

8th World Congress on Anti-Aging, Aesthetic, Regenerative, Nutritional & Exercise Medicine (WAAARNEM)

📅 19-21 June 2026 | 📍 Sheraton Imperial, Kuala Lumpur



Cell to  Mirror



In conjunction with 21st Malaysian Conference & Exhibition,
14th International Congress on Anti-Aging, Aesthetic & Regenerative Medicine

🌐 Register today at saaarmm.org



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OVERVIEW

Cell to Mirror

Integrated Medicine at Its Finest

Experience a comprehensive deep dive into nutrigenomics and metabolic optimisation, progressing to precision hormone therapy, regenerative peptides, biologics, exosomes and stem cells. Master the principles of Environmental Medicine, discover the latest advancements in Aesthetic Medicine, and explore the vital intersection of Integrative Oncology & Cellular Terrain.

From Cellular Intelligence to Mirror-ready Vitality!

01

Integrated Medicine at Its Finest

A comprehensive deep dive into nutrigenomics and metabolic optimisation, progressing to precision hormone therapy, regenerative peptides, biologics, exosomes and stem cells..

02

Environmental Medicine & Detoxification

Explore the impact of toxic load, metabolic stress and inflammation on cellular health and evidence-based strategies to restore resilience, redox balance and quality of life.

03

Latest Advancements in Aesthetic Medicine

Advanced injectables, collagen biostimulation, energy-based technologies and structural harmonisation integrated with regenerative science for superior, sustainable outcomes.

04

Integrative Oncology & Cellular Terrain

Re-examining cancer through the lens of metabolism, immune modulation and microenvironment optimisation supporting cellular repair and patient resilience through responsible integration.





HIGHLIGHTS

01 Integrated Regenerative Science



- CORE : Exosomes, Cellular Signaling, & Hormone Optimization.
- SYSTEMS : Metabolic Medicine & Nutritional Genomics.
- PERFORMANCE : Exercise Physiology & Clinical Application.

02 Why Attend?



- ACTIONABLE : Take home ready-to-use clinical protocols.
- GROWTH : Increase practice revenue with new services.
- GLOBAL NETWORK : 25+ Speakers from Malaysia, Singapore, Germany, Indonesia, & Philippines.
- PARTNERSHIPS : Direct access to biotech suppliers and research.

03 CPD & Prestige



- ACCREDITATION : 20 CPD Points.
- EXPERTISE : International faculty of industry leaders.
- PROVEN : Established 8th Edition—a mark of global credibility.

04 Doctors Trust Continuity



- INTEGRITY : A trusted platform for long-term professional growth.
- COMMUNITY : Join a legacy of practitioners committed to the gold standard.

05 Exhibition & Innovation Booth



- Explore cutting-edge regenerative technologies
- Discover the latest updates in exosomes, peptides, IV innovations & biotech
- Meet global suppliers & device manufacturers
- Compare products directly before investing
- Build strategic partnerships for your clinic
- First access to emerging protocols & tools





PAST EVENT OVERVIEW - AFMS 2025

Welcome to the Aesthetic & Functional Medicine Summit 2025 (AFMS'25) in Kuala Lumpur, Malaysia! We are delighted to extend our warmest greetings to all participants, esteemed guests, and industry leaders joining us for this prestigious event. Set against the vibrant backdrop of Kuala Lumpur, known for its rich cultural tapestry and dynamic atmosphere, this conference promises to be an inspiring gathering of minds at the forefront of aesthetic and anti-ageing advancements.

During AFMS'25, we invite you to engage in insightful discussions, exchange innovative ideas, and forge meaningful connections with fellow professionals and experts in the field. Together, we will explore the latest trends, breakthroughs, and best practices shaping the future of aesthetic medicine and anti-ageing therapies.

As we convene in this dynamic city, let us seize the opportunity to not only expand our knowledge and expertise but also celebrate the transformative impact of aesthetics and wellness on individuals' lives. On behalf of the organizing committee, we extend our sincerest gratitude to each of you for your participation and contributions. May this conference be a rewarding and enriching experience for all, inspiring us to elevate standards, drive innovation, and empower individuals to look and feel their best.





DETAILS FEE

Cell to Mirror

REGISTRATION FEES	SAAARM MEMBER	SAAARM NON MEMBER
Super Early Bird (25 Feb to 31 March 2026) Limited to first 100	RM 799	RM 849
Early Bird (1 - 30th April 2026)	RM 899	RM 999
Standard Registration (1 May- 18 June 2026)	RM 999	RM 1,099
Onsite Registration (19 to 21 June 2026)	RM 1,099 * subject to availability	RM 1,299 * subject to availability



REGISTRATION INCLUDES:



Earn CPD points.



Receive a Conference Kit with a booklet.



Get a Certificate of Participation.



Enjoy meals and refreshments.



Access all sessions for 3 days.



Scan for more detail



CONFERENCE TOPICS & TRACK

DAY 1- Friday, 19th June 2026

Hall/ Track 1- Anti Aging & Nutritional Medicine

Item	Time	Speaker Name	Title Of Talk
	8.30 - 9.00am	Registration @ Labuan Room	
1	9.00 - 9.30am	Dr. Sree Kumar	Nutrional Medicine 1
2	9.30-10.00am	Dr. Sree Kumar	Nutrional Medicine 2
3	10.00 - 10.30am	Opening Ceremony -	Opening Ceremony- Proceed to Hall 2
10.30am - 11.00am - COFFEE BREAK			
4	11.00 - 11.30am	Dr. Lenny Da Costa	IV Nutrition And Heavy Metal Detox Workshop
5	11.30 -12.00pm	Dr. Lenny Da Costa	IV Nutrition And Heavy Metal Detox Workshop
6	12.00 - 12.30pm	Dr. Lenny Da Costa	IV Nutrition And Heavy Metal Detox Workshop
12.30pm - 2.00pm - LUNCH BREAK			
7	2.00pm - 2.30pm	Dr. Lenny Da Costa	IV Nutrition And Heavy Metal Detox Workshop
8	2.30pm - 3.00pm	Dr. Lenny Da Costa	IV Nutrition And Heavy Metal Detox Workshop
9	3.00pm - 3.30pm	Dr. Lenny Da Costa	IV Nutrition And Heavy Metal Detox Workshop
3.30pm - 4.00pm - TEA BREAK			
10	4.00pm - 4.30pm	Dr. Lenny Da Costa	IV Nutrition And Heavy Metal Detox Workshop
11	4.30pm - 5.00pm	Dr. Lenny Da Costa	IV Nutrition And Heavy Metal Detox Workshop
12	5.00pm - 5.30pm		Registration for AGM
13	5.30pm-6.30pm		SAAARMM Annual General Meeting (AGM) 2026





DAY 1- Friday, 19th June 2026

Hall/ Track 2- Functional & Regenerative Medicine

Item	Time	Speaker Name	Title Of Talk
	8.30 - 9.00am	Registration @ Labuan Room	
1	9.00 - 9.20am	Dr Ravindran Vashu	Brain & Stemcells
2	9.20- 9.40am	Dr Eswaran Nadarajan	Knee Joint & Stemcells
3	9.45-10.15am	Dr Sharmila Ramasamy	Exosome Hair Growth
4	10.00 - 10.30am	Opening Ceremony	Welcome Speech by President, Prof Dr Selvaraj Y Subramaniam and Scientific Committee Chairman, Dr Prabha Vetakarhzi Ravnni Nair
10.30am - 11.00am - COFFEE BREAK			
4	11.00 - 11.30am	Dr. Munirah Hishamshah	Weight Loss Plateaus Decoded
5	11.30 -12.00pm	Auricle	Aesthetics
6	12.00 - 12.30pm	Dr. Pradeep Nair	Metabolic Regeneration: Reversing Insulin Resistance, Mitochondrial Dysfunction & Inflammation Aging
12.30pm - 2.00pm - LUNCH BREAK			
7	2.00pm - 2.30pm	Dr. Homer Lim	Restoring Mitochondrial Efficiency -Methylene Blue and Infrared Light Therapy as mitochondrial stimulators
8	2.30pm - 3.00pm	Dr. Widya Murni	Dysbiosis, Leaky Gut & Neuroinflammation: Why Regeneration Fails Without Gut Repair
9	3.00pm - 3.30pm	Mr. Stanley Ho	Topic to be Confirmed
3.30pm - 4.00pm - TEA BREAK			
10	4.00pm - 4.30pm	Dr. Homer Lim	Beyond Oncology: Repurposing Drugs for Cancer
11	4.30pm - 5.00pm	Dr. Satvinder Singh	Innovative uses of peptide for weight, neuro regeneration and ED
12	5.00pm - 5.30pm		Registration for AGM
13	5.30pm-6.30pm		SAAARMM Annual General Meeting (AGM) 2026





DAY 2 - Saturday, 20th June 2026

Hall/ Track 1-Anti Aging & Nutritional Medicine

Item	Time	Speaker Name	Title Of Talk
	8.30 - 9.00am	Registration @ Labuan Room	
1	9.00 - 9.30am	Prof. Dr. Claus Muss	Advancement in Mitochondria 1
	9.30-10.00am	Prof. Dr. Claus Muss	Advancement in Mitochondria 2
2	10.00 - 10.30am	Prof. Dr. Claus Muss	Treating Autoimmune
10.30am - 11.00am - COFFEE BREAK			
3	11.00 - 11.30am	Prof. Dr. Claus Muss	Gout and Hyper Uriceamia
4	11.30 -12.00pm	Prof. Dr. Claus Muss	Anxiety & Depression using Hormones and Supplements
5	12.00 - 12.30pm	Prof. Dr. Claus Muss	Prevention Alzheimer and dementia
12.30pm - 2.00pm - LUNCH BREAK			
6	2.00pm - 2.30pm	Dr. Homer Lim	Gut ,Parasite, Microplastics(Forever Chemical) Detox
7	2.30pm - 3.00pm	Dr. Sunita Kaur Ahluwalia	Gut Health
8	3.00pm - 3.30pm	Dr. Sree Kumar	Nutrigenomics for Better Health & Longevity
3.30pm - 4.00pm - TEA BREAK			
9	4.00pm - 4.30pm	Dr Sharan Kaur	Navigating the Midlife Maze: Symptoms, Treatments, and New Research in Perimenopause & Menopause
10	4.30pm - 6.00pm		Break
11	6.30pm-10.00pm		Gala Dinner





DAY 2 - Saturday, 20th June 2026

Hall/ Track 2-Functional & Regenerative Medicine

Item	Time	Speaker Name	Title Of Talk
	8.30 - 9.00am	Registration @ Labuan Room	
1	9.00 - 9.30am	Dr. Leroy Rebello	The Future of Regeneration: Autologous Biologics, AI-Driven Protocols & Next-Gen Longevity Science 1
	9.30-10.00am		The Future of Regeneration: Autologous Biologics, AI-Driven Protocols & Next-Gen Longevity Science 2
2	10.00 - 10.30am	Prof Dato' Dr Andrew Mohanraj	Mental Health Literacy and Awareness
10.30am - 11.00am - COFFEE BREAK			
3	11.00 - 11.30am	Ms. Jessica See	Food as Medicine : Culinary Medicine Strategies to Reverse Biological Aging
4	11.30 -12.00pm	Mr. Patrick YC Lim	"Micro Blue Zone" in Malaysia : Designing Longevity Habits in Clinics, Communities & Workplaces
5	12.00 - 12.30pm	Dr Lu Sooth Wai	Prediabetes and Lifestyle Strategies
12.30pm - 2.00pm - LUNCH BREAK			
6	2.00pm - 2.30pm	Dr. Sanjay Kapur	Longevity Hormone Axis & Precision Dosage
7	2.30pm - 3.00pm	Dr. Vinodhini Bhaskaran	Women Health Awareness - Who's Aging Prevention and Awareness
8	3.00pm - 3.30pm	Dr. Shazif Bin Othman	Targeted Exercise Protocols to Prevent Sarcopenia, Preserve Lean Mass & Reverse Metabolic Aging
3.30pm - 4.00pm - TEA BREAK			
9	4.00pm - 4.30pm	Dr. Zawawi Abdullah	Peptids and CTC update
10	4.30pm-6.00pm		Break
11	6.30pm-10.00pm		Gala Dinner



DAY 3 - Sunday, 21th June 2026

Hall/ Track 1-Anti Aging & Nutritional Medicine

Item	Time	Speaker Name	Title Of Talk
	9.00 - 9.30am	Registration @ Labuan Room	
1	9.30am - 10.00am	Dr. Pradeep Nair	Integrative Cancer Care 1
2	10.00am-10.30am	Dr. Pradeep Nair	Integrative Cancer Care 2
10.30am - 11.00am - COFFEE BREAK			
3	11.00 - 11.30am		
4	11.30 -12.00pm	Dr. Shanthi A/P Krishnasamy	Nutrition in a Tin (Protein in a TIN)
5	12.00 - 12.30pm	Dr. Sanjay Kapur	Hormones : The Problem with “Normal”: Why Reference Ranges Fail Patients
6	12.30pm - 1.00pm	Dr. Sanjay Kapur	Hormonal Physiology: Understanding the Functional Hormone Terrain- Thyroid, stress & sex hormones Gold Standard for Hormone Testing
1.00pm - 2.00pm - LUNCH BREAK			
7	2.00pm - 2.30pm	Dr. Sanjay Kapur	Hormone :Functional Interpretation: Identifying the “Deranged Range”
8	2.30pm - 3.00pm	Dr. Sanjay Kapur	Hormones :Precision Treatment: Translating Functional Interpretation into Therapy
3.00 - 3.30PM - CLOSING CEREMONY			



DAY 3 - Sunday, 21th June 2026

Hall/ Track 2-Functional & Regenerative Medicine			
Item	Time	Speaker Name	Title Of Talk
	9.00 - 9.30am	Registration @ Labuan Room	
1	9.30am - 10.00am	Mr Khuhan Puraviappan	Hyperbaric
2	10.00am-10.30am	Dr Jayakumar	EECP and Anti Aging
10.30am - 11.00am - COFFEE BREAK			
3	11.00 - 11.30am	Dr. Janira Kumari, Dr. Leroy Rebello and Dr Pratiksha Palahe	Autologous Exosomes Workshop
4	11.30 -12.00pm		
5	12.00 - 12.30pm		
6	12.30pm - 1.00pm		
1.00pm - 2.00pm - LUNCH BREAK			
7	2.00pm - 2.30pm	Dr. Daniel Looi	MSC and exosome
8	2.30pm - 3.00pm	Ms. Shanthi Muraleesvaran	Yoga as an Adjunct Therapy in Lifestyle Diseases
3.00 - 3.30PM - CLOSING CEREMONY ((Ballroom 2)			

