

NATUROPATHY SYMPOSIUM

Chersonissos, Crete

Creta Maris

24–31 October 2026

PROGRAMME

Saturday, 24 October 2026

Arrival and welcome reception in the evening.

From - To: Sunday, 25 October 2026

09:00 - 09:50 | Opening of the Symposium

09:50 - 10:50 | Are our cells smarter than we are? Cooperation (the secret of successful evolution) Dr. Dagmar Uecker, Bad Soden

10:50 - 11:20 | Coffee Break

11:20 - 12:10 | Anxiety disorders – Dr. Erwin Häringer, Munich

12:10 - 13:30 | Discussion forum

13:30 - 16:00 | Lunch break

16:00 - 16:50 | Allergies in the 21st century: New approaches in diagnostics and therapy. Dr. Sebastian Prochnow, Hamburg

16:50 - 18:00 | Questions and discussion about the whole day

From - To: Monday, 26 October 2026

09:00 - 09:50 | Neurotrition – a key concept for the health of the brain and nervous system – Dr. Udo Böhm, Unterwössen

09:50 - 10:50 | Obesity – only a mismatch between energy intake and energy expenditure? (including the role of the gastrointestinal system, nutrition, GI factors and new intervention options) Prof. Dr. Johannes Dahm, Göttingen

10:50 - 11:10 | Coffee Break

11:10 - 12:00 | Omega-3 fatty acids – the range of their effects in the light of new data – Dr. Miriam Neuenfeldt, Stralsund

12:00 - 13:00 | Panel discussion with participants' contributions about the day's lectures

13:00 - 14:30 | Lunch break

14:30 - 18:15 | Practical Sports Medicine Course: Various sports and exercise activities covering strength, endurance, flexibility, speed and coordination. Practical sessions include running, cycling and selected ball sports. Therapeutically useful training methods such as Taiji-Chan and Qi Gong will be demonstrated and practiced.

From - To: Tuesday, 27 October 2026

09:00 - 09:50 | Does the method of application influence therapeutic success in daily practice? Dr. Klaus-Dieter Beller, Kenzingen

09:50 - 10:50 | Cardiovascular health and functional nutritional medicine – Dr. Udo Böhm, Unterwössen

10:50 - 11:10 | Coffee Break

11:10 - 12:00 | Media overload, overstimulation and isolation – Dr. Manfred Gärtner, Offenburg

12:00 - 13:00 | Discussion forum about the day's lectures

13:00 - 14:30 | Lunch break

14:30 - 18:30 | Naturopathic excursion

From - To: Wednesday, 28 October 2026

09:00 - 09:50 | Our skin – more than just a covering! – Prof. Dr. Jörg Spitz, Schlangenbad

09:50 - 10:50 | News from the centre – from microbiome to metabolome – Dr. Markus Pfisterer, Heilbronn

10:50 - 11:10 | Coffee Break

11:10 - 12:00 | ADHD – mastering everyday life with a holistic approach – Dr. Steffen Fischer, Hochheim

12:00 - 13:30 | Panel discussion about the day's lectures with participants' contributions

13:30 - 16:00 | Lunch break

16:00 - 16:50 | Understanding ENT diseases in context. New perspectives for doctors & patients. Dr. Sebastian Prochnow, Hamburg

16:50 - 17:40 | Living healthy for longer: Longevity through micronutrients and plant power – Dr. Miriam Neuenfeldt, Stralsund

17:40 - 18:40 | Questions and discussion about the whole day

From - To: Thursday, 29 October 2026

- 09:00 - 09:50 | Inflammation: Naturopathy meets conventional medicine (Inflammation, the immune system and ageing, cancer, atherosclerosis, life expectancy) Prof. Dr. Johannes Dahm, Göttingen
- 09:50 - 10:50 | How your doctor would treat you if healthcare/medicine were not so heavily regulated by guidelines. Tried-and-tested tips and tricks from clinical practice. Dr Klaus-Dieter Beller, Kenzingen
- 10:50 - 11:10 | Coffee Break
- 11:10 - 12:00 | Comprehensive treatment for shoulder pain, dizziness and tinnitus. Dr. Thomas Heintze, Marburg
- 12:00 - 13:30 | Discussion forum about the last lectures
- 13:30 - 16:00 | Lunch break
- 16:00 - 16:50 | Melatonin – far more than a sleep hormone! – Prof. Dr. Jörg Spitz, Schlangenbad
- 16:50 - 18:00 | Questions and discussion about the day's lectures

From - To: Friday, 30 October 2026

- 09:00 - 09:50 | Irritable bowel syndrome – irritated patients and therapists – Dr. Erwin Häringer, Munich
- 09:50 - 10:50 | From 50 years of experience in holistic therapeutic work – Dr. Dagmar Uecker, Bad Soden
- 10:50 - 11:10 | Coffee Break
- 11:10 - 12:00 | Spermidine – a game changer in longevity, mitochondrial dysfunction, histamine and mast cell activation?! – Dr. Markus Pfisterer, Heilbronn
- 12:00 - 13:00 | Panel discussion with guests' contributions
- 13:00 - 14:30 | Lunch Break
- 14:30 - 18:15 | Practical Sports Medicine Course: Various sports and exercise activities covering strength, endurance, flexibility, speed and coordination. Practical sessions include running, cycling and selected ball sports. Therapeutically useful training methods such as Taiji-Chan and Qi Gong will be demonstrated & practiced.

Saturday, 31 October 2026

Departure

Seminar fee: € 650

Send your Pre-registration to the CME-Provider:

FOMED – Fortbildung Medizin, Rohrbacher Str. 8, 69115 Heidelberg.

Your contacts: Ms. Julia Piñera-Villamil or Ms. J. Burkhard

Tel. 07261-946721, Fax 07261-946710. E-mail: anmeldung@fomed.de

The symposium and the speakers' travel expenses are funded by the registration fees and a sponsorship contribution of €20,000 from Köhler Pharma, Alsbach. The sponsoring company will not be accommodated in the congress room, but in a separate room.

We confirm that the content of the training programme is independent of any specific products and/or services. We confirm that any potential conflicts of interest on the part of the organiser, the scientific director and the speakers will be disclosed to participants prior to the event. A certificate of attendance will be issued.

Medical Director:

Dr Manfred Gärtner, specialist doctor in general practice and Co-Founder "Medicina Humana", Offenburg.

List of speakers:

Dr Steffen Fischer, MD, paediatrician with his own practice in Hochheim near Mainz.

Prof. Dr Johannes Dahm, MD, cardiologist, Göttingen Cardiac Sports Institute.

Dr Klaus-Dieter Beller, Dipl.-Ing., private clinic, Kenzingen.

Dr Udo Böhm, specialist in general practice, naturopathy, sports medicine and environmental medicine, Unterwössen

Dr Erwin Häringer, speaker and pharmacology adviser to the Bavarian Medical Association.

Dr Miriam Neuenfeldt, Medical Manager for Medical Chemistry, Stralsund.

Prof. Jörg Spitz, specialist in nuclear medicine, nutritional medicine and preventive medicine, Schlangenbad.

Dr Dagmar Uecker, MD, internist, private clinic in Bad Soden.

Dr Thomas Heintze, specialist in internal medicine, naturopathy, acupuncture and homeopathy, Marburg.

Dr Sebastian Prochnow, specialist in ENT, chiropractic therapy, acupuncture, allergology and naturopathy.

Dr Markus Pfisterer, doctor specialising in naturopathy and acupuncture with his own clinic in Heilbronn.