal Küçükersan	Ankara University
Prof.Dr. Hanefi Özbek	İstanbul Medeniyet University
Prof.Dr. A. Güliden Pekcan	Hasan Kalyoncu University

Prof.Dr. Kamile Marakođlu	Selçuk University
Prof.Dr. Salih Mollahalilođlu	Yıldırım Beyazıt University
Prof.Dr. N.Mücella Müftüođlu	Çanakkale Onsekiz Mart University
Prof.Dr. Ahmet Y. Müslümanođlu	Health Sciencies University
Prof.Dr. Sonay Sözüdođru Ok	Ankara University
Prof.Dr. Bülent Okur	Ege University
Prof.Dr. Didem Deliorman Orhan	Gazi University
Prof.Dr. Metin Orhan	Yıldırım Beyazıt University
Prof.Dr. Hanefi Özbek	Medipol University
Prof.Dr. Feramus Özdemir	Akdeniz University
Prof.Dr. Nutullah Özdemir	Ondokuz Mayıs University
Prof.Dr. Nilgün Öztürk	Anadolu University
Prof.Dr. A.Gülden Pekcan	Hasan Kalyoncu University
Prof.Dr. Neslişah Rakıcıođlu	Hacettepe University
Prof.Dr. Naim Sađlam	Fırat University
Prof.Dr. Kadir Saltalı	Sütçü İmam University
Prof.Dr. Nurdan Saraçođlu	Gazi University
Prof.Dr. Fatih Seyisli	Recep Tayyip Erdoğan University
Prof.Dr. Başak Solmaz	Selcuk University
Prof.Dr. Osman Sönmez	Erciyes University
Prof.Dr. Fikrettin Şahin	Yeditepe University
Prof.Dr. Yaşar Nuri Şahin	Kastamonu University
Prof.Dr. Nevin Şanlıer	Medipol University
Prof.Dr. Nazım Şekerođlu	Kilis 7 Aralık University
Prof.Dr. Bilge Şener	Gazi University
Prof.Dr. U.Tansel Şireli	Ankara University
Prof.Dr. Muhittin Tayfur	Başkent University
Prof.Dr. Aziz Tekin	Ankara University
Prof.Dr. İsa Telci	Süleyman Demirel University
Prof.Dr. Osman Tugay	Selçuk University
Prof.Dr. İlhan Turgut	Uludađ University
Prof.Dr. Şefik Tüfenkçi	Van Yüzüncü Yıl University
Prof.Dr. Zafer Ulutaş	Niđe Ömer Halisdemir University
Prof.Dr. Metin Yaman	Gazi University
Prof.Dr. Yunus Yıldırım	Mersin University
Prof.Dr. Nesrin Yıldız	Atatürk University
Prof.Dr. Baki Yılmaz	Yıldırım Beyazıt University
Prof.Dr. İsmet Yılmaz	Malatya Turgut Özal University

*International Scientific Committee*

Prof.Dr. Amina Ather	Founder Director of EU Inst. of IM, Germany
Prof.Dr. Zaure Aytasheva	Al-Farabi Kazakh National University, Kazakhstan
Prof.Dr. Dana Badau	University of Medicine and Pharmacy of Targumures, Romania
Prof.Dr. Günther Bonn	Director of Austrian Drug Screening Institute, Austria
Prof.Dr. Lozowicka Bozena	Institute of Plant Protection, Poland
Prof.Dr. Tinatin Döölötkeldiyeva	Kyrgyz-Turkish Manas University, Kyrgyzstan
Prof.Dr. Gulnara Dzhumaniyazova	Academy of Sciences, Uzbekistan
Prof.Dr. Francesco Epifano	University of Chieti, Italy
Prof.Dr. Weihuan Fang	Zhejiang University, China
Prof.Dr. Ekaterina G. Filcheva	Humic Substances Society, Bulgaria
Prof.Dr. Dennis W. Fullbright	Michigan State University, USA
Prof.Dr. Apostolos Georgopoulos	Medicine University of Vien, Austria
Prof.Dr. Elvira Gille	University of Pietra Neamt, Romania
Prof.Dr. Kazimierz Glowniak	University of Rzeszow, Poland
Prof.Dr. Elovset Guliyev	National Academy of Science, Azerbaijan
Prof.Dr. Michael A. Grusak	Baylor College of Medicine, Houston, TX, USA
Prof.Dr. Ibrahim Jafarov Hasan	Azerbaijan State Agrarian University, Azerbaijan
Prof Dr. Hans Hauner	Technical University of Munich, Germany
Prof.Dr. Rakhimdjani Ikramov	Tashkent Institute of Agriculture, Uzbekistan
Prof.Dr. Muratbek Karabayev	Regional Office of CIMMYT, Kazakhstan
Prof.Dr. Evgeny Koshkin	State Agrarian University, Russia
Prof.Dr. Asilbek Kulmirzayev	Kyrgyz-Turkish Manas University, Kyrgyzstan
Prof.Dr. Badiia Lyoussi	Sidi University, Physiology Pharmacology, Morocco
Prof.Dr. Teodoro M. Miano	University of Bari, Italy
Prof.Dr. Eugene I. Nazarov	Asian European Union of Ozonetherapists, Azerbaijan
Prof.Dr. Abai Sagitov Orazuly	Kazak Research Institute, Kazakhstan
Prof.Dr. Mustafa Paksoy	Kyrgyz-Turkish Manas University, Kyrgyzstan
Prof.Dr. Fausto Pinto	European Society for Cardiology (ESC)
Prof.Dr. Abdur Rauf	University of Swabi, Pakistan
Prof.Dr. Uttam C. Sharma	ICW Commission, India
Prof.Dr. Zabta Khan Shinwari	Kuaid Azam University, Pakistan
Prof.Dr. Tualar Simarmata	Universitas Padjadjaran, Indonesia
Prof.Dr. Şenay Şimşek	North Dakota State University, USA
Prof.Dr. Harnyk Tatiana	Traditional and Alternative Medicine Society, Ukraine
Prof.Dr. Krystyna Skalicka-Wozniak	Medical University of Lublin, Poland



## **AGRICULTURE, GAP & ORGANIC PRODUCTION**

- Improving and Expanding Good Agricultural Practices (GAP)
- Biotechnological R & D Studies in Good Agricultural Practices
- Development and Sustainability of Organic Agricultural Production
- Essential Issues in Transition Process of Natural and Organic Production
- Procurement, Marketing, Certification in GAP and Organic Production
- Conservation of Sustainable Soil Efficacy and Soil Quality
- Organic and Microbial Nutrition in Crop Production
- Biological and Natural Campaign Techniques in Plant Disease Control
- Biodiversity, Honey Forests, Natural Resources and Eco Concentration
- Clean - Renewable Energy Use and Extensification
- Sustainable Soil Fertility and Soil Microbiology
- Other Topics Related with Agriculture Including Livestock and Farming

## **NUTRITION AND DIETETICS**

- Information Pollution in Nutrition and Dietetic Field
- Place and Importance of Food Supplements in Nutrition Science
- Nutrition Problems and Epidemiology in Society
- Importance of Proper Nutrition in Non-Communicable Diseases (Cardiovascular Diseases, Diabetes, Obesity, Cancer, etc.)
- Out-of-Home Consumption and Health Reflections
- Nutrition in Special Conditions (Pregnancy, Old Age, Sport, etc.)
- Fetal Programming and Adult Nutrition
- Metabolic and Bariatric Surgery Dietitian
- Intestinal Microflora and Nutrition Related Diseases
- Biodiversity in Natural Food and Nutrition
- Probiotics, Prebiotics and Health Relation

## **FOOD SAFETY AND RELIABILITY**

- Food Safety Management Systems and Risk Assessment
- Functional Food Production and Sustainability in Food Production
- GMO (Genetically Modified Organisms) Risk Assessment
- Imitation and Adulteration in Food Inspection Policies and Legislation
- Bee Products Reliability, Diversity and Optimization
- Safe Methods in the Production of Food Additive-Supplementary Agents
- Current Issues and Certification in Halal Food Production
- Scientific Infrastructure in Food Labels, Nutrition and Health Declarations
- Food Waste, Hunger Problem and Sustainable Food Projections
- Food Defense Consciousness, Bioterrorism and Education
- Laboratory Practices and Analytical Techniques in Agriculture and Food
- Other Topics Related with Food Technology and Safety

## **HEALTHY LIFE & PHARMACY**

- Traditional, Complementary and Integrative Medicine
- Use of Rational Drugs in Healthy Life and Treatment
- Apitherapy Applications with Bee Products
- Natural / Herbal Medicines, Herbal Vitamins, Enzymes
- Natural Cosmetics and Personal Care Products
- Health Tourism, Gastro-Tourism, Eco-Tourism etc.
- Thermal Health Practices and Natural Mineral Waters
- Occupational Health and Safety, Working Life and Stress Management
- Strategies to Prevent Tobacco and Similar Harmful Habits
- Laboratory Practices and Analytical Techniques in Health & Pharmacy
- Renewable & Bioenergy Sources and Environment
- Other Topics Related with Healthy Life & Pharmacy

## **SPORT FOR ALL**

- Exercise and Sport Techniques in Healthy Life
- Training and Movement Science
- Physical Education and Sports Teaching
- Sport Management and Organization
- Psychosocial Areas in Sports
- Physical Education and Sports for Disabled
- Sports and Health Sciences
- Apitherapy and Sports Health
- Healthy Life and Recreation
- Sports History and Sports Tourism
- Other Topics Related with Sport

### **Event Language, Presentations & Publication**

The official presentation languages of the NATURAL'2019 are TURKISH or ENGLISH. Speakers from at least 5 different countries will participate in EURASIAN NATURAL'2019. Abstracts / Full Papers can also be submitted and presented in Turkish or English. Oral presentations will take 10 minutes and a 5 minute question-answer section will be added. Poster presentations can also be prepared in Turkish / English. The Oral or 'Poster' presentation samples can be find on the meeting *web site*.

All abstracts or full papers should be submitted by using **ONLINE SUBMISSION SYSTEM**. Please submit your abstract/full-text paper using the formatting of the templates on the *web* site. Authors can submit a maximum of 6 papers (as Abstracts or Full-Text). Word documents as Doc or Docx are the acceptable file formats. The EURASIAN NATURAL'2019 provides the New Academic Incentive Criteria.

FULL-TEXT BOOK (PROCEEDINGS BOOK) will be published in the ISBN number before December 2019. **ACADEMIA PUBLISHING** is also the Official Publisher and Partner of NATURAL'2019. Thus, selected full-text papers submitted to the conference can be published in the Academia Publishing Journals after they have passed through the review process. Last date of sending the full text-papers is 15 September 2019. See link: <https://academiapublishing.org/conference-partners.htm>

## Registration Information

Each participant must pay registration fee, and send the scan copy of **Bank Receipt** to '[natural@natural2019.com](mailto:natural@natural2019.com)' by e-mail to complete the registration process. Event pre-registrations can be made from the 'Online Registration' page. The early registration fee is **390 TL** for national participants and **65 Euro** for foreign participants. Scientific sessions, break offerings and all social programs are included in the registration fee but traveling, accommodation and special technical tours are not included.

## Sponsorship Terms

It is intended to bring together different disciplines in this field in agriculture, food, nutrition, health and sports issues and to establish effective dialogue and cooperation between producers, researchers and consumers. You can be sponsor to the '**5<sup>th</sup> International Eurasian Congress on Natural Nutrition, Healthy Life & Sport**' which is one of the most important internationally participated organization of our country, and you can provide an effective promotion of your institution / establishment. Detailed information about sponsorship conditions are on the meeting *web site*.

## Event Location

The event of 5<sup>th</sup> EURASIAN NATURAL'2019 will be conducted in the Capital City of Ankara. Event location and exhibition area is the Main Congress Area of Gazi University, Ankara, Turkey.

### *Important Dates*

Meeting Announcement	01 February 2019
Deadline for Abstract/Full Paper Submission	15 September 2019
Notification of Acceptance	Within 15 days after the submission
Deadline for Early Registration Payments	15 September 2019
Event Date	02-06 October 2019



*Scientific Secretaries*

Assoc.Prof.Dr. Gökçen Eren

Gazi University, Faculty of Pharmacy  
Tel: +90 (312) 202 3170  
natural@natural2019.com

Assoc.Prof.Dr. İpek Süntar

Gazi University, Faculty of Pharmacy  
Tel: +90 (312) 202 3170  
natural@natural2019.com

Res. Assist. Merve Karaman

Gazi University, Faculty of Sport Sci.  
Tel: +90 (312) 202 3170  
Gsm: +90 (533) 6018472

**[www.natural2019.com](http://www.natural2019.com), [natural@natural2019.com](mailto:natural@natural2019.com)**