



**SCRCHD**  
SALEH HAMZA SERAFI CHAIR  
FOR RESEARCH OF CORONARY  
HEART DISEASE



جامعة سيدي محمد بن عبد الله - فاس  
UNIVERSITÉ SIDI MOHAMED BEN ABDELLAH DE FES  
كلية الطب والصيدلة وطب الأسنان  
FACULTÉ DE MÉDECINE, DE PHARMACIE ET DE MÉDECINE DENTAIRE

لجنة التراث  
Heritage Committee

13<sup>th</sup>

International Congress of  
Fez On the History Of  
Medicine

# Nutrition and Health Science and Heritage

Faculty of Medicine, Pharmacy and Dentistry in Fez  
29-30-31 Octobre 2025



13th International Fez Conference on the History of Medicine –  
October 29–30–31, 2025  
Faculty of Medicine, Pharmacy and Dentistry in Fez

**Conference Scientific Paper**  
**Nutrition and Health: Science and Heritage**

Since Hippocrates' famous saying, *"Let food be thy medicine and medicine be thy food,"* humanity has wavered between awareness and neglect regarding the link between food and health. There is no doubt that Arab-Islamic heritage has regarded nutrition as an essential pillar of maintaining health. This is clearly evident—both scientifically and practically—in the numerous experimental medical findings that emerged over the course of Arab-Islamic civilization in the field of public health, through the assimilation and advancement of medical knowledge contributed by various nations and civilizations.

In line with the current global environmental and technological transformations that are affecting the human connection with nature—and with that, the profound changes in nutrition and its relation to health—there has been a staggering rise in chronic diseases such as obesity, diabetes, and cardiovascular illnesses. This reality necessitates a multidisciplinary scientific reflection on the topic of nutrition and health, particularly in relation to both ancient and modern medical heritage. The overarching goal of these studies, research endeavors, and practical experiences is to ensure the health and safety of individuals and communities, while shaping informed perspectives on the relationship between humans and their environment, and on how they manage nutrition and health. This field of knowledge gains true significance only when it is grounded in real-world application.

Based on these considerations, the Scientific Committee of the 2025 edition has chosen the theme:

**Nutrition and Health: Between Science and Heritage**

This is a deeply existential and vital topic, one in which scientific knowledge intersects and complements itself. It draws together diverse perspectives: those who overemphasize the contributions of ancient and medieval medical heritage in the field of nutrition, and those who embrace the links between nutrition, health, and modern advances in food and pharmaceutical industries.

Between these two outlooks, the foundations of educational systems in medicine and nutrition for future generations must be shaped. This involves outlining an integrated scientific framework for the communicative relationship that should be forged between medical heritage and modern scientific and technological developments in the field of nutrition and health. The goal is to make medical heritage in this area a rich resource and a civilizational asset. It also stands as a scientific and ethical acknowledgment of the valuable and positive knowledge passed down from predecessors—much of which still exists in manuscript form, urgently in need of study, critical edition, and future exploration.

# 13th International Fez Conference on the History of Medicine – October 29–30–31, 2025 Faculty of Medicine, Pharmacy and Dentistry in Fez

## Conference Objectives

The conference aims to foster meaningful academic dialogue among historians, physicians, pharmacists, botanists, experts, and specialists in the fields of nutrition and health. It seeks to gather scholarly contributions that delve into topics related to the conference theme, exploring links between medical history and modern nutritional science, while highlighting the value of dietary medical heritage across different historical periods. The event also aims to initiate discussions around the following themes:

- The relationship between medical heritage, nutrition, and health
- Botany, medicine, and health: Past and present
- Ancient, modern, and contemporary dietary systems: Comparative studies
- Reviving local dietary heritage in relation to current nutritional developments
- Enriching learners' knowledge of local and global food cultures in connection with health
- Supporting development aspects of Moroccan dietary and cultural heritage in relation to health

## Research Themes

The conference research themes are defined based on key scientific issues related to:

- Healthy nutrition culture between science and society
- Dietary heritage and health culture in historical medical and nutritional manuscripts
- Medical treatment and nutrition: Intersecting paths through history
- Traditional food heritage and its impact on health
- Nutrition, environmental, and climate impacts—past and present
- Health between dietary heritage and modern innovations in food production
- Food heritage and health: Between academic research and educational programs
- Food heritage, health, and development
- Nutrition and diseases of the past and present: A comparative study
- Nutrition and pandemics: From classical medical texts to contemporary scientific and technological developments
- Medical and specialized universities and the teaching of dietary heritage, past and present

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**Participation Requirements**

- Research must align with one of the proposed themes
- Papers must be original, unpublished, and not submitted elsewhere or extracted from prior work
- Submissions should demonstrate academic rigor and linguistic clarity
- Authors must adhere to principles of academic integrity and proper citation
- Papers must be written in one of the two official conference languages: Arabic or English
- All submissions must be sent in both Word and PDF formats to:  
[medicalheritage.fez@usmba.ac.ma](mailto:medicalheritage.fez@usmba.ac.ma)

**Important Dates**

- Abstract submission (300–500 words, outlining key ideas) and short bio: **by July 15, 2025**
- Notification of accepted abstracts: **by August 1, 2025**
- Submission of full draft papers (5,000–10,000 words): **by September 15, 2025**
- Final versions of papers will be submitted after the conference, following any required revisions
- All abstracts and papers will be peer-reviewed by the scientific committee
- The conference will take place at the Faculty of Medicine, Pharmacy, and Dentistry in Fez, Morocco, on **October 29–30–31, 2025**.



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