

19, 2025
SEPTEMBER

**Virtual
Event**

**2ND International Conference on
Obesity and Weight Management**
&
**2ND International Conference on
Food Science and Technology**

Contact Us:

✉ info@scitechseries.com
🌐 <https://www.scitechseries.com>

☎ +44 2045874848
📞 +44 7383507342

Table of Contents

Keynote Speakers 04

Welcome Messages 05

Oral Presentations 06

Keynote Speakers 17

Oral Presentations 23

Poster Presentations 32

Oral Presentations 38

Accepted Abstracts 40

Supporting Journals 47

Our Keynote Speakers



Connie Rogers
Holistic Health Coaching
USA



Wan Rosli Wan Ishak
Universiti Sains
Malaysia



Mengxi Jinag
Capital Medical University
China



Dong Li
Yongchuan Hospital
of Chongqing Medical
University
China



Rano Alieva
Republican Specialized Sci-
entific and Practical Medical
Center of Cardiology
Uzbekistan



Rim Chamseddine
Faculty of Pharmacy,
Lebanese University
Lebanon



Benjamin Sley
Texas Bar Association
Member
USA



Melese Alemnew Ayal
Bahir Dar Health Sci-
ence College
Ethiopia

Thank You All

WELCOME MESSAGE



Weihong He
Sichuan University,
China

Welcome to the “2nd International Conference on Obesity and Weight Management” (Obesity 2025) scheduled as a Virtual Event on September 19-20, 2025.

On behalf of the scientific committee, we are delighted to welcome you as participants to this event on September 19-20, 2025 as a Virtually. The 2nd International Conference on Obesity and Weight Management promises to once again be a gathering of leading experts, researchers, and professionals in the field of obesity and weight management.

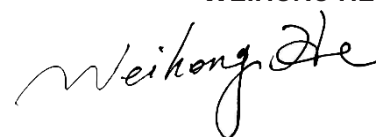
Overweight and obesity present a risk to health throughout the life course. Rates of overweight and obesity continue to grow in adults and children and are associated with adverse health outcomes. The 20 conference themes encompass various aspects of obesity and weight management, offering a comprehensive platform for the exchange of knowledge, and experiences, and the promotion of collaborative efforts. Whether you are an established researcher, an industry veteran, or a young scientist, this conference aims to foster networking, collaboration, and the exchange of ground breaking ideas and technologies.

renowned for its cultural heritage and technological innovation, provides the ideal setting for this international conference. Throughout the conference days, participants will have insights into a rich program covering a wide range of topics, from fundamental principles to applications and the latest industry research findings.

We would be delighted by your participation and anticipate that the 2nd International Conference on Obesity and Weight Management will not only be intellectually stimulating but also a crucial moment for developing connections within the global community of obesity and weight management.

Welcome to Event, and may this conference significantly contribute to your professional exchange, inspire collaborative ideas and partnerships, and push the boundaries of obesity and weight management. We wish you a successful and fulfilling conference experience!

WEIHONG HE





***Oral
Presentations***

***September
19, 2025***

2nd International Congress on Obesity and Weight Management &

2nd International Conference on
Food Science and Technology
September 19 | Virtual Event



Mengxi Jiang

Capital Medical University
China

Homeobox C4 transcription factor promotes adipose tissue thermogenesis

Abstract:

The homeobox (HOX) family has shown potential in adipose development and function, yet the specific HOX proteins fueling adipose thermogenesis remain elusive. In this study, we uncovered the novel function of HOXC4 in stimulating adipose thermogenesis. Our bioinformatic analysis indicated an enrichment of Hoxc4 co-expressed genes in metabolic pathways and linked HOXC4 polymorphisms to metabolic parameters, suggesting its involvement in metabolic regulation. In mouse brown adipose tissue, HOXC4 expression negatively correlated with body weight and positively correlated with Ucp1 expression. Through gain- and loss-of-function experiments in mice, we established that HOXC4 is both sufficient and necessary for adipose thermogenesis, leading to enhanced cold tolerance and protection against diet-induced obesity and insulin resistance. Human and mouse primary adipocyte models further confirmed that the thermogenic activation function of HOXC4 is cell-autonomous. Mechanistically, HOXC4 collaborates with cofactor NCOA1 via its hexapeptide motif to form a transcriptional complex at the Ucp1 promoter, thereby promoting Ucp1 transcription and adipose thermogenesis. These findings delineate a novel mechanism by which HOXC4 drives thermogenic transcription and adipose energy metabolism, offering potential therapeutic targets for obesity-related metabolic disorders.

Biography

Jiang earned her Ph.D. in Pharmaceutical Sciences from the University of Pittsburgh, USA, in 2014, followed by a postdoctoral fellowship at the Whitehead Institute / MIT, where she investigated molecular mechanisms of metabolic disorders. Dr. Jiang has published extensively and collaborates internationally to advance drug discovery and metabolic regulation, aiming to develop innovative therapeutic strategies for obesity, insulin resistance, and related conditions.

2nd International Congress on Obesity and Weight Management &

2nd International Conference on
Food Science and Technology
September 19 | Virtual Event



Dong Li

Yongchuan Hospital of Chongqing Medical University
China

Analysis of IgA Nephropathy Professional Quality Control Data in YuXi Area from 2020 to 2023 Chongqing

Abstract:

Objective: To evaluate the current status of IgA nephropathy (IgAN) medical quality control in the Chongqing YuXi area, investigate the impact of demographic characteristics and Oxford pathological classification on laboratory indicators, and provide evidence for optimizing regional IgAN management strategies.

Methods: A cross-sectional study included IgAN patients diagnosed via renal biopsy at Yongchuan Hospital from January 2020 to June 2023. Data collected included demographics, Oxford pathological classification (M/E/S/T/C scores), and 11 laboratory indicators (liver/kidney function, urinalysis, etc.). Descriptive statistics assessed data completeness; t-tests and multi-factor ANOVA analyzed interactions between demographics, pathological classification, and key indicators. Risk stratification used KDIGO guidelines.

Results: 73 patients were included. Pre-biopsy examination completion rate was 1.37%, renal pathology slice staining compliance 100%, IgAN pathological typing diagnosis rate 100%, RAS inhibitor usage rate 40%, and follow-up completion rate 42.47%. Gender differences significantly affected hematuria (women had 0.88 RBC/HPF higher occult blood than men, $P < 0.01$; men had $0.53 \times 10^{12}/L$ higher red blood cell count than women, $P < 0.01$). Age groups differed significantly in renal function creatinine and ESR (patients over 60 had higher values, $P < 0.01$). Weight (kg) correlated with uric acid ($\mu\text{mol}/L$) at the 0.01 significance level ($F = 9.413$, $P = 0.000$). In Oxford classification, 24-hour urine protein in E1 was higher than in E0 (3.44 ± 4.40 vs 1.53 ± 1.45 , $P = 0.011$), and C2 was higher than C1 and C0 ($6.16 \pm 6.48 > 2.17 \pm 1.94 > 1.35 \pm 1.51$, $P < 0.01$).

Conclusion: This study suggests that the obesity diagnostic criterion ($\text{BMI} \geq 28$) may underestimate the renal risk of extreme weight. It is recommended to incorporate weight management into the basic treatment path for IgA nephropathy (evidence level 1B), establish a community-based "weight - uric acid - renal function" triple-screening system, and explore insurance coverage for obesity related nephropathy interventions. It reveals regional characteristics of pathological classification and clinical phenotype in YuXi IgAN patients, indicating that endothelial hyperplasia (E) and cellular/fibrous crescents (C) in the Oxford classification affect

renal function. It is suggested to establish a dynamic risk assessment system based on a pathology - clinical integrated model, strengthen proteinuria - targeted control and stratified management of high - risk groups, and improve regional IgAN treatment standardization.

Biography

Dong Li obtained his Ph.D. from Chongqing Medical University at the age of 31 and is currently the head nurse of the Nephrology and Rheumatology Department. He has published over 10 papers in renowned journals, focusing on the management and nursing of chronic kidney disease.

2nd International Congress on Obesity and Weight Management &

2nd International Conference on
Food Science and Technology
September 19 | Virtual Event



Maria Celenza

University of Oviedo
Spain

The consumers rights through the lens of the persistent problem of seafood fraud/substitution: A study on Marine Invertebrate Mislabelling in Northern Spain

Abstract:

Seafood substitution is a problem of global concern with significant implications for consumer rights, as it misleads consumers regarding the origin and economic value of products. Furthermore, this phenomenon could pose a substantial allergenic risk, potentially compromising human safety and health. In Northern Spain, local seafood represents a highly valued and very well-paid product, as a signature element of the region's traditional gastronomy and tourism income. A previous study conducted by our research team revealed a high incidence of mislabelling/fraud/substitutions in restaurants for the commercialization of the variegated scallops. In this work, we made a first genetic assessment of possible intentional deceit and violations of consumer rights throughout mislabelling in dishes and products offered in Northern Spain (Asturias and Cantabria), related to native lobsters (*Homarus gammarus*) and razor clams (*Ensis arcuatus/siliqua*). Samples were taken from 18 local restaurants and 6 shellfish shops in Asturias and Cantabria. We have detected 30% and 18% of mislabelled products in *Ensis* and *Homarus* species, respectively. Instead of the native species, the substitutions revealed the imported and invasive American *Ensis directus*. Lobster supplies also included imported *Homarus americanus* specimens. Moreover, we have developed a rapid colourimetric detection method based on LAMP (Loop-mediated isothermal amplification), which enables a quick identification of the native species of lobster and the invasive american razor clam. Food control and the use of innovative genetics-based techniques in seafood products, which are particularly prone to fraud, are essential to protect consumers in terms of ethics, cost and food safety.

Biography

Maria Celenza holds a Master's degree in Ecology and Ethology for Nature Conservation from the University of Parma (Italy), and a Bachelor's degree in Biological Sciences from the Università Politecnica delle Marche (Italy). She is currently a PhD student in the PhD Programme in Cellular and Molecular Biology at the University of Oviedo, Spain. Research Lines include: Food Fraud, Mislabeling, Conservation Genetics, Metabarcoding, LAMP.

**2nd International Congress on
Obesity and Weight Management**
&
**2nd International Conference on
Food Science and Technology**
September 19 | Virtual Event



Louise W Ngugi

Karatina University
Kenya

Sensory Characteristics of Therapeutic Juice Blends for Peptic Ulcers

Abstract:

This research aimed to determine sensory characteristics of therapeutic juice blends for peptic ulcers management, adapted from recipes in literature. Peptic ulcers, characterized by sores in the stomach lining or duodenum, common gastrointestinal disorder can be managed or aggravated by certain food and beverage choices. Healthy diets are often assumed to be unpalatable and hence minimally utilized. This study formulated recipes and developed nutritious blends that were tested for appearance, taste, aroma, texture, and color, attributes that play a crucial role in the palatability and acceptability of therapeutic diets. Emphasis on the need for nutritious and blends that are gentle on the stomach while maintaining a pleasant sensory profile was considered. The developed blends were tested for key sensory attributes, appearance, taste, texture and aroma. Ingredients included pineapple, pawpaw, banana, coconut in varying proportions. All the attributes were tested using a 5-point numerical scale adapted from the existing hedonic scales. All samples were tested within an hour of preparation to simulate the consumption patterns. A panel of individuals untrained panelists assessed the juices on the chosen characteristics. Results indicated juice formulations with balanced sweetness, low acidity, and smooth texture were most preferred. Additionally, the inclusion of neutral fruits coconut and pawpaw, known for their nutritional and digestive benefits, may offer further therapeutic potential without compromising sensory appeal. These findings underline the importance of nutritious recipe formulations, palatable and addressing the sensitivity in the peptic ulcers conditions.

Biography

Louise W Ngugi holds a PhD in Applied Human Nutrition. I headed the department of Food Science and Nutrition at Karatina University for about seven years. I am ambitious, a team worker self-driven and committed to achieving set goals. She is a highly qualified professional in nutrition and dietetics, food science, meal planning management and service, food security, Public Health nutrition, water, and sanitation and hygiene, disaster mitigation and risk management programmes. She has published and presented twenty-three papers and articles in peer reviewed journals and conference proceedings. She is a registered Food Science and Nutritionist in Kenya

2nd International Congress on Obesity and Weight Management &

2nd International Conference on
Food Science and Technology
September 19 | Virtual Event



Rano Alieva

Republican Specialized Scientific and Practical Medical Center of Cardiology of the Ministry of Health of the Republic of Uzbekistan, Uzbekistan

Association between body mass index, lipid profile and liver elastography parameters in patients with coronary artery disease

Abstract:

Abstract: Obesity, dyslipidemia, and hepatic fat are considered risk factors of coronary artery disease (CAD). Our study aimed to evaluate relationship between body mass index (BMI), lipid profile and hepatic steatosis and fibrosis in patients with CAD.

Material and Methods: 92 patients with CAD were prospectively recruited in this study. All patients were performed anthropometric measurements and laboratory tests (total cholesterol, low-density lipoprotein (LDL), very low-density lipoprotein (VLDL), high-density lipoprotein (HDL), serum triglyceride (TG) concentration). Hepatic steatosis in dB/m and liver stiffness in kPa were measured by transient elastography. Relationship between parameters was assessed by Pearson correlation coefficient.

Results: A total of 92 patients were included, of which 42 (45.7%) were men. The mean age was 67.5 ± 5.6 years old. The mean values of the measured parameters were as follows: BMI = 30.4 ± 4.2 kg/m², total cholesterol = 168.6 ± 31.2 mg/dl, LDL = 91.6 ± 26.4 mg/dl, VLDL = 32.6 ± 21.2 mg/dl, HDL = 47.2 ± 11.3 mg/dl, TG = 162.8 ± 105.9 mg/dl, hepatic steatosis = 274.8 ± 52.5 dB/m, liver stiffness = 5.1 ± 1.2 kPa. In our study BMI had a strong positive correlation with hepatic steatosis ($r=0.89$) and no other associations with lipid profile and liver stiffness.

Conclusion: Our results suggest that BMI is positively correlated with hepatic steatosis and obesity increases the risk of fatty liver disease in patients with CAD.

Biography

Alieva R.B. has completed his PhD at the 2019 at the PSSPMCC and postdoctoral studies from RSSPMCC at 2024. He is the director of Lipid Center of Uzbekistan Cardiology Association. She has published more than 85 papers in reputed journals and has been serving as an editorial board member of repute.

2nd International Congress on Obesity and Weight Management &

2nd International Conference on
Food Science and Technology
September 19 | Virtual Event



Barbu Vasilica

University of Galati
Romania

New innovative functional food: Danube carp (*Cyprinus carpio*) lactically fermented with *Lactiplantibacillus pentosus*

Abstract:

The Danube region has a rich tradition of preserving fish, particularly through smoking, salting, and fermenting. The use of *Lactiplantibacillus pentosus* in the fermentation of Danube carp (a freshwater fish species native to Central and Eastern Europe) has the potential to create innovative functional foods. These foods would not only deliver the nutritional benefits of fish but also the probiotic benefits from the fermentation process. Danube carp is a rich source of high-quality protein, which is essential for muscle repair, immune function, and overall health. Like other fish, contains omega-3 fatty acids, which are beneficial for cardiovascular health, brain function, and reducing inflammation. Danube carp is also a good source of essential vitamins and minerals, such as B vitamins (especially B12), selenium, iodine, and phosphorus, which are vital for metabolism, nerve function, and immune health. *Lactiplantibacillus pentosus* is known for producing lactic acid and other metabolites that enhance food safety, flavor, and digestibility. By introducing modern probiotic bacteria like *Lactiplantibacillus pentosus* in the controlled fermentation process, this concept could blend traditional food preservation with modern functional food trends, creating a product that appeals to both health-conscious consumers and those interested in the unique flavors of fermented fish. The probiotic lactic acid bacteria can help improve digestion, alleviate symptoms of irritable bowel syndrome (IBS), and contribute to overall gastrointestinal well-being. Probiotics have been shown to influence the immune system positively by enhancing the gut-associated lymphoid tissue (GALT), which plays a key role in defending against infections and maintaining immune homeostasis. The fermentation process can also lead to the formation of bioactive peptides, which have antioxidant properties that could help reduce oxidative stress, thus protecting against chronic diseases like heart disease and cancer. In this study, we characterized from a biotechnological point of view the strain of *L. pentosaceus* isolated from corn hydrolysate, we selected the best parameters of the fermentation and drying process (temperature, time), we analysed microbiologically and sensory the resulting functional product. Such a product would appeal to health-conscious consumers looking for innovative, probiotic-rich foods while also preserving the culinary traditions of the Danube region. However, market acceptance and flavour profile adjustments are key to its success.

Biography

Barbu Vasilica graduated in 1991 from the Faculty of Biology, University of Bucharest. Since 2003 she taught lectures in the Department of Food Science, Food Engineering and Applied Biotechnology at the Faculty of Food Science and Engineering. Associate Professor since 2009. Her professional research activity is oriented towards the microencapsulation of different biologically active compounds from plants and their confocal analysis to obtain functional foods with health benefits. The research work is defined by: 5 books, 88 papers, 14 research projects of which 4 as a manager, patents awarded with Silver Medal at the International Exhibition of Inventions in Geneva.

2nd International Congress on Obesity and Weight Management &

2nd International Conference on
Food Science and Technology
September 19 | Virtual Event



Rim Chamseddine

Lebanese University
Lebanon

Social Media, Body Perception, and the Uptake of Weight-Loss Medications in Lebanon

Abstract:

Obesity consequences can extend beyond physical health to include body image dissatisfaction and reduced self-esteem. Social media use, a dominant source of health information, may be particularly relevant in the uptake of weight-loss products, yet evidence from the Lebanese context remains limited. We examined how social media exposure and body image perception relate to the use of weight-loss products among 332 Lebanese adults who completed an online questionnaire between June and August 2025. Participants were predominantly females (73.8%), with a mean age of 30.46 ± 10.00 years and an average BMI of 25.3 ± 4.92 ; most had a university degree (85.8%). Half of the participants reported using social media for over three hours daily, with 16.0% indicating consistent influence and 34.3% occasional influence from online content. Overall, 30.4% reported taking weight-loss medications, most commonly Ozempic (16.0%), Keto Gold (14.0%), Mounjaro (13.0%), and Orlistat (12.0%). Use was significantly higher among divorced individuals ($p=0.034$), those with lower educational attainment ($p=0.026$), business owners ($p<0.001$), non-healthcare workers ($p<0.001$), and those with chronic diseases ($p=0.010$) compared to others. Although 96.7% expressed some level of body appreciation, nearly half (47.3%) reported self-esteem independent of weight or shape. Our findings suggest that social media and sociodemographic factors play a substantial role in shaping weight-loss medication use. Public health strategies in Lebanon should prioritize digital health literacy, targeted interventions for vulnerable groups, and the promotion of safe, evidence-based weight management practices.

Biography

Rim Chamseddine is a Doctor of Pharmacy who earned both her Bachelor's degree in Pharmacy and her PharmD from the Lebanese University. She has extensive experience in community pharmacy and a strong research interest in pharmacognosy and botanical studies. In her fifth year, she completed a thesis on endophytic fungi as a source of bioactive compounds. Her interests also extend to nutrition and obesity management, and she is currently conducting a study on the impact of social media on the use of weight-loss products. Passionate about research since her first year at the Faculty of Pharmacy, she continues to actively explore innovative topics in pharmaceutical sciences and public health.

2nd International Congress on Obesity and Weight Management &

2nd International Conference on
Food Science and Technology
September 19 | Virtual Event



Muhammad Hasnun Md Yusoff

University Sains
Malaysia

Efficiency of Deep Eutectic Solvents (DES) as an Extraction Medium for Polysaccharides: Characterization, Biological Activities and Comparison to Conventional Solvent

Abstract:

The extraction of polysaccharides using acidic extraction media has been widely explored, demonstrating its usefulness in producing high-yield polysaccharides. However, a higher concentration of acidic solution might break down the structure of polysaccharides, whereas a lower concentration could decrease the extraction efficiency. Despite these difficulties, deep eutectic solvents (DES) have emerged as an alternate extraction medium owing to additional interactions including intermolecular and electrostatic interactions, that could enhance the effectiveness in extraction and biological activities of polysaccharides. The results demonstrated that the microwave-assisted extraction of *Micromelum minutum* leaf polysaccharide (MMLP) using DES (MMLP-DES) used less microwave power (19.83%) and time (0.78 min less) and produced a higher yield (improvement of 101.20%) than citric acid monohydrate (CAM) (MMLP-CAM). The characteristics of MMLPs significantly altered based on their acidity, molecular weight, morphology, viscosity, degree of esterification, and monosaccharide molar ratio which all affect biological activities. The bioactivities investigation found that MMLP-DES exhibited stronger antioxidant (i.e., DPPH: 74.52% and FRAP: 2.87 mM FeSO₄) and anti-hyperglycaemic (e.g., α -amylase inhibition: 86.23%) activities than MMLP-CAM (antioxidant activities: DPPH of 49.33% and FRAP of 1.49 mM FeSO₄ and anti-hyperglycaemic activity: α -amylase inhibition of 81.76%) due to their structural changes. This study emphasizes the benefits of DES for extracting polysaccharides with enhanced biological activity for combating oxidative stress and diabetes mellitus.

Biography

Muhammad Hasnun Md Yusoff is a 25-year-old PhD candidate in Biochemical Analysis at University Sains Malaysia, having commenced his doctoral studies in March 2024. His research focuses on deep eutectic solvents (DES) for the extraction of bioactive polysaccharides with antioxidants, antidiabetic, and antihypertensive properties. He has published over seven peer-reviewed articles in reputable journals such as *Analytica Chimica Acta* and *International Journal of Biological Macromolecules*. He actively contributes to international scientific conferences and serves as a reviewer for academic journals. His work aligns with sustainable health solutions, targeting plant-based therapies for metabolic disorders.



***Keynote
Presentations***

***September
19, 2025***

**2nd International Congress on
Obesity and Weight Management**
&
**2nd International Conference on
Food Science and Technology**
September 19 | Virtual Event



Wan Rosli Wan Ishak

Sains University
Malaysia

The ability of winter melon (*benincasa hispida*) in improving nutritive values and controlling glycaemic parameters

Abstract:

A high intake of refined carbohydrates combined with a low intake of dietary fibres (DFs), notably from vegetables, has elevated the risk of cardiovascular disease, diabetes, and other disorders. The incidence of chronic diseases is increasing, with the number of diabetics anticipated to climb from 180 million in 2010 to 368 million by 2030. This is the leading cause of morbidity and mortality worldwide since it can create health issues and lower quality of life. The aim of this study is to investigate whether the dietary fibres from winter melon able to improve glycaemic profiles for diabetic control. Our research reveals that the aqueous extract of winter melon exhibits a significant hypoglycaemic and protective effects of streptozotocin-induced diabetic rats. Winter melon-treated rat's liver and kidney show improvement of hepatic cells which resembles normal structure of hepatic cells. Besides, the incorporation of winter melon in granola bars proven in improving nutritional composition and DF content while improving the regularity of defecation behaviour and well accepted by consumers. In the intervention study, the group presented a significant reduction in diastolic blood pressure (Δ 7.0 mmHg, 95% CI: 11.4, 2.5). Mean fasting plasma glucose (Δ 0.8 mmol/L, 95% CI: 1.8, 0.2) showed a greater reduction in the intervention group compared to the control group (Δ 0.4 mmol/L, 95% CI: 1.2, 0.4). Mean lean body mass showed favourable trend of increment at Week 6 (Δ 0.05 kg, 95% CI: -0.40, 0.49) and Week 12 (Δ 0.16 kg, 95% CI: -0.33, 0.64) as compared to baseline in the intervention group but not in the control group which manifested decreasing lean body mass. In short, the use of *B. hispida* extract may potentially improve blood pressure and glycaemic control in patients with type 2 diabetes and it may be an attractive candidate for the development of functional food products. Being physically active and eating a sufficient amount of DF from fruits and vegetables are vital in reducing the risks of having diabetes, maintaining the health status and sustaining quality of life and societal well-being.

Biography

Wan Rosli Wan Ishak is a professor of Nutrition Program at the School of Health Sciences (SHS), Universiti Sains Malaysia (USM), Health Campus, Kota Bharu, Kelantan, Malaysia. Currently, he is a Dean of SHS of USM. His research theme emphasizes more on the utilization of natural agricultural by-products into popularly consumed processed foods. Various low glycemic index (GI) based on these agricultural by-products have been developed. He was selected among Top 10 Innovators for SYMBIOSIS project funded by Malaysian Technology Development of Malaysia (MTDC) to facilitate the commercialization of functional and health cookies from oyster mushroom (Nutri-Mush® Cookies). He has published more than 130 articles in various indexed journals.

2nd International Congress on Obesity and Weight Management &

2nd International Conference on
Food Science and Technology
September 19 | Virtual Event



Connie Rogers

Holistic Health Coaching
USA

Nutritional Metabolism & Metabolic Syndrome

Abstract:

A healthy brain depends on a healthy gut, which includes a healthy metabolism. If our daily habits include street drugs, junk foods, pesticides, and chemicals, we have neither. All street and prescription drugs leave a negative footprint on the brain and the gut. If we chemically spray the life out of our backyard soil, the Earth we inhabit, the foods we ingest, and the geo-engineering of the sun, the Earth-sun axis is disrupted. The sun is the brain of planet Earth. The fruits of our labor and behavior are intertwined with the roots of life. Toxic actions and behaviors/ neglected self-care habits have dominated our world to date. We can't suffer from metabolic and endocrine disruption without pointing to the underlying root causes. What are we eating? "Gut bacteria produce hundreds of neurochemicals that the brain uses to regulate basic physiological and mental processes such as learning, memory, and mood. Gut bacteria manufacture about 95% of the body's serotonin supply, influencing mood and GI activity."

1. "Recently, several clinical studies have shown that diabetes, obesity, and components of metabolic syndrome are associated with cognitive impairment, including dementias such as Alzheimer's disease."
2. "Another study links cholesterol metabolism impairment and neuropsychiatric disorders and provides insights into neuronal dysfunction due to abnormal cholesterol metabolism in neuropsychiatric disorders."
3. Cholesterol imbalances can be related to a high sugar diet and chronic stress, linking cholesterol imbalances to depression. "Depression has become a major public health problem, where nutrition plays a significant role in the onset as well as severity/ duration of depression."
4. Example: "High fried food consumption impacts anxiety and depression due to lipid metabolism disturbance and neuroinflammation."
5. And, if we take this one step further: "Mitochondrial dysfunction (fried foods) not only impairs energy production but is found causal in metabolic and neuropsychiatric disorders such as depression." Notably, as you can imagine, people with diabetes and obesity have

a higher risk of depression.

6. These findings bring clarity to neurological symptoms posing as psychiatric conditions. Research reminds us that 'misfiring neurons' may increase the risk for schizophrenia,
7. depression,
8. and are mostly related to an unhealthy gut-brain axis. Our metabolic and endocrine systems work together to ensure the health of our entire nervous system. Just as the earth-sun axis plays a massive role in our metabolic system, studies show that endocrine-disrupting chemicals (such as microplastics and PFAS)
9. damage the ecosystem of our oceans and environment. Metaphorically, the ocean reacts like our central nervous system, and when upset, the communication system between our endocrine system, metabolic system, gut microbiome, and other organs is limited. The Earth has a rhythm and can react to stimuli. Schumann's Resonances (7.83 Hz) drive our world's harmonizing pulse for life. With the right kind of stimulus, we feel rhythm not only in the brain but also in the body. North and South Pole shifting can affect this harmonizing pulse. "Our planet has a rhythm that has played a significant role in governing the evolution of life
10. sending colluding signals to all microorganisms. "When Schumann published his research results on resonance, a physician named Dr. Ankermueller made the connection between the Schumann Resonance and the alpha rhythm of brainwaves. Dr. Ankermueller realized that the Earth had the same natural resonance as the human brain."
11. Facts are, all living systems respond to the Earth's frequencies. How well we respond depends on the health of our immune system. Humans can't live without the sun's frequency.
12. Sunlight is a useful therapeutic modality for many conditions including hypertension
13. and mood disorders. Vitamin D, from sun exposure, supports gastrointestinal homeostasis and immunity. Low levels of this 'Sunshine Vitamin' is inversely correlated with insulin resistance.
14. Signals from the the sun affect our circadian rhythms by influencing the secretion of melatonin. Sleep is a restorative process, so when we don't get enough, elimination slows, metabolism changes, autoimmune disorders increase along with premature aging. Since eighty percent of our immune system is in our gut, sleep is affected by adverse changes in our gut microbiome and immune system. Additionally, unhealthy eating patterns,
15. and/or consuming junk foods will result in chronic stress, negatively affecting the mental and metabolic health of children
16. as well as adults. Why should these issues concern us? There is a critical link between metabolism and immunity, highlighted by the findings that cellular metabolism affects im-

mune cell state and fate and contributes to infectious disease, and inflammatory diseases including cancer.

17. I've included Recommended Reading: 'Cancer is a Metabolic Disease' by Thomas Seyfried.

As you can see our habits and actions create a world of effects! Changing and developing a healthy way of living is a stepping stone to changing the understanding of all aspects surrounding our metabolism, our gut-brain axis and the Earth-sun axis.

Biography

Connie Rogers graduated near the beginning of the renowned Institute for Integrative Nutrition in NYC. (NYC 2003) She is accredited through the American Association of Drugless Practitioners. Connie Rogers is a Published Author (2015), Certified Integrative Nutritional Holistic Health Coach, Certified Brain Health Coach, Professional Researcher, Ghost Writer, Certified Cosmetologist / (1977) Skin Health Educator for over 40 years. Connie has owned and operated 2 day spas in her lifetime. She attended Gilda's Club in NYC for caregiving studies in ovarian cancer. Studied <http://www.newstart.com/program/> Training under Don Hansen New Start Program in Colorado. Connie currently writes, speaks, and offers holistic options for balancing wellness. She believes when we tune into our health, growth is a spiral process changing directions as we learn. Connie has helped clients regain their personal health by taking back control of their lives through gained knowledge and simple yet powerful positive daily habits. Her passion is to discover and address the "causes" of health challenges and then create a movement of balance and vitality. Anyone close to her will agree, Connie Rogers truly walks the talk and the many lives she has empowered will tell you her wisdom and guidance are priceless. She coaches on the topics of the mind/body connection, gut microbiome/hormone connection, skin health from within, removing toxic exposures in order to create health, and the emotional balancing act of foods and moods.



***Oral
Presentations***

***September
19, 2025***

2nd International Congress on Obesity and Weight Management &

2nd International Conference on
Food Science and Technology
September 19 | Virtual Event



Warda Mustfa

University Agriculture
Pakistan

Black cardamom essential oil prevents *Escherichia coli* O157:H7 and *Salmonella* Typhimurium JSG 1748 biofilm formation through inhibition of quorum sensing

Abstract:

This study aimed to investigate the chemical composition, using GC–MS, and anti-biofilm potential of black cardamom essential oil (BCEO) against biofilms of *Escherichia coli* O157:H7 and *Salmonella* Typhimurium JSG 1748 through inhibition of bacterial quorum sensing. GC–MS quantification demonstrated that BCEO contains 1,8-cineole (44.24%), α -terpinyl acetate (12.25%), nerolidol (6.03%), and sabinene (5.96%) as the major bioactive compounds. Antioxidant assays for BCEO revealed the total phenolic and flavonoid mean values were 1325.03 ± 7.69 mg GAE 100/g and 168.25 ± 5.26 mg CE/g, respectively. In regards to antimicrobial potential, *Candida albicans* was the most sensitive species compared to *Streptococcus mutans*, *Staphylococcus aureus*, *Listeria monocytogenes*, *Bacillus cereus*, and *Salmonella* Typhimurium with the following zones of inhibition; 14.4 ± 0.52 , 13.2 ± 0.42 , 11.2 ± 0.28 , 11.0 ± 0.52 , 8.2 ± 0.24 and 6.6 ± 0.18 mm in diameter, respectively. Biofilm inhibition by BCEO was concentration-dependent, when various concentrations of 0.03, 0.06, 0.12, 0.25 and 0.5% were applied, 33.67, 34.14, 38.66, 46.65 and 50.17% of *Salmonella* Typhimurium biofilm was inhibited, while 47.31, 54.15, 76.57, 83.36 and 84.63% of *Escherichia coli* biofilm formation was prevented. *Chromobacterium violaceum* ATCC 12,472 and its product violacein, was used as a microbial indicator for enhancement or inhibition of quorum sensing. Our data showed that 0.5% of BCEO inhibited violacein production without influencing the growth of *Chromobacterium violaceum*, while 1% of BCEO, caused 100% inhibition of violacein production together with 30% inhibition of growth. This study shows that BCEO possesses promising antioxidant and antimicrobial potential, and found anti-biofilm activities linked to the quenching of the quorum sensing system of *E. coli* and *S. Typhimurium*.

Biography

Warda Mustfa is A Ph.D student, has been submitted her Ph.D. semi-final thesis and going to submit her Final thesis at the end of this semester. I have been published mine degree paper recently. I have published more than 11 papers in reputed journals.

2nd International Congress on Obesity and Weight Management &

2nd International Conference on
Food Science and Technology
September 19 | Virtual Event



Benjamin Sley

Sley Advisors, LLC
USA

Nutrition + Gentle Strength: Permanent Weight Loss and Preventing Sarcopenia for a Vibrant Life

Abstract:

Benjamin Sley is a Marine Corps veteran, chemist, certified nutritionist, and nationally recognized expert on permanent weight loss without injections or extreme exercise. After personally losing over 75 pounds and keeping it off for more than six years, Ben now helps others—especially men and women over 45—achieve the same transformation. His method is grounded in biochemistry and real-world results: eliminate inflammatory, ultraprocessed foods; preserve and rebuild lean muscle; and restore metabolic health without relying on pharmaceuticals, crash diets, or hours in the gym. In his engaging and practical presentation, Ben explains how modern lifestyles and common foods disrupt human metabolism, accelerate fat storage, and lead to sarcopenia—age-related muscle loss. He offers a clear roadmap to reverse these effects through nutrient-dense eating, gentle resistance training, and restoring metabolic flexibility. Attendees will learn why injections and extreme exercise are unnecessary—and even counterproductive—for long-term health and weight loss. This talk is ideal for audiences seeking a sustainable, science-backed approach to regaining energy, muscle tone, and confidence. Ben’s delivery is inspiring and actionable, combining his deep knowledge of human metabolism with the discipline and grit of a Marine. He speaks with clarity and purpose, equipping listeners with simple strategies they can apply immediately.

Learning Objectives:

1. Understand why most diets fail and how to correct metabolic damage naturally.
2. Learn to preserve muscle mass while losing fat, especially after age 45.
3. Discover which foods disrupt metabolism and how to replace them.
4. Gain strategies for reversing sarcopenia and restoring energy.
5. Build a personalized, sustainable action plan for lasting fat loss and vitality.

Ben’s message is clear: you can reclaim your health without needles, pills, or punishing workouts—and his mission is to show you how.

Biography

Benjamin Sley is a Marine Corps veteran, chemist, and recognized expert on permanent weight loss without injections or excessive exercise having appeared on NBC TV, USA Today, MSN and LA Weekly. He combines science-based nutrition with real-world results, helping adults over 45 reclaim vitality, build muscle, and reverse metabolic damage through sustainable lifestyle changes. His method is proven, practical, and life-changing.

2nd International Congress on Obesity and Weight Management &

2nd International Conference on
Food Science and Technology
September 19 | Virtual Event



Andrew George Gehring

Agricultural Research Service
USA

Investigations into Nanopore-Based Sequencing for Portable Detection of Foodborne Pathogens: Simulation, Detection Limit, and Quantification

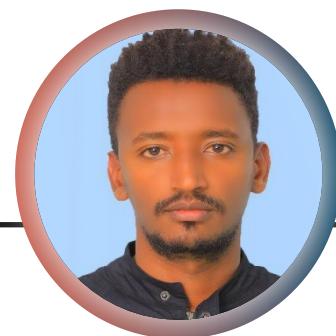
Abstract:

Six hundred million cases of disease and roughly 420,000 deaths occur globally each year due to foodborne pathogens. Current methods to screen and identify pathogens in cattle, poultry, and swine products include immuno-based techniques (e.g., immunoassay integrated biosensors), molecular methods (e.g., DNA hybridization and PCR assays), and traditional culturing. Current detection methods employed by the United States Department of Agriculture's Food Safety and Inspection Service require several days to identify prominent foodborne pathogenic bacterial (e.g., at least 4 days for Shiga-toxin Producing *E. coli* or STEC and 6 days for *Listeria monocytogenes*). Adoption of long-read, whole genome sequencing for food safety testing could significantly reduce the time needed for identification, but method development costs are currently high. Multiple criteria (e.g., accuracy, precision, rapidity, cost, robustness, etc.) are required for the acceptance of new analytical methods. This presentation will focus on elucidation of the minimum detectable level and quantification criteria associated with the application of nanopore-based, long-read sequencing using the MinION platform (Oxford Nanopore Technologies) intended for fieldportable detection of foodborne bacterial pathogens. Results of in-silico and in-vitro research will demonstrate that although the sequencing technology may be proven to be accurate, relatively rapid, and portable, it currently is not practically capable of low-level detection of "zero tolerance," food-associated bacteria without the co-application of culture enrichment. However, the technology does hold promise for quantification of targeted bacteria in the presence of significantly higher amounts of background microbial flora.

Biography

Andrew completed his PhD in Chemistry (Biochemistry emphasis) in 1993 from San Diego State University and the University of California, San Diego and postdoctoral studies with the United States Department of Agriculture (USDA). He serves as a Research Leader for the Characterization and Interventions for Foodborne Pathogens management unit at the Eastern Regional Research Centre (Wyndmoor, Pennsylvania) for the Agricultural Research Service of the USDA. He has published more than 90 papers in reputed journals and currently serves as an editorial board member for MDPI's "Foods."

**2nd International Congress on
Obesity and Weight Management**
&
**2nd International Conference on
Food Science and Technology**
September 19 | Virtual Event



Melese Alemnew Ayal

Bahir Dar Health Science College
Ethiopia

Treatment outcomes of chronic liver disease and associated factors among patients treated at hospitals in Bahir Dar city, north-west Ethiopia

Abstract:

Chronic liver disease is an on-going loss of liver structure and functions that lasts for at least six months. About 1.5 billion population suffered with this devastating disease worldwide. The aim of this study was to assess the treatment outcome and associated factors in patients with chronic liver disease at Bahir Dar, North West Ethiopia. A retrospective cross sectional study was conducted in both governmental and private hospitals of Bahir Dar city from January to August 2024. All patients with liver disease for at least six months and treated for their specific causes and/or complications were included. Descriptive statistics was employed to explain socio-demographic and relevant clinical characteristics. Binary logistic regression was employed to determine associated factors with poor treatment outcome. Texts, tables and charts used to present statistically and/or clinically significant results. A p-value of < 0.05 was considered statistically significant. A total of 213 medical records of chronic liver disease patients were reviewed. Most of the study participants (72.8%) were male and resided in rural area (63.8%). Viral hepatitis was the most frequent (60.0%) etiology followed by parasitic (23.0%) and alcohol misuse (11.5%). The percentage of patients with chronic liver disease who experienced poor treatment outcomes was 39.0% and 54.2% were not taking medications specifically tailored to their condition. Stages of chronic liver disease (AOR = 2.68; 95%CI: 1.50–4.76, $p = 0.001$), carcinoma status (AOR = 2.68; 95%CI: 1.07–6.68, $p = 0.035$) and treatment duration (AOR = 0.38; 95%CI: 0.15–0.98, $p = 0.045$) were independent predictors for poor treatment outcome. The overall treatment outcome of chronic liver disease in our study was inadequate. Decompensated stages of cirrhosis, cellular carcinoma and shorter treatment duration were significant factors of treatment failure.

Biography

I had completed my master's degree in clinical pharmacy at the age of 26 from Addis Ababa University. I am the lecturer of Bahir Dar Health Science College; I have been in academia for more than 5 years. I published more than four papers in renowned journals, and my research focuses on infectious disease.

**2nd International Congress on
Obesity and Weight Management**
&
**2nd International Conference on
Food Science and Technology**
September 19 | Virtual Event

Ashenafi Guye Dumara

Haramaya University
Ethiopia

Determinants of multiple maize technology package adoption in Ethiopia: Evidence from the Sidama region

Abstract:

The adoption of improved agricultural technology packages is vital in Ethiopia, as the expansion of cultivable land appears nearly exhausted and population size has skyrocketed. However, the country has shown a low adoption rate. Thus, this study aimed to investigate the factors that hinder or facilitate the adoption of multiple maize technology packages and the intensity of adoption in the northern Sidama zone of Ethiopia. A multistage sampling procedure was applied to gather cross-sectional data from 424 farm households owning 545 maize plots. A multivariate probit and two-limit Tobit models were used to address the study objectives. The conditional probability results confirmed that maize technology packages are complementary (positive relationship). This infers that agriculture-focused policies that influence the adoption of a single component of technology packages can have a reinforcing advantage over the adoption of other technologies. Furthermore, the results from the models showed that farmers with greater experience, family size, plot size, livestock and oxen ownership, number of maize plots owned, of-farm income, and access to credit, extension services, and membership in institutions are more likely to adopt at least one of the improved technology packages and achieved a better status of intensity of adoption. The adoption rate and intensity level were meager and there must be relevant interventions that promote wider adoption for better productivity. This, in turn, helps smallholder farmers to get rid of chronic food insecurity and poverty. It is, therefore, crucial to reinforce and deliver quality extension services, provide credit access, motivate youth to be involved in farming activities, inspire membership, and ease the system to access inputs and technologies for broader adoption of technology packages.

Biography

Ashenafi Guye has expertise in lecturing and teaching various courses in the Department of Agricultural Economics and Agribusiness at Bonga and Hawassa University. In addition, he has been participating in research and community service as part of his job. Currently, he is a PhD candidate in the School of Agricultural Economics and Agribusiness at Haramaya University. The research article mentioned above is part of his PhD dissertation work.

**2nd International Congress on
Obesity and Weight Management**
&
**2nd International Conference on
Food Science and Technology**
September 19 | Virtual Event

Cheryl Armstrong

Agricultural Research Service
USA

Advancements in detection methods for foodborne pathogens

Abstract:

Detection of foodborne pathogens is fundamental for ensuring the safety of our food supply. The importance of testing methods that are rapid, robust, accurate, and reliable cannot be understated since they not only help mitigate public health risks but also allow foods to reach consumers with the highest degree of freshness possible. To help foster a comprehensive understanding of detection methodologies applicable to food safety testing, current protocols as well as state-of-the-art diagnostics will be explored. Challenges related to the large sample sizes utilized for food safety testing, the low number of pathogens often present, and the enormous variety of food matrices in need of testing will also be examined as will the unmet desires of the food safety industry concerning product testing.

Biography

Cheryl Armstrong is a molecular microbiologist with expertise in both plant and human/animal pathogens. Over the past 3 years, she have been working on rapid detection methods of food borne pathogens but prior to that she worked with plant pathogens.

**2nd International Congress on
Obesity and Weight Management**
&
**2nd International Conference on
Food Science and Technology**
September 19 | Virtual Event

Adeleh Khodabakhshi

Kerman University of Medical Sciences
Iran

Association between Levels of Trimethylamine N-Oxide and Cancer: A Systematic Review and Meta-Analysis

Abstract:

Cancer is the second leading cause of death in the world. Reports on the effect of Trimethylamine-N-oxide (TAMO), a small amine oxide generated by gut microbial metabolism of choline, betaine, and carnitine, on cancer are inconsistent. Therefore, this systematic review and meta-analysis summarize the effect of TAMO on cancer incidence. A systematic search was conducted in PubMed, Scopus, Web of Science, and Embase. Data were pooled using the random-effects method and were expressed as weighted mean difference (WMD) and 95% confidence intervals (CI). The pooled results of 16 studies, including 5930 participants, showed that the association between TMAO levels and cancer incidence is insignificant (Odds Ratio: 0.97, 95% CI: (0.64, 1.46), P-value = 0.871). Subgroup analysis showed that urinary TMAO levels were negatively associated with cancer incidence; in contrast, a direct and positive association was observed between serum TMAO levels and cancer incidence. However, "gender" and the "TMAO measuring method" were the potential sources of discrepancies. Meta-regression analysis did not reveal any significant association between duration of studies, age, female ratio, subjects-control, and subjects-case. The present study demonstrates that serum TAMO levels were insignificantly associated with cancer incidence.

Biography

Adeleh Khodabakhshi, was born in Iran. She received her PhD degrees in nutrition from Shahid Beheshti University of Medical Sciences in 2019. She is currently working at the nutrition department, Kerman University of Medical Sciences as an assistant professor. Her research interests include nutrition and cancer. She published 40 articles, in clinical nutrition journal with impact factor 7, European Journal of Clinical Nutrition IF= 4, nutrition journal IF= 3.3, nutrition and cancer journal IF= 2.6. and etc. Accord Scopus index, her publication h-index is 8. She has been serving as a reviewer board member of several reputed journals such as nutrition and cancer journal. And was invited as a speaker to many international congresses. My primary research interests lie in the intersection of nutrition and cancer. In my PhD dissertation, I conducted a rigorous randomized controlled clinical trial investigating the impact of a ketogenic diet on breast cancer.



***Poster
Presentations***

***September
19, 2025***

2nd International Congress on Obesity and Weight Management

&

2nd International Conference on Food Science and Technology

September 19 | Virtual Event



Meng Liu

Chinese Academy of Agricultural Sciences
China

Metabolomic analysis reveals structural diversity of pectic polysaccharides from *Prunus persica* (L.) Batsch and their relationship with purees characteristics

Abstract:

Pectin metabolism and remodeling are closely associated with its concentration and structural characteristics, which play a critical role in determining the quality attributes of mature peach fruit. Nevertheless, our understanding of the underlying mechanisms governing pectin, from its biosynthesis to its conversion into processed products, remains limited. This research focuses on analyzing the structural features of different pectin fractions (sequentially extracted by water, chelate, and sodium carbonate, namely water-soluble pectin (WSP), chelate-soluble pectin (CSP), and sodium carbonate-soluble pectin (SSP), respectively), alongside the physicochemical and rheological properties of purees, as well as metabolomics, among 20 peach varieties with distinct viscosity, turbidity, and color features. Multivariate statistical analysis was applied to elucidate significant differences between these varieties based on the structure of pectin fractions from the perspective of the metabolome. The results show that the varieties are divided into four groups according to 12 key structural features of pectin. The metabolome analysis identified 12 core metabolites. Notably, the elevated levels of homogalacturonan (HG) and galacturonic acid (GalA) in CSP may largely account for the distinct accumulation of homocitrate, inositol, D-galactose, and D-mannose. Correlation analysis showed a significant positive relationship between the backbone and side chain of CSP and the rheological properties of purees. Meanwhile, higher expression of taxifolin and phlorizin chalcone was probably associated with the accumulation of pigments responsible for the various colors of the purees. This study provides theoretical support for improving puree quality and breeding nutrition-enhanced varieties of peach fruit.

Biography

Meng Liu is currently a joint Ph.D. candidate in the Gembloux Agro-Bio Tech, university of Liège, and Institute of Food Science and Technology, Chinese Academy of Agricultural Sciences, majoring in Agro-products processing and utilization. Her research interests focus on structural characterization and functional activity of natural polysaccharide.

2nd International Congress on Obesity and Weight Management &

2nd International Conference on
Food Science and Technology
September 19 | Virtual Event



Gulnoza

Chortoq mineral water
Uzbekistan

Study of “Chortoq” mineral water’s effect on microbiota and metabolic parameters in overweight and obese individuals

Abstract:

Background: Obesity and overweight are major public health concerns, linked to metabolic disorders like type 2 diabetes, cardiovascular diseases, and hypertension. These conditions are often associated with gut microbiota imbalances, which affect digestion, metabolism, and immune regulation. Recent studies suggest that gut microbiota composition in obese individuals differs from that in those with normal weight, potentially influencing metabolic disorders.

Aim: The aim of the study was to investigate the impact of “Chortoq” water on the microbiota and metabolic parameters in women with overweight and abdominal obesity.

Method: The study involved 76 women with BMI >25 kg/m², no Type 2 diabetes. Participants were split into three groups: 27 took Metformin, 25 drank water, and 24 had both. A control group of 9 healthy women was included. After 90 days, anthropometric, body composition, biochemical, and microbiota data were analyzed.

Results: The study measured anthropometric parameters like weight, BMI, fat, and muscle mass. The metformin, water, and metformin+ water groups had higher body weight and circumferences than the control group. Post-study, all intervention groups showed reduced weight and BMI, with the metformin+ water group gaining muscle mass. Insulin levels decreased slightly, while uric acid rose in the metformin+ water group. Triglycerides increased, and HDL cholesterol decreased in metformin groups. Fasting blood glucose unexpectedly increased. Microbiota analysis showed increased bifido bacteria in all groups, especially with water intake, and the metformin+ water group had the highest lactobacilli levels. *Klebsiella pneumoniae* decreased in all groups except the metformin+ water group.

Conclusion: Our study found that “Chortoq” water, consumed by women with abdominal obesity for 3 months, led to weight loss, preserved muscle mass, and improved gut microbiota, including normalized bifidobacteria levels. Water consumption was safe, without increasing salt formation or urinary tract inflammation.

Biography

Gulnoza is affiliated with “Chortoq” Mineral Water in Uzbekistan. She focuses on the study and promotion of natural mineral waters, with an emphasis on their health benefits and sustainable use. Her interests include water quality analysis, mineral composition, and the role of mineral-rich water in preventive healthcare and nutrition. Through her work, she aims to contribute to advancing public health and wellness in Uzbekistan and beyond.

**2nd International Congress on
Obesity and Weight Management**
&
**2nd International Conference on
Food Science and Technology**
September 19 | Virtual Event



Fredotovic Zeljana

University of Split
Croatia

The influence of abiotic stress on physiological and biochemical parameters in two onion species, *Allium cepa* L. and *Allium × cornutum* Clementi ex Visiani

Abstract:

Onions are one of the most important cultivated vegetables in the world. *Allium cepa* is one of the best-known species, with the highest production after the tomato. Because of its special taste and aroma, it has been used as a spice in the human diet for centuries. *Allium × cornutum*, a hybrid onion that grows in rocky areas with little water, has been used in Dalmatian cuisine since ancient times. High temperatures, drought and humidity lead to abiotic stress, which negatively affects morphological and physiological parameters, biochemical processes and the overall plant yield. In the present study, onions were exposed to drought and humidity conditions. The results showed higher chlorophyll and carotenoid content in *A. × cornutum* exposed to drought and in *A. cepa* exposed to humidity. Electrolyte leakage, an indicator of plant stress, was lower in *A. × cornutum* exposed to drought than in control and moist plants, and higher in *A. cepa* exposed to drought, but lower than in the control and moist plants. The total phenolics content, which play an important role in plant defense and stress resistance, was higher in *A. × cornutum* exposed to drought. *A. cepa* control plants and plants exposed to humidity had higher TPC value than those exposed to drought. These results suggest the potential of *A. × cornutum* as a drought resistant plant and of *A. cepa* as a plant more tolerant to humid conditions. Further research is needed to find more resilient plant varieties for the current climate change and food production.

Biography

Zeljana Fredotović has completed her PhD from the Faculty of Science, University of Zagreb, Croatia, in 2017. She is an associate professor at the Faculty of Science, University of Split, Croatia. She has published 30 articles cited in the JCR database and is a guest editor at the International Journal of Molecular Sciences.

2nd International Congress on Obesity and Weight Management &

2nd International Conference on
Food Science and Technology
September 19 | Virtual Event



Ashutosh Kumar Singh

VIT Bhopal University
India

The Paradox of Digital Health: Leveraging Technology for Obesity Management While Mitigating Sedentary Risks

Abstract:

Digital health tools are now everywhere in obesity care, and their role is anything but simple. Apps, wearable trackers, and online consultations can make weight monitoring and lifestyle support far more accessible. Yet, in some cases, they seem to pull people into longer stretches of sitting, which can undercut the very goals they aim to support. This review looks at recent studies to get a clearer picture of that trade-off – how these technologies can both encourage healthier habits and, unintentionally, promote inactivity. We discuss possible reasons for this mixed impact and suggest practical ways to keep the benefits while limiting the downsides. The aim is to give healthcare providers and tech developers a grounded, realistic view of how to use digital tools more effectively in obesity prevention and treatment.

Biography

Ashutosh Kumar Singh is currently pursuing his PhD from VIT Bhopal University, Madhya Pradesh, India. He has contributed to 5 research articles in reputed journals, focusing on topics including viral epidemiology, environmental surveillance, and advanced molecular detection techniques. His work integrates interdisciplinary approaches in microbiology, molecular biology, and public health. He has also been actively engaged in collaborative projects and peer review activities.



***Oral
Presentations***

***September
19, 2025***

2nd International Congress on Obesity and Weight Management &

2nd International Conference on
Food Science and Technology
September 19 | Virtual Event



Bartosz Solowiej

University of Life Sciences in Lublin
Poland

Innovations in fermented dairy products

Abstract:

This study focused on developing fermented whey beverages enriched with organic fruit juices—specifically rosehip and sea buckthorn. We experimented with unpasteurized organic cow and goat whey (both sweet and sour), fermented with lactic acid bacteria and blended with organic sea buckthorn or rosehip juice. Our research assessed the beverages' rheological and microbiological properties, as well as consumer acceptance. The primary goal was to transform liquid whey, often considered a byproduct on organic farms, into a high-value product, thereby diversifying the market for fermented beverages. By selecting specific lactic acid bacteria strains, we enhanced the health benefits of the final products, supporting local producers in waste reduction and alignment with the European Green Deal. Our findings revealed that the addition of organic fruit juices significantly improved the beverages' sensory and rheological qualities. The resulting products exhibited low viscosity, appealing sensory profiles, and strong consumer approval. Microbiological analysis confirmed their safety, with negligible pathogenic microorganisms detected. Overall, combining organic cow's and goat's whey with organic fruit juices not only enriched the nutritional value but also expanded the range of functional dairy products available.

Biography

Bartosz Sołowiej, Ph.D., D.Sc, Vice-Rector for Science and International Cooperation of the University of Life Sciences in Lublin. He graduated from the prestigious program "Top 500 Innovators - Science. Management. Commercialization" at the UC Berkeley in the United States, and "Leaders in University Management" at the TUM of Munich, Germany. Lecturer, scholarship holder e.g., in Australia, Canada, Slovakia, Serbia, Israel and China. Expert at the European Institute of Innovation and Technology (EIT). Author/co-author of many scientific publications. He works on improving the functional properties of food products, mainly dairy products; designing new products for athletes and physically active people



***Accepted
Presentations***

***September
19, 2025***

**2nd International Congress on
Obesity and Weight Management**
&
**2nd International Conference on
Food Science and Technology**
September 19 | Virtual Event

Antonio Casella

Sapienza University of Rome
Italy

Childhood Obesity: Designing Evidence-based Prevention Policies using Network Analysis

Abstract:

Childhood obesity is a complex issue than can't be tackled but using a holistic and multidisciplinary approach and, among the quantitative methods, using Network Analysis. Its application is wide and only rarely applied to social issues but, where used, it showed its resolving power. The aim of this research is to create a comprehensive framework that clearly shows the multifactorial aspect of CO and keeps together five families of influences: genetics, socioeconomic status, social network, environment and impact of policies. Using the bi-partite network technique it is possible to visualize not only the directly responsible factors of CO but also their secondary causes and, overall, to get a clear image of how these factors simultaneously interact. Unlike almost every study on CO, using this approach, based on an extensive literature review and a specifically made survey, has been realized a visual product that, on one side keeps together the literature in an extremely synthetic layout, on the other side gives the scientist the possibility to communicate complexity in a simplified way outside academic context. This technique is particularly useful when prevention policies need to be designed or evaluated, since it gives the possibility to create simulation models based on system dynamics, such as Causal Loop Diagrams or Agent Based Models.

Biography

Antonio Casella is a junior researchers committed in social sustainability issues. It's areas of interest are Health, labour trends and migration. With a master degree in Sociology at Sapienza University of Rome, he collaborates with Italian and international research institutes such as Eurispes, Republikon Intezet (Hungary), Mediterranean Dialogue (Spain), and Sapienza. In its research journey he combines qualitative and quantitative methods, from Ethnography to advanced statistic methods, in order to manage complexity and create dynamic models.

2nd International Congress on Obesity and Weight Management &

2nd International Conference on Food Science and Technology

September 19 | Virtual Event

Evgeny Pokushalov

Triangel Scientific
USA

Impact of Glucomannan, Inulin, and Psyllium Supplementation on Weight Loss in Adults with FTO, LEP, LEPR, and MC4R Polymorphisms: A Randomized, Double-blind, Placebo-controlled Trial

Abstract:

This study aims to determine the impact of a fiber supplement on body weight and composition in individuals with obesity with specific genetic polymorphisms. It involved 112 adults with obesity, each with at least one minor allele in the FTO, LEP, LEPR, or MC4R polymorphisms. Participants were randomized to receive either a fiber supplement (glucomannan, inulin, and psyllium) or a placebo for 180 days. The experimental group showed significant reductions in body weight (treatment difference: -4.9%; 95% CI: -6.9% to -2.9%; $p < 0.01$) and BMI (treatment difference: -1.4 kg/m²; 95% CI: -1.7 to -1.2; $p < 0.01$) compared to placebo. Further significant decreases in fat mass (treatment difference: -13.0%; 95% CI: -14.4 to -11.7; $p < 0.01$) and visceral fat rating (treatment difference: -1.3; 95% CI: -1.6 to -1.0; $p < 0.01$) were noted. Homozygous minor allele carriers experienced greater decreases in body weight (treatment difference: -3.2%; 95% CI: -4.9% to -1.6%; $p < 0.01$) and BMI (treatment difference: -1.2 kg/m²; 95% CI: -2.0 to -0.4; $p < 0.01$), compared to heterozygous allele carriers. These carriers also had a more significant reduction in fat mass (treatment difference: -9.8%; 95% CI: -10.6 to -9.1; $p < 0.01$) and visceral fat rating (treatment difference: -0.9; 95% CI: -1.3 to -0.5; $p < 0.01$). A high incidence of gastrointestinal events was reported in the experimental group (74.6%), unlike the placebo group, which reported no side effects. Dietary supplementation with glucomannan, inulin, and psyllium effectively promotes weight loss and improves body composition in individuals with obesity, particularly those with specific genetic polymorphisms.

Biography

Evgeny A. Pokushalov, MD (E-1 077979; University of Russia, 2002), PhD, and Professor of Medicine, currently serves as the R&D Director at the Center of New Medical Technologies (CNMT) in Novosibirsk, Russia since 2020, while also holding the position of Medical Advisor to the Chairman of the Siberian Branch of the Russian Academy of Sciences since the same year. Additionally, since 2022, he has been associated with the Scientific Research Laboratory at Triangel Scientific in San Francisco, USA. Dr. Pokushalov has been an active member of various professional associations and colleges, including the Russian Society of Pacing and Electrophysiology, European Society of Cardiology, American Heart Association, and others, holding fellowships and memberships in prestigious organizations such as the European Society of Cardiology (FESC), American College of Cardiology (FACC), Heart Rhythm Society (FHRS), and European Heart Rhythm Association (FEHRA).

**2nd International Congress on
Obesity and Weight Management**
&
**2nd International Conference on
Food Science and Technology**
September 19 | Virtual Event

Jason Karp

San Diego State University
USA

Can You Outrun a Donut?

Abstract:

From the time our mothers told us as kids to eat our vegetables and our middle-school physical education teachers told us to run up and down the basketball court, we have known for a long time that vegetables and exercise are good for us. Nutrition and exercise are inextricably linked to our body weight, health, and even our mortality. However, the recommendations we hear so often to eat healthily and exercise need to be revisited because, it turns out, the subject is not as straightforward as you think. For example, research shows that low cardiorespiratory fitness is such a strong risk factor of cardiovascular disease and metabolic syndrome that not even a healthy diet can diminish the risk. However, most people think that one's body weight and health have a lot more to do with nutrition than to exercise. This controversial and insightful presentation explores the impact of nutrition and exercise on body weight and health to answer the provocative question, Can you outrun a donut?

Biography

Jason Karp is a run coach, exercise and sport scientist, bestselling author of 16 books and more than 400 articles, and TED speaker. He is the 2011 IDEA Personal Trainer of the Year and two-time recipient of the President's Council on Sports, Fitness & Nutrition Community Leadership award. His run coaching certification was obtained by fitness professionals and coaches in 26 countries before being acquired by ISSA. In 2021, he became the first American distance running coach to live and coach in Kenya, and he has served as a sports science and coach consultant to the Chinese Athletics Association.

2nd International Congress on Obesity and Weight Management & 2nd International Conference on Food Science and Technology September 19 | Virtual Event

Najla AlKhattaf

Saudi electronic university
Saudi Arabia

Olive oil intake and Obesity: Lessons learned presentation

Abstract:

Introduction: There are extensive health benefits of olive oil consumption, including the prevention of Cardio Vascular Diseases (CVD), Type Two Diabetes Mellitus (T2DM), cancer, and the degeneration of the neurological system. Despite its health benefits, it has been suggested that high-fat food consumption may contribute to obesity due to the high-calorie content.⁴ Thus, olive oil was implicated in allegedly being a risk factor for overweight and obesity. However, studies have found that an olive oil-rich diet can facilitate longer-lasting weight loss compared to a low-fat diet.⁵ Recent experimental studies concluded that olive oil consumption could reduce the risk of obesity. A randomised clinical trial reported a reduction in the BMIs and WCs of individuals who followed a Mediterranean diet enriched with extra virgin olive oil and a controlled low-fat diet after a one-year intervention.⁶ A study investigating the association between the prevalence of obesity and the types of dietary fat consumed in 168 countries found that countries with a higher Mono Unsaturated Fatty Acid (MUFA) consumption were strongly associated with low obesity prevalence. Similar results were reported from a six-year cohort study that monitored participants on a diet with a high content of different types of fatty acids. This study found that the group that consumed sunflower oil had a higher incidence of weight gain than did the group that consumed olive oil.⁸ A review reported the effectiveness of olive oil consumption in decreasing the risk of metabolic syndrome and central obesity.

Conclusion: In conclusion, this study provides baseline knowledge on the intake of olive oil among the Saudi population aged 20e30 years living in Almadinah Almunawwarah. Although olive oil consumption was not associated with increasing BMI or WC, it may help in maintaining body weight. Low consumers of olive oil consume more CHO, which may expose them to different health risks.

Biography

Najla AlKhattaf is a faculty member at Saudi Electronic University, Saudi Arabia. She is actively engaged in advancing academic excellence and digital education through SEU's blended learning model. Her work focuses on integrating technology into higher education, supporting innovative teaching methodologies, and contributing to the development of Saudi Arabia's academic and research landscape. With a commitment to student success and lifelong learning, AlKhattaf continues to play a vital role in shaping the future of electronic and distance education in the region.

**2nd International Congress on
Obesity and Weight Management**
&
**2nd International Conference on
Food Science and Technology**
September 19 | Virtual Event

Richard hentosh

Crozer bariatrics
USA

From 664 Pounds to Freedom: Transforming My Life Through Bariatric Surgery

Abstract:

The Idea Worth Spreading: Obesity is more than a physical challenge—it's a complex issue intertwined with societal stigma, mental health, and self-perception. Through my journey of losing 360 pounds after gastric sleeve surgery, I've discovered that true transformation starts with mindset, self-advocacy, and the courage to ask for help. My talk challenges misconceptions about weight loss surgery, promotes compassion, and inspires others to embrace the possibility of change.

Four years ago, at 664 pounds, I faced the harsh reality that I might not live much longer. Today, at 304 pounds, I've regained my health and discovered resilience I never knew I had. My first hand experience and lessons learned offer a compelling and relatable story of hope and determination.

Impact: Attendees will leave with a deeper understanding of obesity, practical strategies for self-empowerment, and the inspiration to rewrite their own stories, no matter the obstacle.

Biography

Richard Hentosh is associated with Crozer Bariatrics in the United States, where he is involved in bariatric care and metabolic health. His interests include enhancing patient outcomes through evidence-based approaches to surgical weight-loss management, patient education, and long-term wellness strategies. Committed to advancing bariatric medicine, Richard contributes to multidisciplinary patient support systems and engages with outreach initiatives to promote healthy lifestyle changes.

2nd International Congress on Obesity and Weight Management &

2nd International Conference on Food Science and Technology

September 19 | Virtual Event

Feng He

Shanghai University of Traditional Chinese Medicine
China

Role of Conjugated-Bile Acids (C-BAs) in the hypernutrition-associated increase of liver metastasis from colorectal carcinoma

Abstract:

Hypernutrition and hyperlipidemia are established risk factors for colorectal carcinoma (CRC) progression and metastasis. However, beyond conventional lipids like triglycerides and cholesterol, the mechanisms linking hypernutrition to CRC liver metastasis, which is the most frequent site of distant metastasis, remain poorly understood. Here, by using mouse cecum orthotopic CRC model and high fat diet (HFD) feeding, as well as in vitro endothelia cell culturing, we showed that the increased blood lipids, specifically primary conjugated-BAs (C-BAs), induced by excessive dietary fat uptake, promotes CRC metastasis to liver, accompanied with disruption of intestinal epithelial barrier (IEB) and gut vascular barrier (GVB). HFD-induced hypernutrition and hyperlipidemia dysregulated bile acid metabolism, resulting in increased BA concentrations in serum, colon, and ileum. Notably, four primary C-BAs were significantly elevated: taurocholic acid (TCA), taurochenodeoxycholic acid (TCDCA), glycocholic acid (GCA), and glycochenodeoxycholic acid (GCDCA). Administration of individual BAs recapitulated the adverse effects of HFD feeding in vivo. Mechanistically, these C-BAs induced escape of FXR feedback to sense BA metabolism and activated oxidative stress/Ca²⁺-MLCK signaling to impair gut vascular barrier (GVB), accompanied with decreased expression of tight junction (TJ) proteins, Claudin, Occluding, and ZO-1, but increased VEGFA and PV-1 expression, resulting in the aggravated intestinal leakage and liver metastasis of CRC. TCDCA and GCDCA showed worse outcomes in the GVB disruption. The FXR agonist obeticholic acid rescued C-BAs-induced FXR signaling inhibition, reduced intestinal permeability, and attenuated HFD-driven CRC liver metastasis. Our findings establish a mechanistic link between dietary hypernutrition and GVB impairment, contributing to heightened liver metastasis of CRC, and support FXR as a promising therapeutic target for hypernutrition-associated CRC metastasis.

Biography

Feng He has completed his PhD from University of Oklahoma and postdoctoral studies from University of California, San Diego, School of Medicine. He is the director of the Center for Cancer Research, School of Integrated Medicine at Shanghai University of Traditional Chinese Medicine, China. He has published more than 35 papers in reputed journals, such as Cancer Cell, Journal of Hepatology, PNAS, Pharmacological Research, and Journal Biological Chemistry. Dr. He has been selected as one of the Stanford/Elsevier World's Top 2% Scientists and has been serving as an editorial board member of several reputed journals.

Supporting Journal

Journal of Nutrition and Diet Management

<https://scitechjournals.com/journal-of-nutrition-and-diet-management>



Upcoming Conference

We wish to engage with you again in 2026...

3RD INTERNATIONAL CONFERENCE ON

OBESITY AND WEIGHT MANAGEMENT

June 04-05, 2026 | Paris, France

Visit: www.scitechseries.com/obesity



ScitechSerie

**Scitechseries Publishing Limited
71-75 Shelton street, Covent Garden,
London, WC2H 9JQ**

Phone: +44-2045874848

Email: info@scitechseries.com

Questions? Contact

Phone: +44 2045874848

WhatsApp: +44 7383507342