



Symposium 8 September Regeneration Day Healthy ageing(s)

Proper regeneration is the basis for a healthy future

Location: Teepott Warnemünde, Seepromenade 1, 18119 Rostock

Time: 08:00 – 18:00

08:00 – 08:30 Admission

Moderator: Michael Lüdtke (BioCon Valley)

08:30 – 08:45 Welcome and opening of the symposium

- Stefanie Drese, Minister of Social Affairs, Health and Sport (via video link)
- Kanagawa Prefecture (Japan, via video link)
 - Short introduction Health Innovation and industry in Kanagawa, Manager Mr. Kenichi Ohki (EN)
 - Short introduction ME-Byo Health Concept, Mr. Yasuo Tani (JPN)
- JETRO (Japan External Trade Organization, Director General Mr. Toshiki

Wani)

08:45 – 09:15 Background information on the triggers of stress-related illnesses

Lecture University of Greifswald (20 min.)

Discussion (10 min.)

09:15 – 09:45 The concept for regeneration

Lecture Prof. Dr. Hideki Katano (Japanese Recovery Association, RIKEN

Institute, EN, 20 min.)
Discussion (10 min.)

09:45 – 12:00 Symptoms of stress-related diseases
09:45 – 10:30 Health management in the company,
before organizational approach of BGM to the implementation of the
core
aspect regeneration
Lecture Alexandra Löwe and Sven Adomat (DE, 45 min.)
Discussion (10 min.)
IST university, hochschule for Management

10:40 – 11:00 Break

11:00 – 12:00 Mechanism of chronic fatigue syndrome (CFS)
Prof. Dr. Med. Yasuyoshi Watanabe (video link, EN, 45 Min.)
Laboratory for Pathophysiological and Health Science,
RIKEN Center for Biosystems Dynamics Research
Discussion (15 Min.)

12:00 – 13:00 Research and development of innovative forms of nutrition

12:00 – 12:30 Lecture Prof. Flögel on Planetary Health Diet
(Zentrum für Ernährung und Lebensmitteltechnologie gGmbH)
Discussion (10 min.)
12:30 – 13:00 Influence of nutrition on regeneration
Dipl. Öcotrophologist Roland Jentschura (DE)
Discussion (10 min.)

13:00 – 13:30 Lunch break (design of the lunch buffet in cooperation with the ZELT team
)

13:30 – 17:00 Solutions for the treatment of stress disorders
13:30 – 13:50 Spas, regenerative effect (Japan and Mecklenburg)
Prof. Dr. Yasuhiro Ishikawa (video link, EN)
Nihon Pharmaseutical University
Discussion (5 min.)
13:50 – 14:15 Anice Rösler Bäderverband MV, outpatient preventive cures
Discussion (10 min.)
14:15 – 14:30 Therapeutic Approaches Physiotherapy in Japan, Machino
(video link, JPN)

14:30 – 14:45 Break

14:45 – 16:00 Healing forest, regenerative effect
"Medical Forest" – Lecture Prof. Dr. Med. Qing Li (video link, EN, 30 min.)
Professor at Nippon Medical School

Movement Courses Kristina Portwich (Physiotherapist, Osteopathin, DE, 15
min.)

Working Group BioCon Vallee, Dr. Rabes (DE, 20 min.)
Discussion (10 min.)

16:00 – 16:30 Phytotherapy and its influence on the body's own regeneration
Prof. Dr. med. Karin Kraft (DE, 20 min.)
Discussion (10 min.)
University of Rostock

16:30 – 17:00 Regeneration in the Rehabilitation
Reha Box Concept, Niklas Weiß (DE, 15 min.)
The Genki Vital Regeneration Course "Healthy Ageing"
Frank Schneider (Genki Vital Academy, DE, 15 min)

17:00 – 18:00 Discussion all participants

18:00 End

We look forward to your participation:

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