

**Dr. med. HASAN INSEL**

**Specialist in Internal Medicine**

**Mayr Prevent Physician**

Istanbul born Dr. Hasan Insel, graduated from the Nisantasi British High School for Boys (EHSB) and did his bachelors degree in the University of Istanbul, School of Medicine.

Following graduation he lived for 7 years in Germany and became specialist in Internal Medicine. He had his "Urkunde für Arzt für Innere Medizin" from Aerztekammer Nordrhein in 20 March 1981. He was trained in Gastroenterologic Endoscopy and Ultrasound in Erlangen University, Germany and in Carotis Doppler in Texas Advanced Health Center, USA.

After qualified as a specialist he kept on working in Dusseldorf, Germany in fields of internal medicine, gastroenterologic endoscopy, upper abdominal ultrasound, check-up and preventive medicine till the end of 1981.

Following his return to Turkey he continued to work in these fields he gained expertise in Germany and focused on practicing in wellness, longevity, genetic testing, check-up and preventive medicine as they were new concepts in Turkey then. He opened up Intermed Health Control Center as a founding partner in Nişantaşı, Istanbul, which was the first clinic in Turkey that has given comprehensive diagnosis and check-up services.

Dr. Insel has continued his practices in healthy lifestyle and wellness abroad. Co-founder and member of the board of Vienna-based ESAAM-European Association of Preventive, Regenerative and Antiaging Medicine, Dr. Insel is also a member of Academic Board of WAAAM - World Academy of Anti Aging Medicine.

For over eleven years working as a Senior Consultant in International Department of Columbia Cornell University New York Presbyterian Hospital, Dr. Insel has also founded Michigan based "International Association of Physicians for Healthy Living LLC" that organizes healthy living programs and trainings.

He is the chairman and founder of Medigen, an institution that organizes antiaging and wellness programs, trainings and Corporate Wellness programs in Turkey.

For many years Dr. Insel has written articles on healthy life style and preventive medicine in his column called "Stop the Clocks" in the Milliyet newspaper, a national

newspaper, as well as making and presenting "VIP and FIT" program on HTV Television.

Dr. Hasan Insel has become a Modern Mayr Prevent Physician in Austria in 2018. He is also a member of the International Society of Mayr Physicians. As well as having been trained on Gastroenterologic Kinesiology in Klagenfurt, Austria, he is a member of the IMAK Functional Myodiagnostic Society.

Co-founder and Honorary President of the Intermed Medical Center, Dr. Hasan Insel is currently practicing Modern Mayr Method, Autoimmune Spectrum and Epigenetics, Longevity, Preventive medicine at the Intermed Medical Center in Istanbul.

He continues giving seminars and group trainings on Corporate level on 'Boosting Immune System with Healthy Digestion', Longevity as well as organizing workshops titled "The Art of Digestion".

He has written the best-seller book in the health area in 2019, "The Art of Digestion with the Modern Mayr Eating Culture"

Instagram: #drhasaninsel #sindirimsanati

Email: [hasaninsel@gmail.com](mailto:hasaninsel@gmail.com)

Youtube: drhasaninsel