

Associate Professor Gülsen Meral graduated from Istanbul University Cerrahpaşa Faculty of Medicine in 1999. She became a pediatrics assistant in 1997 – 2001 at the Şişli Etfal Training and Research Hospital. In 2006 Hamidiye Şişli Etfal Training and Research Hospital she became chief physician assistant. Between 2007 -2008 in Sarıyer İsmail Akgün State Hospital she became the chief physician and she became chief physician between 2008- 2012 Kağıthane State Hospital. Between 2012-2017 she was the Kağıthane State Hospital Manager. She continued her career between 2017-2019 at the Acıbadem Taksim Hospital as Pediatrics Specialist. She received Acupuncture training from Yeditepe University and still works as an Acupuncture instructor at Yeditepe University. She worked as a Nutrigenetics graduate course and lecturer at Gelişim University in 2019-2020. She gave undergraduate and graduate courses on child development at Biruni University. She was the Rector's advisor between 2019-2021 at the Northern Cyprus ITU. She has national and international publications, as well as foreign editorships and numerous referees. She completed his Master's Degree in Hospital Management at Bilkent University. She has a Turkish language literature undergraduate education. She attended Acıbadem University Medical Biotechnology doctorate program for 2 years. She continues her PhD program in Molecular Biology and Medical Genetics at Biruni University.

In addition to her scientific achievements, she has five published books on poetry and personal development named; HİÇ, SENİN AYANAN, BEN BİLMEK EŞİM BİLİR, HER KALP KENDİ SEVGİSİYLE YANAR, KÜSTÜM HAYATA 5 DAKİKA MOLA

She is the Founder of the Nutrigenetics and Epigenetics Association, a Member of the Green Crescent and Rumelia Association, a Member of Istanbul Acupuncture Association, the president of the First International Epigenetic Congress, the organizer and educator of the Epigenetic Coaching Program and a member of International Society of Nutrigenetics & Nutrigenomics.

She is also actively giving Nutrigenetic & Epigenetic Counseling Trainings to health professionals from all over the World as a certified CPD program.