



# SPEC. DIET. TUĞÇE GENÇEL

HEALTHY NUTRITION AND DIET

## CONTACT INFORMATION

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## EDUCATION

2021: Functional Medicine Dietitian Program, Functional Medicine Platform

2020: Psychoneuroimmunology (PNI) Training, Active Wellness Center, Kadıköy - Istanbul

2016- 2017 : Advanced Dietetic Practice Master's Program (with 25% scholarship), GPA: Merit, University of Nottingham, Nottingham – England

2012- 2016 : Bachelor's Degree Program in Nutrition and Dietetics (with 50% scholarship), CGPA: 3.40/4.00, Yeditepe University, Istanbul – Türkiye

## WORK EXPERIENCE

2022- Now Esteworld Plastic Surgery Health Group

2021- 2022: Well World Aesthetic & Longevity Clinic, Specialist Dietitian

2020- 2021: Istanbul Oncology Hospital, Specialist Dietitian

2017- 2020: Private Ümraniye Active Medical Center, Specialist Dietitian

## INTERNSHIPS

2016 : Ümraniye Community Health Center, Intern Dietitian

2015 : Istanbul Bariatrics (Bariatric Surgery Center), Intern Dietitian

2015 : Istanbul University Çapa Hospital, Intern Dietitian

2015 : Memorial Ataşehir Hospital, Intern Dietitian

## CERTIFICATES

Certificate of Achievement in Functional Medicine Dietitian (Functional Medicine Platform, 2021)

Probiotics, Prebiotics, Postbiotics, Parabiotics and their Clinical Applications (Metepol School of Integrative Medicine, Online Training Seminar, 2020)

Holistic and Functional Nutrition 1 & 2 (Metepol School of Integrative Medicine, Online Training Seminar, 2020)

Case Analyses Solved with a Functional Approach in Chronic Diseases (Metepol School of Integrative Medicine, Online Training Seminar, 2020)

First Place in the field of Effective Scientific Materials and Visual Quality in the Master's Thesis (Advanced Dietetic Practice Master's Program, University of Nottingham, 2017)

The Food Matters Live Conference, London (2017)

5th Diet Festival, Istanbul (2016)

5th Certificate of participation in the National Healthy Living Symposium (Acibadem University, 2016)

Certificate of participation in Occupational Health and Safety Education (Yeditepe University, 2015)

Three Training Certificates: The Art of Influencing and Convincing People, Effective Communication Strategies and Body Language, Motivation and Efficient Working Methods (2015)

Certificates of participation in the Second Obesity Symposium and the Platform for Fighting Obesity, Nutrition and Healthy Living Symposium (Istanbul Technical University, 2015)

Certificate of participation in Istanbul University Neuroscience day (2014)

Certificate of Achievement in Latin Dance (2013)

Certificate of participation in ISMTF Mathematics League (Çevre College, 2011)

Certificate of participation in the European Model United Nations Conference (EuroMUN) (Maastricht University - Netherlands, 2010)

Certificate of participation in the Science Fair (Koç High School - Projects related to nanotechnology, 2009)

Certificate of participation in the 5th Science Festival (Saint Michel High School - Projects related to nanotechnology, 2009)

Turkish Folklore Dance Club membership (2007-2009)

### **ACHIEVEMENTS AND AWARDS**

25% Graduate Achievement Scholarship (University of Nottingham, 2016)

Member of the Nutrition and Dietetics club at the University of Nottingham (2016 - 2017)

50% Success Scholarship (Yeditepe University, 2012)

Membership of the European Model United Nations Conference (EuroMUN) (2010)

First Prize in the field of Natural Sciences in the 2nd Project Competition (2009)

Qualification to be a member of the Turkish Synchronized Swimming National Team (2008)

Gold, Silver and Bronze Medal achievements in Turkish Synchronized Swimming competitions, duet and team performances (2006-2008)

Member of the Latin dance club at Yeditepe University (2012-2014)

### **PROJECTS**

Master's Thesis: Systematic review article on effective supplementation methods used in the treatment of vitamin D deficiency in school-age children (2017)

Bachelor's Thesis: Literature review on the effect of palm oil on wellness and diseases (2016)

### **FOREIGN LANGUAGE**

ENGLISH

SPANISH