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International Orthomolecular Medicine Congress 2026: Building Bridges in Istanbul

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Istanbul, Türkiye - September 12-13, 2026

The International Orthomolecular Medicine Congress 2026 convened physicians, scientists, educators, and professional leaders at the Renaissance Polat Istanbul Hotel on September 12-13, 2026. Participants from Türkiye and other countries exchanged perspectives on nutritional, metabolic, and integrative approaches to health and disease.

Organized by the Orthomolecular Medicine Society Türkiye under the theme "From Molecules to Medicine," the two-day congress explored connections among orthomolecular nutrition, metabolic medicine, mitochondrial biology, epigenetics, the microbiome, environmental health, cancer metabolism, and healthy aging.



Participants and faculty at the International Orthomolecular Medicine Congress 2026 in Istanbul.

The meeting brought together established international leaders and an expanding community of Turkish clinicians and researchers, creating opportunities for scientific exchange and future collaboration.

Recognition of the Turkish Leadership

Special recognition goes to Dr. Hasan Hüsnü Eren and Prof. Dr. Aslıhan Gürbüz Bolkan for their leadership and commitment to this international gathering.

The organizers and their colleagues coordinated an international scientific program, interpretation, and the contributions of many faculty members, volunteers, and institutional partners. Prof. Dr. Nuray Yazıhan also contributed to the scientific program.



Dr. Hasan Hüsnü Eren, Founder and President of the Turkish Orthomolecular Medicine Association and Founder of the Orthomolecular Medicine Academy, speaking during the International Orthomolecular Medicine Congress in Istanbul, with Congress Co-Chair Prof. Dr. Aslıhan Gürbüz Bolkan, Professor of Medical Biochemistry at Ankara University Faculty of Medicine.

The opening program included Hüseyin Çelik, President of the Turkish Medicines and Medical Devices Agency (TİTCK), the national medicines and medical devices regulator. The congress program also listed senior representatives of Türkiye's health and biomedical institutions among its leadership. Their participation created an opportunity for dialogue across clinical, scientific, and institutional perspectives.



Hüseyin Çelik, President of the Turkish Medicines and Medical Devices Agency (TİTCK), addressing the International Orthomolecular Medicine Congress 2026 in Istanbul.



Prof. Dr. Nuray Yazıhan, Professor at Ankara University Faculty of Medicine, presenting during the International Orthomolecular Medicine Congress 2026 in Istanbul.

Together, these contributions underscore the role of Turkish organizers and faculty in strengthening professional exchange with the international orthomolecular community.

International Leadership in Orthomolecular Medicine

International speakers brought perspectives from multiple regions and scientific traditions.

Dr. Ilyès Baghli - International Society for Orthomolecular Medicine

Dr. Ilyès Baghli of Algeria, President of the International Society for Orthomolecular Medicine (ISOM), represented an international network of physicians, scientists, and societies interested in nutrition and biochemical approaches to health.



Dr. Ilyès Baghli, President of the International Society for Orthomolecular Medicine (ISOM), speaking at the Istanbul congress.

Dr. Atsuo Yanagisawa - Japan

Atsuo Yanagisawa, MD, PhD, FACC, President of the Japanese Society for Orthomolecular Medicine and a former ISOM President, contributed the perspective of Japan's longstanding orthomolecular medicine community, including its experience in nutritional and intravenous nutrient therapies.



Atsuo Yanagisawa, MD, PhD, FACC, during his congress session in Istanbul.

Dr. Ana Moreira - Portugal

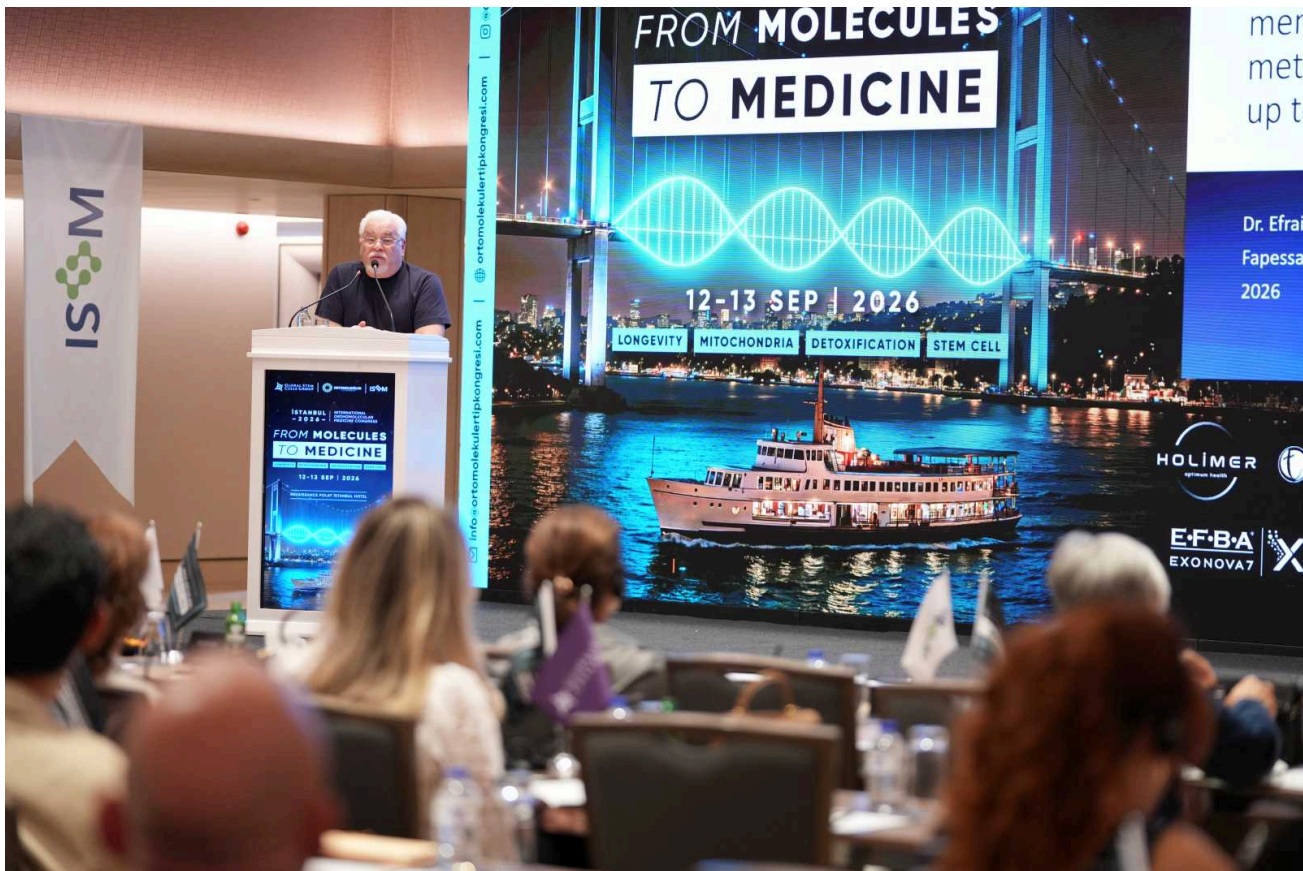
Dr. Ana Moreira, President of the Portuguese Society of Integrative Medicine and a member of the European Society of Integrative Medicine (ESIM) Executive Committee, presented "OHT and Orthomolecular Medicine: Connection and Future Perspectives in Cancer." Her presentation examined the interface between orthomolecular medicine and integrative oncology, including approaches whose clinical roles require continued evaluation.



Dr. Ana Moreira of Portugal speaking at the Istanbul congress.

Dr. Efrain Olszewer - Brazil

Dr. Efrain Olszewer of Brazil participated as a longstanding contributor to orthomolecular and integrative medicine in Latin America through clinical practice, education, and professional exchange.



Dr. Efrain Olszewer of Brazil speaking at the International Orthomolecular Medicine Congress 2026.

Dr. Homer Lim - The Philippines

Dr. Homer Lim of the Philippines, President of the Philippine Society of Orthomolecular Medicine (PSOM), contributed a Southeast Asian perspective informed by his interests in integrative oncology, intravenous nutrient therapy, and metabolic approaches to chronic illness.



Dr. Homer Lim of the Philippines speaking at the Istanbul congress.

Remote presentations by Dr. Thomas E. Levy and Prof. Thomas N. Seyfried extended the congress program to discussions of vitamin C, redox biology, and cancer metabolism.

Dr. Thomas E. Levy

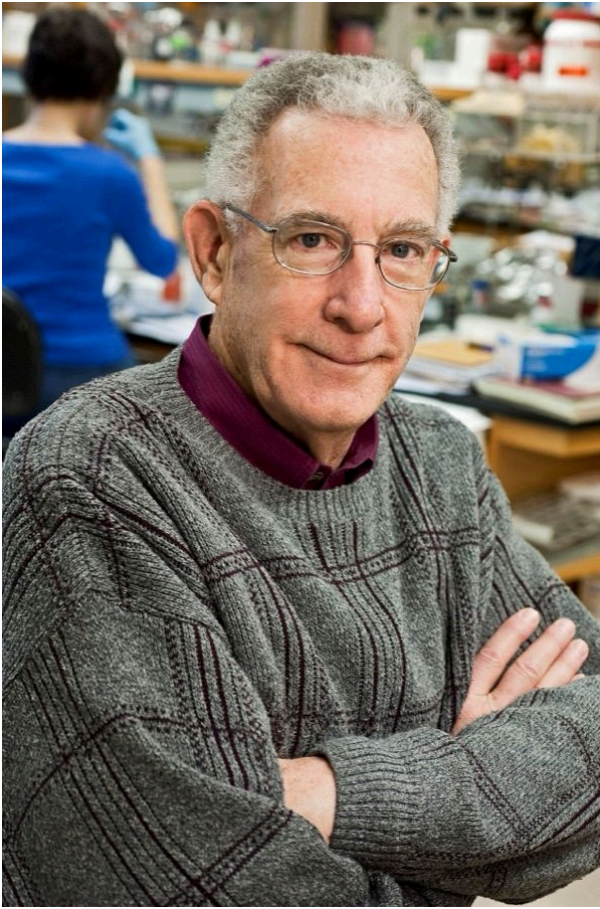
Thomas E. Levy, MD, JD, participated remotely. Known for his writing and lectures on vitamin C and redox biology, Dr. Levy has also contributed to the Orthomolecular Medicine News Service.



Thomas E. Levy, MD, JD, participating remotely in the Istanbul congress.

Prof. Thomas N. Seyfried

Thomas N. Seyfried, PhD, Professor of Biology at Boston College, joined remotely to discuss cancer metabolism. His research has helped stimulate scientific debate about the metabolic features of tumors and the potential role of metabolism-directed strategies. Such strategies remain subjects of ongoing investigation rather than established substitutes for standard oncology care.



Thomas N. Seyfried, PhD, participating remotely in the Istanbul congress.

These contributions highlighted the international scope of the meeting.



International faculty and congress leaders gathered in Istanbul.

A Broad Scientific Program

Sessions addressed mitochondrial function, cellular energy, personalized medicine, epigenetics, microbiome research, nutritional and metabolic interventions, cardiovascular health, cancer biology, environmental exposures, healthy aging, and regenerative medicine.

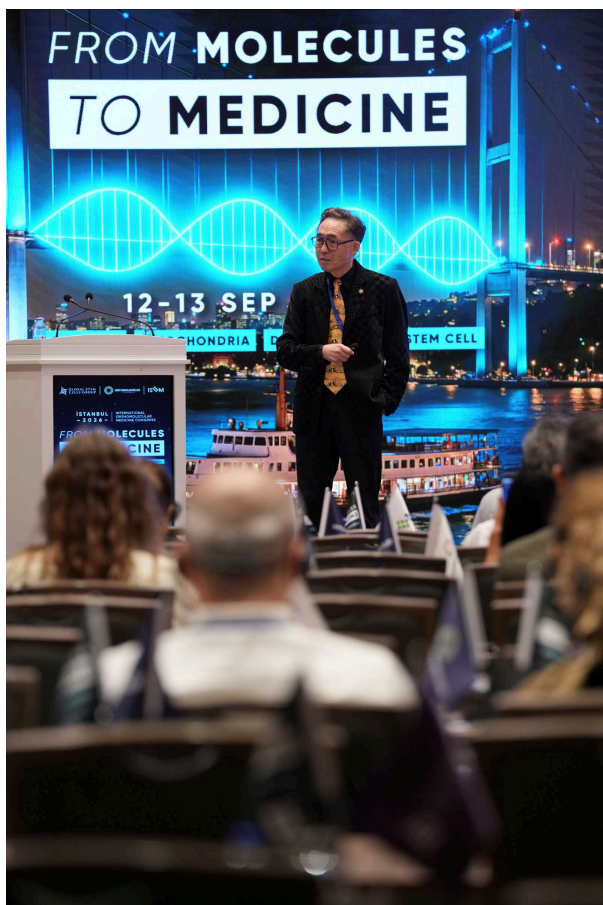
Faculty included Dr. Ilyès Baghli, Dr. Atsuo Yanagisawa, Dr. Thomas E. Levy, Prof. Thomas N. Seyfried, Dr. Sabine Hazan, Dr. Efrain Olszewer, Dr. Homer Lim, Dr. Ana Moreira, Dr. Richard Z. Cheng, and numerous Turkish clinicians and scientists.

The breadth of the program encouraged discussion across disciplinary and national boundaries.

From Risk-Factor Management to Systems Medicine

Richard Z. Cheng, MD, PhD, presented an integrative orthomolecular systems perspective on preventing and potentially reversing aspects of atherosclerotic cardiovascular disease. The lecture emphasized the need to consider more than isolated risk factors while distinguishing biological rationale from outcomes that must be demonstrated in clinical studies.

Relevant considerations include insulin resistance, diet, nutrient status, inflammation, oxidative stress, mitochondrial function, vascular biology, environmental exposures, and lifestyle.



Richard Z. Cheng, MD, PhD, USA, presenting an integrative orthomolecular systems approach to atherosclerotic cardiovascular disease.

This Integrative Orthomolecular Systems Medicine (I-OM) perspective seeks to identify modifiable contributors to chronic illness while retaining established diagnostic and therapeutic approaches.

It asks practical questions: Which processes contribute to disease in a particular patient? Which are modifiable? How might nutritional and lifestyle strategies complement evidence-based medical care? Approaches to disease "reversal" should be evaluated against clearly defined clinical endpoints, not inferred from mechanisms alone.

These questions are especially relevant to the prevention and long-term management of cardiometabolic disease.

Many Disciplines, a Common Biological Foundation

The congress connected topics that are often considered separately, including cancer metabolism, the microbiome, mitochondrial function, epigenetics, cardiovascular health, and healthy aging.

Their shared scientific interest lies in the interactions among metabolism, nutrition, redox regulation, inflammation, signaling, the environment, and individual biology. These connections offer research questions and potential clinical insights, but they do not imply that every proposed intervention has established clinical efficacy.

Simultaneous English-Turkish interpretation facilitated communication between international faculty and Turkish participants and helped scientific discussions move across linguistic and cultural boundaries.

Building Bridges Between Türkiye and the International Community

Türkiye occupies a unique geographic and cultural position connecting Europe, Asia, and the Mediterranean region, making Istanbul an especially appropriate location for international scientific exchange. The congress allowed physicians and researchers from different countries to discuss education, clinical practice, research, professional standards, and opportunities for future cooperation. Istanbul's position between Europe and Asia offered a fitting setting for international exchange. Physicians and researchers discussed clinical practice, education, research, professional standards, and possible collaborations.

Such meetings allow participants to compare different national experiences and identify opportunities for responsible scientific cooperation.

Advances in systems biology, metabolic research, immunology, and nutrition provide increasingly sophisticated ways to study health and disease. Rigorous research remains essential to determine when that knowledge translates into measurable patient benefit.

Recognition and Closing Ceremony

An awards and recognition ceremony concluded the congress, acknowledging contributors to the meeting and to the wider orthomolecular community.



Award recipients and congress leadership during the closing recognition ceremony.

The extensive photographic and audiovisual record of the Istanbul congress captures more than lectures. It documents scientific discussions, friendships, international collaboration, and the passing of knowledge between generations of clinicians and researchers. The photographs capture the congress's lectures, discussions, personal connections, and international collaborations.

Looking Forward

The Istanbul congress illustrated sustained international interest in orthomolecular medicine and its intersections with metabolic research, precision nutrition, mitochondrial biology, environmental health, and healthy aging.

Its lasting value may lie in the relationships it strengthened and the questions it encouraged physicians and scientists to investigate together.

We extend our appreciation to Dr. Hasan Hüsnü Eren, Prof. Dr. Aslıhan Gürbüz Bolkan, and the wider organizing team for their hospitality and work.

We also thank the international and Turkish faculty, participants, and collaborators who made the meeting possible.

A central theme of orthomolecular medicine is that the biochemical and physiological conditions influencing health may be modifiable. The challenge is to test proposed approaches carefully, distinguish promising mechanisms from demonstrated benefit, and apply interventions with appropriate attention to safety.

As understanding of metabolism, nutrition, and molecular biology develops, thoughtful collaboration between clinicians and researchers will be crucial.

The 2026 Istanbul congress provided a forum for advancing that dialogue.

Congress recordings:

https://www.ortomolekulertipakademisi.com/uluslararasi-ortomolekuler-tip-kongresi_e88

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