

# THE TRUE HEALTH SUMMIT 2026

## Official Programme Timetable

12–13 September 2026 | Grand Resort Hotel, Limassol, Cyprus

20 Speakers • Each session: 25 min Presentation + 25 min Q&A • All times EEST (UTC+3)

Speaker session	Coffee / Networking break	Lunch / Exhibition break	Special guest / Evening event
★ Day Opener	★ Day Closer	Q&A column: 25 min Q&A per session (shown in green)	All times = local Cyprus time (EEST, UTC+3)

### DAY 1 — SATURDAY, 12 SEPTEMBER 2026 | *Metabolic Truth · Public Health · Cancer · Psychology · Integrative Medicine*

TIME (EEST)	SPEAKER	PR ES	Q&A	WHO THEY ARE
08:00	<i>Registration, Welcome Tea &amp; Coffee — Exhibition Hall Open</i>			
08:45	<i>Welcome Address &amp; Opening Ceremony</i>			
09:00 – 09:50	<b>Dr. Aseem Malhotra</b> ★ DAY OPENER	25 min	25 min	Consultant cardiologist, bestselling author & leading UK public health reform campaigner
09:50 – 10:40	<b>Nina Teicholz</b>	25 min	25 min	Investigative science journalist, author of <i>The Big Fat Surprise</i> & founder of <i>The Nutrition Coalition</i>
10:40 – 11:00	 <i>Morning Coffee &amp; Networking Break — Exhibition Hall Open</i>			
11:00 – 11:50	<b>Prof. Robert Lustig</b>	25 min	25 min	Paediatric endocrinologist, Professor at UCSF & globally recognised metabolic health authority
11:50 – 12:40	<b>Dr. Nick Norwitz</b>	25 min	25 min	Harvard Medical School & Oxford PhD researcher, metabolic scientist & leading science communicator
12:40 – 13:40	 <i>Lunch Break — Exhibition Hall, Sponsor Stands &amp; Networking</i>			
13:40 – 14:30	<b>Prof. Angus Dalgleish</b>	25 min	25 min	Professor of Oncology at St George's University London & pioneering cancer immunologist
14:30 – 15:20	<b>Matthias Desmet</b>	25 min	25 min	Professor of Clinical Psychology at Ghent University & author of <i>The Psychology of Totalitarianism</i>
15:20 – 15:40	 <i>Afternoon Coffee &amp; Networking Break — Exhibition Hall Open</i>			
15:40 – 16:30	<b>Dr. Tina Peers</b>	25 min	25 min	Consultant physician, MCAS & histamine specialist & integrative medicine pioneer
16:30 – 17:20	<b>Isabella Cooper</b>	25 min	25 min	Nutritional health advocate, public educator & patient empowerment communicator
17:20 – 18:10	<b>Matilda Yamore</b>	25 min	25 min	Certified nutritional therapist, biofeedback & bioresonance practitioner
18:10 – 19:00	<b>Dr. Inbar Almon Tofan</b> ★ DAY CLOSER	25 min	25 min	Integrative physician specialising in holistic care & chronic condition management
19:00	<i>Day 1 Close   Evening Reception — Delegates &amp; Speakers (included in ticket)</i>			

DAY 2 — SUNDAY, 13 SEPTEMBER 2026   Gut Health · Ancestral Nutrition · Biohacking · Longevity · Lifestyle Medicine				
TIME (EEST)	SPEAKER	PR ES	Q& A	WHO THEY ARE
08:30	<i>Doors Open — Exhibition Hall, Networking &amp; Morning Refreshments</i>			
09:00	<i>Day 2 Welcome</i>			
09:00 – 09:50	<b>Monica Holland</b> ★ DAY OPENER	25 min	25 min	Ancestral nutrition advocate, carnivore & GAPS protocol coach & health transformation educator
09:50 – 10:40	<b>Dr. Natasha Campbell-McBride</b>	25 min	25 min	Medical doctor, neurologist & founder of the world-renowned GAPS dietary protocol
10:40 – 11:00	 <i>Morning Coffee &amp; Networking Break — Exhibition Hall Open</i>			
11:00 – 11:50	<b>Dr. Sabine Hazan</b>	25 min	25 min	Gastroenterologist, microbiome researcher & founder of ProgenaBiome research laboratory
11:50 – 12:40	<b>Natalie Earle</b>	25 min	25 min	Functional Nutritional Therapy Practitioner (FNTP) & certified GAPS practitioner
12:40 – 13:40	 <i>Lunch Break — Exhibition Hall, Sponsor Stands &amp; Networking</i>			
13:40 – 14:30	<b>Dr. Elissa Epel</b>	25 min	25 min	Professor of Psychiatry at UCSF & world-leading researcher in stress, telomeres & cellular ageing
14:30 – 15:20	<b>Elliot Overton</b>	25 min	25 min	Clinical nutritional therapist & internationally recognised authority on thiamine & mitochondrial health
15:20 – 15:40	 <i>Afternoon Coffee &amp; Networking Break — Exhibition Hall Open</i>			
15:40 – 16:30	<b>Davinia Taylor</b>	25 min	25 min	British actress, bestselling wellness author & prominent biohacking advocate known as the 'biohacking queen'
16:30 – 17:20	<b>Dr. Marios Kyriazis</b>	25 min	25 min	Physician, biogerontologist, longevity researcher & Nobel Prize nominee (2017)
17:20 – 18:10	<b>Dr. Peter Brukner</b>	25 min	25 min	Sports & exercise physician, author & founder of Defeat Diabetes Australia
18:10 – 19:00	<b>Dr. Olivia Lesslar</b> ★ DAY CLOSER	25 min	25 min	Lifestyle medicine physician & founder of The Lifestyle Clinic, Australia
19:00	<i>Summit Closing Ceremony   Special Guest: Mehta Rave — Award-winning Pianist &amp; Author</i>			

## PROGRAMME NOTES

- All session timings are approximate and subject to minor adjustment on the day.
- The Exhibition Hall will be open during all breaks and the lunch period — delegates are encouraged to visit sponsor stands.
- Day 1 Evening Reception is included in the delegate ticket price. The VIP Speaker Dinner is by invitation only.
- Special Guest Mehta Rave (award-winning pianist & bestselling author) will perform and address delegates at the Summit Closing Ceremony.
- Photography and social media sharing are encouraged throughout the event. Please remain mindful during presentations.
- All times are local Cyprus time — Eastern European Summer Time (EEST, UTC+3).