

< InterSymp 2019 >
**The 31st International Conference on
Systems Research, Informatics and Cybernetics**
&
**The 39th Annual Meeting of the International Institute for
Advanced Studies in Systems Research and Cybernetics (IIAS)**
(To be held in Baden-Baden, Germany, July 29th - August 2nd, 2019)

CALL FOR PAPERS

Symposium on
FOOD & NUTRITION
in Disease Prevention, Health Maintenance
and in Healing and Wellbeing
with a Special Focus Session on
MUSHROOMS/FUNGI & PLANTS/HERBS

- Nutritional Value and Possible Health Benefits of Mushrooms/Plants
- Potential of Combining Mushrooms with Plants/Herbs or with other Nutrients
- Systems Research in Mycotherapy & Phytotherapy, incl. Mycology & Phytology
- Synergistic Approach to Mushrooms, incl. Combination with Plants/Herbs
- Exploration in Mycocybernetics & Mycosynergetics
- Advanced Research in Phytocybernetics and Phytosynergetics
- Legal Aspects of Maintaining and Improving Accessibility of Mushroom Nutrition as an Admissible Part of Functional Food, Healthy Diet & Lifestyle

Great advances have been made in the research of food and nutrition. It has been often suggested that Food and Nutrition are a medicine that can be successfully used as a tool for diseases prevention, health maintenance and in healing and speeding up a recovery of patients from certain illnesses or ailments. Food and Nutrition also play an important role in helping people to attain and maintain a proper physical, mental, emotional and spiritual balance, and significantly contribute to the wellbeing and quality of human life. The IIAS aims to join the research endeavors in this area and participate in this research. It will provide a forum for presentation of papers dealing with various aspects and systematic investigation of benefits of food and nutrition to explore a wide variety of often confusing and contradictory recommendations of what should we eat to stay well and healthy. It should also investigate various synergistic effects of food, diets and nutrition.

The primary focus of this Symposium/Session will be on Mushrooms/Fungi and Plants. The papers/contributions from other domains of food and nutrition are also welcome.

Mushrooms belong to a separate taxonomic category – the kingdom of fungi.

Hence, they provide humankind with very important added value source of nutritional and health benefits as opposed to human standard diet consisting of representatives of plant and animal kingdoms.

Unfortunately, West(ern) part of the world until now has rather neglected the very promising potential of mushroom nutrition in the diet of its citizens. In China, India, Japan, Thailand, Cambodia and in many other Asian countries, mushrooms have been used for thousands of years as an important part of nutrition or, in conjunction with traditional herbal medicine, as a well-documented, effective tool/adjunct of therapy of many diseases.

This Symposium is organized to remedy this situation, to provide a lost link to reconnect with our own Western traditions (Native Americans or even Europeans have used mushrooms, but lot of taboos were placed upon their use during previous centuries) and to significantly advance the awareness and relevant knowledge about nutritional values and therapeutic potential of mushrooms/fungi with the aim to:

- (1) systematically investigate and acquire deeper insight, greater knowledge and better understanding of the nutritional values, health benefits and therapeutic potential of individual mushrooms
- (2) scientifically study and identify plausible effects of specific individual mushrooms in connection with different health conditions and illnesses,
- (3) investigate synergistic combinations of different mushrooms, or combinations of mushrooms and other natural agents such as plants/herbs, or even vitamins and minerals) to quantify and maximize their outcome and provide yet another added value
- (4) discuss or even develop methodological system framework approaches which would allow to systematically and formally conduct desired studies
- (5) seek or design tools to objectively monitor and quantitatively measure nutritional and health benefits of mushrooms for individual people with specific health statuses, patterns, constitutions, or even with specific diseases/illnesses
- (6) study how mushrooms (individual or combined together with each other, or with other natural agents) could be used as a single/singular or adjunct modality which would be possible to effectively combine with other facets/means of therapeutic procedures as a part of a complex and sustainable healthcare.

Welcome are contributions/papers that present or review the work conducted so far in areas outlined above, notably on species of *Cordyceps*, *Ganoderma*, *Coriolus/Trametes*, *Lentinula*, *Griffola*, *Poria*, *Hericium* a.o.

Welcome are also contributions that elaborate in more detail on a possible novel way or an alternative direction of mycotherapeutical research not yet considered here, possibly impact of mushroom nutrition on microbiome, brain health, gut-brain axis, etc.

Especially welcome are papers that deal with synergism and synergistic effects of mushrooms, i.e. how one individual mushroom in the synergistic combination with another (one or more) selected mushrooms or herbs/plants amplifies (or weakens) the total desired effect, and how such combined synergistic effect can be utilized to benefit an individual human being.

Should you be interested in presenting a paper or poster at this Symposium, please:

- **contact Prof. Lasker by e-mail** - as soon as possible
- **send an Abstract** in English, approximately 200 words, by an e-mail attachment to Prof. Lasker's e-mail - **no later than March 30th, 2019**.
(Notification of acceptance will be sent to you by April 9th, 2019.)
- **deliver your final paper** to Prof. Lasker by e-mail attachment **no later than May 9th, 2019**.

Prof. George E. Lasker (Symposium Organizer/Chairman)

Conference Chairman, **InterSymp 2019**

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Your strict adherence to our **Registration Procedure** and **Instructions to Authors** is required for publication of your paper. As regards the **Registration** and **Instructions**, please visit our Website: <http://www.iias.edu>.

Conference Language: English.

Important Dates:

Abstract due: March 30th, 2019

Final Paper due: May 9th, 2019.