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November 04-05, 2026

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Dr. Steve John Chiola
CEO & Director, Holos Academy International UAE & Switzerland

AROMATIC MOLECULES AND THE ENDOCANNABINOIDOME

From Terpene Pharmacology to Clinical Aromatherapy: Mechanisms, Therapeutic Pathways and Emerging Evidence

The endocannabinoidome (eCBome) is an extensive lipid-signalling network encompassing the classical endocannabinoid system, related endogenous lipid mediators, their metabolic enzymes, and a broader range of receptors and molecular targets involved in neurophysiological, immunological, metabolic, and inflammatory regulation. Emerging research suggests that selected plant-derived aromatic molecules, particularly terpenes and terpenoids, may interact with components of this network, providing new perspectives for investigating the biological mechanisms underlying aromatic medicine and its potential applications in integrative healthcare.

This presentation examines the molecular pharmacology of selected aromatic compounds, focusing on their direct and indirect interactions with cannabinoid receptors, endocannabinoid-metabolising enzymes, transient receptor potential (TRP) channels, peroxisome proliferator-activated receptors (PPARs), and related inflammatory signalling pathways. Particular attention is given to β-caryophyllene, a sesquiterpene with demonstrated CB2 receptor agonist activity, as a model for understanding the relationship between terpene structure, receptor engagement, and downstream cellular responses. Other compounds, including linalool, limonene, myrcene, α-pinene, and 1,8-cineole, are considered in relation to proposed mechanisms of action and the strength and limitations of the available evidence.

A critical distinction is made between direct receptor binding, functional receptor modulation, enzymatic effects, and indirect interactions arising from convergence with neural, sensory, autonomic, and inflammatory pathways. The presentation also addresses the

methodological challenges of translating findings obtained with isolated molecules or experimental models into clinical aromatherapy, including differences in chemical composition, concentration, bioavailability, administration route, and interactions among essential-oil constituents.

Particular emphasis is placed on the distinction between mechanistic plausibility and demonstrated clinical efficacy. Although preclinical findings provide a rationale for further investigation, the clinical significance of many proposed terpene–endocannabinoidome interactions remains insufficiently established. Improved chemical characterisation, target-specific pharmacological studies, pharmacokinetic assessment, and appropriately designed human clinical trials are needed to determine whether these interactions produce reproducible and clinically meaningful effects.

By integrating contemporary endocannabinoidome research with terpene pharmacology and evidence-informed aromatherapy, this presentation proposes a framework for critically evaluating aromatic molecules as potential modulators of interconnected biological signalling networks. The objective is to advance scientific dialogue and support the development of rigorous, mechanism-based research in traditional and integrative medicine.

Biography:

Dr. Steve John Chiola was Born and raised in the United States, after studying Medicine at the University of Genoa, I specialized in he graduated from Medicine & Health Sciences Founder, Educational Director and Professor of Holos Academy – Educational & Training Center (Switzerland) and President of the Swiss Clinical Aromatherapy Association (Switzerland) Consultant in Clinical Aromatherapy and Emotional Aromatheraoy for the Geriatric Center of the Luganese Hospital of Moncucco - Dr. Pio Eugenio Fontana and Geriatric Center at Felix Platter Hospital - Prof. Reto Kressig I worked as an assistant at Peking University during his specialization in Traditional Chinese Medicine and as an Associate Professor at the University of Siena where he taught Medical Informatics, Naturopathic Phlebolymhlogy and Vodder Technique.



Prof. Shozo Yanagida
Emeritus Professor of Osaka University, Japan

Validation of Hyperthermia Therapy: Activation of Superoxide Anion Radicals in Mitochondria induced Microwave and Radiofrequency (Far-Infrared) Energy Transfer

We asked Google Gemini, a form of generative AI, about the medical effects of hyperthermia. Hyperthermia (cancer thermotherapy) is a treatment method that exploits the fact that cancer cells are vulnerable to heat; it primarily uses high-frequency waves (electromagnetic waves) to heat the affected area to between 41.5°C and 44°C. Rather than being administered in isolation, this treatment is used in combination with other therapies to enhance the efficacy of the "three major treatments" (surgery, chemotherapy, and radiation) and immunotherapy. Notably, local hyperthermia involves heating a specific, localized area—such as a tumor—using sources such as infrared rays, far-infrared rays, microwaves, or radio waves.

Hyperthermia, which has been used in conjunction with various treatments—most notably cancer therapy—works by activating superoxide anion radicals; these are forms of chemical energy that accumulate within the mitochondria and endoplasmic reticulum, the engines of the cell. Consequently, this therapeutic approach facilitates the smooth progression of metabolic chemical reactions and drives the cellular metabolic process, effectively transforming the cells into immune-active cells.

It has been confirmed that the anti-cancer effect of hyperthermia stems from mitochondrial activation driven by the wave-like thermal energy associated with the treatment. This insight into the "key mechanism" of hyperthermia, along with its subsequent validation, was achieved through computational chemistry (DFT/MM) utilizing quantum chemistry AI.

Biography:

Shozo Yanagida (Emeritus Professor of Osaka University since 2004) is a pioneer of molecular-structured solar cells, and now stay at the forefront with regards to density functional theory-based quantum chemisty molecular modeling of molecular aggregats. Now, he may be regarded as a molecular-structure chemist using density-functional theory. He presented a plenary lecture entitled “Carbon dioxide is by no means the cause of climate change, and solar radio radiation causes climate change. Forecast/Verification by Quantum Chemistry Molecular Modeling in a global conference. Many theoretical verification examples by molecular modeling can be found on the homepage of M3 Laboratory Co., Ltd. (https://www.m3lab.en/).



Ludivine Colas
Independent researcher, Switzerland and France

The Hippocratic Temperaments in Traditional European Medicine: An Ancient Asset for Tailoring Naturopathic Treatments

The Hippocratic theory of humors and temperaments constitutes one of the historical foundations of European naturopathy. Yet, despite its continued use in naturopathic assessment, it remains insufficiently formalized according to the standards of contemporary scientific research. The study by Colas et al. (2026) makes a first contribution to this issue by seeking consensus on how French-speaking naturopaths define and assess the four Hippocratic temperaments: phlegmatic, sanguine, choleric, and melancholic. This four-round Delphi study, conducted with 66 experts, identified 217 consensus statements describing temperaments across five interconnected dimensions: psycho-emotional, behavioral, physiological, morphological, and susceptibility to disease. These findings represent a step toward developing a standardized and scientifically testable assessment tool. The presentation will use this work as a starting point to address a broader question: how can a traditional theory be translated into the framework of scientific research without reducing or distorting it? It will examine both the possibilities and limitations of this process of translation between different knowledge systems, considering temperament theory as a model for observing individuality rather than as an established biomedical truth. Finally, the presentation will explore the potential implications of this approach for naturopathic practice. By identifying inter-individual differences across physiological, behavioral, and psycho-emotional dimensions, the model could help structure an individualized approach to care, particularly in the selection and adaptation of strategies involving herbal medicine, nutritional therapy, hydrotherapy, or manual techniques. The aim is to show how traditional knowledge can become an object of research, evaluation, and interdisciplinary dialogue, while opening the way to the scientific study of genuinely personalized interventions.

Biography:

Ludivine Colas is a clinical psychologist (MSc at University of Lausanne, Switzerland) and naturopath trained in Traditional European Medicine (TEM) with experience in methodology of research and project management. She was a research associate in Navi, center for integrative health research in Switzerland, and currently works as an independent researcher. She recently collaborated with the University of Technology Sydney (UTS) on research related to preconception and fathers' health. Her areas of research include naturopathy and traditional medicine within the modern healthcare system.



Dr. Matina Chronopoulou
Warnborough College, UK Paris Graduate School, France

The Lymphatic System: "The Secret River of Health"

The lymphatic system is an often overlooked foundation of health, essential for tissue fluid balance, immune defence, and the absorption of dietary fats. Its role in regulating inflammation highlights its importance in whole person wellbeing. Lymph has a hand in virtually every major problem that can happen in the body. From a naturopathic perspective, lymphatic health invites attention to the body's internal terrain, the conditions that support normal cellular function and physiological balance. This presentation explores lymphatic physiology alongside nutrition, regular movement, adequate hydration, restorative sleep, and stress management within a whole person approach to health. The Lymph plays a role in the management of many conditions associated with aging, such as diseases of the brain, heart, and immune system. By connecting established biological functions with practical lifestyle principles, it places lymphatic awareness within a broader framework of preventive care, resilience, and healthy aging.

Biography:

Dr. Matina Chronopoulou was born in Sparta, Greece. Today, she is a practicing Naturopathic Doctor, Homeopath, Acupuncturist and Bioresonance Therapist. She has been involved in natural therapies since the late 1970s. Since 1995 she has been the director of the Center for Natural Medicine and Acupuncture in Athens, with an emphasis on physiotherapy, nutritional medicine, lifestyle modification, herbal medicine, homeopathy, acupuncture, flower essences and energy medicine. She practices private practice, lectures and teaches. Additionally, she specializes in educational workshops and seminars for professionals. She shares her knowledge about the traditional Mediterranean therapeutic diet, herbal walks and herbal retreats in the Greek countryside. She has presented scientific papers around the world and has regularly contributed articles to natural health journals, newspapers, television and radio talk shows for the past 25 years. Dr. Matina Chronopoulou is a columnist for the Huffington Post and Director of the Naturopathy and Complementary Medicine program and a member of the Board at Warnborough College Ireland.



Dr. Diane van der Vliet

Medical doctor and recognized expert in Acupuncture, France

Acupuncture and Auriculotherapy in Age-Related Macular Degeneration: From Emerging Evidence to an Integrative Clinical Approach

Age-related macular degeneration (AMD) is a major cause of irreversible central vision loss in older adults and has a profound impact on independence, quality of life, and psychological well-being. Despite advances in ophthalmic care, therapeutic options remain limited for the nonexudative form of AMD, creating a need to explore safe and potentially complementary approaches within an integrative care model. This presentation provides an updated overview of the scientific literature on acupuncture in AMD, with particular emphasis on recent systematic reviews and meta-analyses. Available clinical studies suggest that acupuncture may have beneficial effects on visual function and macular parameters, including best-corrected visual acuity and central macular thickness. However, the current evidence remains limited by methodological heterogeneity, small sample sizes, and overall low or very low certainty of evidence. Recent reviews continue to identify promising signals while emphasizing the need for well-designed, adequately powered randomized controlled trials.

Against this scientific background, the presentation introduces an integrative clinical approach combining body acupuncture, auriculotherapy, and the AcuNova/eye acupuncture method developed by John Boel. The rationale, treatment strategy, and practical integration of these techniques in the management of patients with AMD will be presented. Particular attention will be given to the potential role of acupuncture as a complementary—not substitute—approach to conventional ophthalmologic management. The presentation will discuss current evidence, possible mechanisms of action, clinical perspectives, and the research priorities needed to further evaluate acupuncture and auriculotherapy in AMD. By bringing together emerging scientific evidence and clinical experience, this session aims to provide an accessible, evidence-informed perspective on the potential role of acupuncture and auriculotherapy in the integrative care of pa-

tients living with age-related macular degeneration.

Biography:

Dr. Diane van der Vliet is a medical doctor and recognised expert in Acupuncture and Auricular Acupuncture, with a special focus on supportive care in oncology. Based in Lyon, France, she specialises in acupuncture and Chinese energetic techniques to help cancer patients manage treatment-related side effects and regain balance, energy, and quality of life. Dr van der Vliet has reinforced her expertise by a training in Clinical Oncology at the prestigious Gustave Roussy Institute in France. Her clinical expertise is enriched by a solid background in pharmaceutical research and global clinical trials, having served as Director of Clinical Development for over a decade. She has authored numerous scientific publications and regularly contributes to medical conferences and regulatory work. In addition to her clinical and scientific credentials, Dr van der Vliet is deeply committed to integrative, patient-centred care. She regularly leads group acupressure workshops at the Centre Ressource in Lyon, a supportive care centre for individuals living with or recovering from cancer. These workshops empower patients to use self-acupressure techniques to enhance vitality, reduce anxiety, and better manage common side effects of cancer treatments—promoting autonomy and well-being throughout the healing journey. At the 16th Global Webinar on Traditional and Integrative Medicine, Dr Van Der Vliet will share a comprehensive evidence-based review of acupuncture's role in oncology supportive care, drawing on her dual expertise in Clinical Science and Acupuncture. Her work exemplifies the fusion of rigorous scientific inquiry with compassionate, integrative healing practices.



Dr. Kevin KF Ng

Former Associate Professor of Medicine, Division of Clinical Pharmacology, University of Miami, USA

Adaptive Medicine: A New Scientific Framework for Traditional and Integrative Medicine

Despite remarkable advances in biomedical science, the global burden of chronic diseases continues to rise, highlighting the limitations of a predominantly disease-centered healthcare model. While conventional medicine has achieved extraordinary success in diagnosing and treating established diseases, less emphasis has been placed on preserving and restoring the body's intrinsic ability to adapt to physical, metabolic, environmental, and psychosocial stressors. This presentation introduces Adaptive Medicine as a new scientific framework that complements conventional, traditional, and integrative medicine by focusing on restoring adaptive capacity—the fundamental biological property that enables organisms to maintain resilience, recover from stress, and sustain health throughout life. Drawing upon advances in systems biology, redox signaling, immunology, and network pharmacology, Adaptive Medicine integrates key adaptive regulatory networks, including Nrf2, NF-κB, mitochondrial function, endothelial health, neuroendocrine regulation, and microbiome. These interconnected pathways provide a common mechanistic basis through which diverse interventions—including medicinal plants, phytochemicals, nutrition, physical activity, fasting, mind-body practices, and other traditional therapies— promote resilience and healthy aging. Rather than viewing these interventions as isolated therapeutic modalities, Adaptive Medicine proposes that many exert their clinical benefits by enhancing adaptive biological responses and improving the organism's capacity to respond to changing internal and external challenges. This system-based perspective bridges traditional healing wisdom and contemporary molecular medicine, offering a unifying framework for disease prevention, health promotion, and precision integrative healthcare. By shifting emphasis from symptom management to restoring adaptive capacity, Adaptive Medicine provides a conceptual foundation for the next generation of personalized, preventive, and resilience-based healthcare.

Biography:

Dr. Kevin KF Ng is a physician-scientist and thought leader in systems biology, inflammation, and longevity medicine. His work focuses on integrating molecular pathways, particularly redox regulation, mitochondrial function, and the balance between the NF-κB and Nrf2 pathways, into a unified framework of health and disease. Trained in cardiovascular and pharmacological sciences, Dr. Ng was mentored by Nobel Laureate John R. Vane, contributing to foundational insights into vascular biology and inflammatory signaling. He is the originator of the Adaptive Medicine model, which emphasizes restoring biological resilience through upstream regulation rather than downstream disease suppression. Dr. Ng is actively involved in medical education, research, and global thought leadership, with a growing international audience through lectures, publications, and digital platforms. His work aims to redefine modern medicine toward prevention, personalization, and longevity.



Dr. Amanda Frade-Barros
LUMO Life Science, Brazil

From Ancient Stimuli to Molecular Signaling: Acupuncture and Photobiomodulation in Women's Health

Background: The menopausal transition extends beyond ovarian hormonal decline and involves interconnected neuroendocrine, autonomic, metabolic, inflammatory, and psychosocial processes. Sleep disturbances, anxiety, chronic stress, pain, mood changes, and vasomotor symptoms frequently coexist, substantially affecting women's quality of life. Emerging evidence also associates menopause with changes in epigenetic regulation, including DNA methylation, histone modifications, and microRNA expression, suggesting an additional molecular layer linking hormonal transition, aging, environmental exposures, and cellular adaptation.

Objective: This presentation explores current evidence on the biological mechanisms through which acupuncture and photobiomodulation (PBM) may influence interconnected regulatory networks relevant to women during the menopausal transition, with particular attention to neuroimmune, neuroendocrine, mitochondrial, and emerging epigenetic pathways.

Discussion: Acupuncture produces peripheral sensory stimulation capable of engaging central and autonomic neural circuits and modulating neuroendocrine, nociceptive, and inflammatory signaling. PBM initiates photochemical and redox-sensitive cellular responses that influence mitochondrial function, signaling pathways, transcription factors, and gene expression. Although these interventions act through distinct primary stimuli, emerging experimental evidence suggests potential convergence at downstream pathways involving inflammation, cellular metabolism, neural plasticity, and gene regulation. Epigenetic mechanisms—including DNA methylation, histone modifications, and microRNA regulation—represent a promising, but still developing, field for understand-

ing how physical interventions may induce longer-lasting biological responses.

Conclusion: Acupuncture and PBM should not be viewed as substitutes for indicated hormonal or conventional therapies, but as potential components of evidence-informed integrative care. Understanding their effects through systems biology and molecular mechanisms may help shift integrative medicine from isolated symptom management toward personalized modulation of interconnected biological networks affecting women's health..

Biography:

Amanda Frade-Barros is a Brazilian pharmacist-biochemist, clinical researcher, and specialist in Integrative Medicine. She earned her Master's degree in Clinical Analysis from the School of Pharmaceutical Sciences at the University of São Paulo (FCF-USP), followed by a PhD in Sciences (Immunogenetics) at the Faculty of Medicine of the University of São Paulo (FMUSP). She completed two postdoctoral fellowships in genetics, epigenetics, and biomarker research through collaborations between FMUSP and Aix-Marseille University, France. She is the Co-Founder of LUMO Life Sciences – Institute of Science and Technology, where she develops interdisciplinary research connecting life sciences, translational medicine, innovation, and evidence-based integrative health. With more than two decades of experience in biomedical research and patient care, Dr. Frade-Barros combines scientific investigation with clinical practice as an Integrative Clinical Pharmacist. Her work focuses on biomarkers, immunogenetics, clinical trials, photobiomodulation, Traditional Chinese Medicine, phytotherapy, aromatherapy, and complementary and integrative health approaches supported by scientific evidence. She has presented her research at international scientific meetings and is dedicated to building bridges between conventional biomedical science and integrative medicine to advance personalized, evidence-based healthcare.



Dr. Chris D Meletis
Green Space Herbs, USA

From Bloodstream to Tissue Including Bone: New Clinical Evidence That Acoustic Tuning Changes Tissue-Level Outcomes, Not Just Blood Levels

For years, the case for acoustic resonance technology rested on pharmacokinetics: 12x to 18x increased bloodstream levels for berberine, curcumin, and ashwagandha compared to standard extracts, at identical labeled dose. That data answered the absorption question. It left open a harder one: does more compound in circulation actually change what tissue does.

Two new controlled trials now begin to answer it. FemHealQA, a six-month, randomized, double-blind, placebo-controlled trial in 78 perimenopausal and postmenopausal women, paired an acoustically-tuned Boswellia serrata extract (AKBA-QA) with fenugreek, bromelain, vitamin K2-7, and magnesium. The two-capsule arm produced a placebo-controlled increase in DEXA-measured bone mineral density, a 53-point WOMAC improvement in joint function, and significant reductions in Menopause Rating Scale and Greene Climacteric Scale scores, all with zero adverse events over six months. NerviTheraQA, tested head-to-head against vitamin B12 in 60 adults with type 2 diabetes and diabetic neuropathy, produced a significantly greater reduction in malondialdehyde, a direct marker of oxidative stress in nerve and vascular tissue, alongside within-group improvements in neuropathic symptom burden and quality of life.

Read together across two unrelated tissue systems, bone and peripheral nerve, the pattern is the same: higher circulating levels of acoustically-tuned actives now line up with outcomes that require the compound to be doing something at the cellular and structural level, not simply circulating. This webinar walks through that pharmacokinetics-to-physiology arc, what the data does and does not yet establish, and what it means for how practitioners think about dosing bioavailability-limited botanicals.

Biography:

Dr. Chris Meletis is an educator, international author, and lecturer with over 33 years of clinical practice. His mission is "Changing the World's Health One Person at a Time." Dr. Meletis has authored 18 books and over 200 national scientific articles in journals, including those in PubMed. Dr. Meletis served as Dean of Naturopathic Medicine and Chief Medical Officer for seven years at the National College of Naturopathic Medicine (now the National University of Natural Medicine). The American Association of Naturopathic Physicians awarded him the Physician of the Year for his work helping the underprivileged and spearheading the creation of 16 free natural medicine healthcare clinics in the Portland metropolitan area of Oregon.



Dr. Rani Fritz
Northwell Health, USA

Reproductive Aging and Planned Oocyte Cryopreservation

Birth rates in the US and Europe have decreased significantly over the past 25 years. In the US, the average age of first time mothers has increased from 21 years of age in 1970 to approximately 27 years of age in 2023. In the past quarter century, first time mothers between 35-39 y/o increased 4 fold, and 6 fold in first times mothers aged 40-44 y/o. In the US, similar trends have been seen in percent of mothers that remain childless over the past quarter century with over a two and a half-fold rise in women remaining childless between 30-34 years old, two-fold rise in women aged 35-39 years old, and approximately 80% rise in women aged 40-44 years old. Delayed childbearing and decrease birth rate are theorized to have a significant effect on the global economy, and as a result many governments have taken notice and instituted policies in an effort to increase fertility rates.

Peak fertility is between 25-30 years of age, correlated with peak oocyte quality. Fertility rates begin to decline slowly and take a steep decline between 35-37 y/o, and a drastic decline after 40 years old. Much data on fecundity is from historical cohort studies, which have limitation of homogenous populations and do not account for potential changes in coital frequency as couples age. A recent time to pregnancy study revealed that pregnancy rates up to 12 cycles range between 82%-87% in ages 30-35 y/o, 71%-76% in ages 36-39 y/o, and 48%-54% between ages 40-44 y/o. Genetic data reveals increasing oocyte aneuploid rates with increasing age, with rates approaching 50%-100% between 42-46 y/o. Following IVF, embryo aneuploid rates reached 80%-90% at 43-45 y/o. Mirroring decreasing fecundity rates with increasing age, miscarriage rates increase with advanced maternal age with rates reaching 50%-60% between ages of 43-45 y/o. Studies reveal that knowledge on reproductive aging and availability of fertility preservation are suboptimal amongst reproductive aged men and women. A survey by ACOG of US OBGYNs revealed that 75% of physicians stated that limited time was a barrier

to counseling on reproductive aging and fertility preservation, and 40%-50% state that limited knowledge was a barrier to counseling.

The first baby born following oocyte cryopreservation was in 1986. In 2013 the experimental label for oocyte cryopreservation was removed by the American Society for Reproduction Medicine (ASRM), however, it was not condoned for elective use. In 2018, ASRM advocated its use for elective reasons and gave the term planned oocyte cryopreservation. Since its experimental use was removed in 2013, oocyte cryopreservation in the US increased approximately 6 fold. Advancements in vitrification, ICSI, increased insurance coverage, and media coverage likely contributed to its increase in usage. Studies have shown that IVF success rates for oocyte cryopreservation are similar to that of fresh oocytes. A meta-analysis of planned oocyte cryopreservation revealed the average age at which women undergo planned oocyte cryopreservation is approximately 37 y/o, with an average return rate of ~ 11.0%, and live birth rate of ~ 28%. A study following patients out 10-15 years following oocyte cryopreservation revealed a higher return rate of 38.1%. Success rates depend on number of oocytes cryopreserved and age at which cryopreservation occurred. Complication rates are relatively low with an overall 0.3% complication rate. Although limited by short term follow up, data reveals no increased risk of chromosomal abnormalities, adverse obstetrical outcomes, or congenital anomalies to babies born following oocyte cryopreservation.

In conclusion, there is an increasing number of women delaying childbearing resulting in a decline in birth rates and increasing rates of infertility. This may have a global and economic impact, and many governments have started to take notice. There is a lack of knowledge regarding reproductive aging and oocyte cryopreservation and the OB/GYN community is on the forefront to provide this counseling. Oocyte cryopreservation can increase the chances of having a genetically related child particularly if childbearing is postponed towards the end of their reproductive lifespan. .

Biography:

Dr. Rani Fritz is double board certified in Obstetrics and Gynecology and Reproductive Endocrinology and Infertility. Dr. Fritz completed his residency in Obstetrics and Gynecology at Columbia University St. Luke's-Roosevelt Hospital in N.Y., N.Y. Following residency, Dr. Fritz worked for four years as a general Obstetrician and Gynecologist at Brookdale University Hospital and Medical Center in Brooklyn, N.Y. He was then awarded an NIH sponsored Women's Reproductive Health Research (WRHR) scholarship at Wayne State University in Detroit, MI, where he focused on placental related research. During his time as a WRHR, Dr. Fritz also earned a PhD in Physiology with a concentration in Reproductive Sciences. Dr. Fritz then completed his fellowship in Reproductive Endocrinology and Infertility at Albert Einstein College of Medicine in N.Y. He continues to be active in research and academia having published over 30 peer-review publications. He has won numerous research awards including the Prize Paper at 2017 ASRM national convention, and President's Presenter Award at the International Society for Reproductive Investigation in 2014 in Florence, Italy. Her was the invited keynote speaker at the 2024 ACOG District XII meeting lecturing on reproductive aging. Currently, Dr. Fritz is a practicing REI and the Division Director of REI at Northwell Health South Shore University Hospital and Medical Center in New York.



Dawn Pollock
Place of Peace Visionary Reiki, USA

Karuna Reiki, Grief and the Healing Process

At a time on our planet where wrong is right and right is somehow wrong or dismissed there is always Love as the violin in the background. I know that Love has not always been in the background as it seems to be in present history. Grief brings life's impermanence into full bloom and we are then forced to look for life's true Value. Karuna Reiki helped me to feel, and sense that much needed undercurrent of lies true worth. At a time that I was not sure how I could continue onward.

What is Karuna Reiki? In general Karuna Reiki is an art and practice of not only intuitive impression but also learning how to accept, understand and forgive as one travels thru ones life.

Karuna Reiki is more focused on this aspect and allows the practitioner to go deeper than in other healing art forms with meditations and use of symbols to help connect with ascendant masters, high frequency angels and Archangels. The Karuna Reiki form of healing system was developed by William Lee Rand and Reiki Master in 1995 with the help of some of his faithful students. The word Karuna itself is of 'Sanskrit' origin. It's meaning relates to unconditional love, and compassion.

When we begin to understand that we are all ONE, things become more clear. Compassion for oneself and others flows easier. When we can heal our own wounds we become more freed to understand and able to serve others.

What is grief?

There are different levels and kinds of grief. For loss of loved ones or of situations, loss of childhoods. Some levels of loss of which we each can recover from more quickly and with less severe sadness than other losses. There are deeper levels of grief that flow

much more profoundly when we have lost someone or something more profound, such as a traumatic childhood. The loss I address today is a loss of a close loved one who feels as if they were a part of us.

Is there anyone here today who has had a dramatic loved one loss in your life?

My heart is with you. As this is so hard to travel through. I lost my daughter of 38 years old. It was sudden and unexpected. There were so many things she didn't share with us that made this loss so much harder to process. The entire family was in a state of shock. I felt as if I had lost a part of my very blood flow. In fact I did end up in the hospital with heart issues due to this intense loss. A traumatic loss can also be so dramatic and unexpected that your own energy pattern is disrupted. That is the very aura of energy around you is weakened. This can cause situations such as heart conditions, illness, and digestive issues and other physical problems to develop if you stay in this disrupted state for an extended period of time. Your energy field needs to be strengthened as soon as possible. This is where Karuna Reiki can be of help. I had been a Reiki practitioner and when the grief would not let up I felt I needed to return to Reiki for help. I asked to be added to a class for Karuna Reiki, the next level up in this healing artform of healing. I was happily added.

I found that Karuna Reiki strengthened my energy field. I continued to have the deep sorrow and grief from this tremendous loss. So many others were helpful in letting me know that I just had to go through the process and let the tears flow when they needed to flow. The Reiki however, helped me to realize that I was surrounded by a loving universal force that would not let me go through this journey alone. When others might be hinting at telling me it was time to move on this loving universal energy was still there for me. Tapping into Karuna Reiki is much like a deep prayer that unites one with Divine Will. A constant flow of love that connects us to all of life and to one another.

One of the symbols of Karuna Keiki helps you to free yourself from negative old mental patterns by creating a clear path of energy and determination. I needed this so much. Since I was lost in the terrible "What if's" I had done this or that might she still be with us? Blamming myself for her loss. This happens all too often to people who lose someone especially in a tragic way. Then we all need that help and determination to move forward in our own life. We each will most likely face at some point a deep penetrating loss in our lives. We can count

on the Love and compassion of others Prayers or of Reiki to help to get us through the

tunnel of grief. There was a reason in the past that those who were grieving wore black for a year. It was to let others know to give extra care and love to them. We no longer witness this practice in general. Especially in the United States. I was afraid to go out in public especially the first 9 months because I would sob at the drop of a pin. I would not be able to stop myself. It was so awful. It's now a year and a half later and I feel more stable. It takes more to stimulate those unstoppable flowing tears. So to all of you out there, remember to nurture others who have had a deep loss in their life. For what you give you will ultimately gain back upon yourself. For we are all ONE. We are connected.

Some call this energy Chi, some call this loving force, God.

I call it Universal Love

We are all connected by this powerful divine, loving energy.

We are not separate, We are ONE....

Biography:

Dawn Pollock brings together a background in healthcare, metaphysical studies, and energy healing in her work supporting individuals through grief, trauma, and life transitions. Her professional journey began in Diagnostic Medical Sonography and continued with training as a Speech-Language Pathology Assistant, giving her an appreciation for both the physical and emotional dimensions of health. Following significant personal health challenges, Dawn explored complementary and spiritual approaches to healing, including Usui Reiki, Holy Fire® Reiki, Karuna Reiki, Shamanic practices, and bioenergetic health coaching. She holds a Bachelor of Metaphysical Sciences (B.Msc.) and is a Certified NES Bioenergetics Health Coach, Usui Reiki Level III Master Teacher, and Karuna Reiki Master. Dawn's work is also deeply informed by her personal experience with profound loss and grief. Through her own healing journey, she discovered the importance of compassion, self-soothing, and cultivating a sense of inner safety. Her presentation, "Karuna Reiki, Grief and the Healing Process," shares how Reiki and spiritual practice became sources of compassion and support during one of the most difficult experiences of her life.



Dr Benedict Kolber
University of Texas at Dallas, USA

Investigation of dosing in exercise for pain: From meta-analysis to integrative clinical trial with mindfulness

Knowledge of efficacious dosing respective to exercise type and pain condition is extremely limited in the literature despite the front-line use of exercise therapy in the treatment of chronic pain.

Amongst the 100's of individualstudies in human participants using exercise to modulate pain only a small number have directly addressed the impact of exercise duration ,bouts, intensity or other spects of exercise dose in a systematic fashion. This has the potentialto lead to poor outcomes for patients including both under andover-prescribing therapies based on pain condition, age, gender, and otherfactors. In this presentation, we will discuss the challengeof evaluating exercise dose and demonstrate our research group's approach to addressing the question. We took a meta-analysis approach prior to testing the impact of a predicted dose integrated with mindfulness meditation in chronic low back pain patients.

First, we will describe our use of a metaanalysis approach to studyingdosing in exercisetrials in pain. These data demonstrate that the number of exercisesessions per week may lead to substantive differences in the modulation of pain. Second, using our best estimatefrom the meta analysis and a phase I trial in healthy participants, we initiateda pilot clinical trial in adult chronic low back patients. In this trial, exercise was combined with mindfulness meditationto test the hypothesis that meditation could reduce disabilityand state anxiety associated with exercise in musculoskeletal pain patients to maximize the efficacy of subsequent exercise.This pilot trial demonstrated the feasibility of our four-weeklong intervention includingshowing cumulative reductionsin self-reported pain (unpleasantness and intensity) and self-reported relianceon pharmacological thera-

py for patients. Overall, in this presentation, our goal is to encourage the rehabilitation community to consider dosing in the context of physical and mental rehabilitation trial design.

Biography:

Benedict Kolber serves as a Professor in the Department of Neuroscience in the School of Behavior and Brain Sciences at The University of Texas at Dallas. He also serves as the co-Director of ENSURE undergraduate research program. Dr. Kolber has over 20 years of experience doing neuroscience research. Kolber's research interest focus on comorbidities in chronic pain. He is interested in developing both pharmacological and non-pharmacological therapies as well as understanding the underlying mechanisms of chronic pain. Basic science studies focus on the amygdala, an important central nervous node for emotional regulation and pain. Clinical translational studies focus on utilizing mindfulness meditation and exercise to treat chronic musculoskeletal pain.



Dr. Eleonora Medici
Rifugio Corpo & Spirito, Italy

Chronic Inflammation and Yogascience - Yoga: How Regular Practice Influences Inflammatory Biomarkers, Lifestyle, and Well-Being

Chronic low-grade inflammation is increasingly recognized as a key biological process underlying numerous chronic conditions, including cardiovascular disease, type 2 diabetes, obesity, metabolic syndrome, depression, autoimmune disorders, and accelerated biological aging. Unlike acute inflammation, which represents a protective and transient response, chronic inflammation is characterized by persistent immune activation and sustained elevation of inflammatory mediators such as C-reactive protein (CRP), interleukin-6 (IL-6), and tumor necrosis factor-alpha (TNF-α). Lifestyle factors—including psychological stress, physical inactivity, inadequate sleep, unhealthy dietary patterns, social isolation, and excess visceral adiposity—can contribute to the maintenance of this inflammatory state. Chronic psychological stress, in particular, activates the hypothalamic pituitary-adrenal axis and the sympathetic nervous system and may contribute to glucocorticoid resistance and increased inflammatory signaling. Yoga represents a multidimensional mind-body intervention combining physical movement, controlled breathing, meditation, attention regulation, body awareness, relaxation, and social connection. Evidence from randomized controlled trials and systematic reviews suggests that regular yoga practice may be associated with reductions in circulating inflammatory biomarkers, particularly CRP, IL-6, and TNF-α, as well as changes in inflammatory gene-expression pathways such as NF κB. These effects appear to be related primarily to consistent practice over weeks or months rather than isolated sessions. Several biological mechanisms may contribute to these effects, including reduced sympathetic activation, enhanced parasympathetic and vagal activity, improved stress regulation, better sleep, and improvements in metabolic health. Emerging research also suggests that yoga and meditation may influence the expression of genes involved in inflammatory signaling, highlighting a possible role for behavioral and epigenetic mechanisms. The available scientific evidence supports the potential role of yoga as a complementa-

ry component of lifestyle medicine, particularly in conditions associated with chronic inflammation. However, methodological limitations—including small sample sizes and substantial variability in yoga styles, duration, and intensity—indicate the need for larger and better-standardized studies. Future research integrating inflammatory biomarkers with neuroimaging, wearable physiological measures, microbiome analysis, and other biological approaches may help clarify the mechanisms and optimize yoga-based interventions.

Conclusion: Regular yoga practice may contribute to the regulation of chronic inflammatory processes through the combined effects of movement, breathing, meditation, stress reduction, recovery, and healthier lifestyle behaviors. Rather than acting through a single pathway, yoga may influence the complex interaction between the nervous, endocrine, immune, and metabolic systems, supporting physiological resilience and overall well-being..

Biography:

Eleonora Medici Sarasvati is the Founder of Rifugio Corpo & Spirito – Yoga Center, Rapallo Liguria-Italy, She is a passionate Yoga teacher, Ayurvedic naturopath, and explorer of the inner world. Her over 30 year path has always been guided by the desire to unite body, mind, and spirit in harmony with nature and ancient wisdom. Her Yoga journey began as personal transformation and evolved into a life vocation. She holds many advanced international certifications including: • E-RYT (1550+ hours) – World Yoga Alliance • Certified Yoga Teacher Trainer and Yoga Therapy – World Yoga Alliance • Certified Meditation Teacher Trainer – World Yoga Alliance • Certified Yin Yoga Teacher Trainer – World Yoga Alliance • Yoga and Meditation Teacher Diploma – Ananda Ashram • Three-Year Yoga Teaching Diploma – Institute of Human Sciences, Rome • Continuous Education Trainer for World Yoga Alliance Her teaching combines Yoga Science with essential oils through her unique method, Yogarôme, emphasizing both its depth and emotional energy. Her teachings are intuitive, feminine, and transformative, embodying her journey. At Rifugio Corpo & Spirito, sacred spaces foster reconnection, healing, and alignment with one's true essence. Her motto emphasizes that yoga is a way of being, shared with grace, compassion, and deep presence.



Dr. Steve John Chiola
CEO & Director, Holos Academy International UAE & Switzerland

Pain and Integrative & Complementary Healthcare Sciences: From Mechanisms to Evidence-Based Multimodal Management

Background: Pain is a complex, multidimensional experience involving sensory, emotional, neurophysiological and behavioral processes. Its expression and persistence reflect the interaction between peripheral nociceptive mechanisms, central nervous system processing, neuroimmune activity and individual biopsychosocial determinants. Although conventional medicine remains essential for diagnosis and evidence-based treatment, persistent pain frequently requires a broader, multidisciplinary management strategy.

Objective: This presentation examines the contribution of Integrative and Complementary Healthcare Sciences to contemporary pain management, exploring how selected non-pharmacological and natural therapeutic interventions may complement conventional approaches in the management of acute and chronic pain.

Content: The presentation considers the distinction between nociceptive, neuropathic and nociplastic pain, highlighting the importance of understanding underlying mechanisms before selecting therapeutic interventions. It evaluates selected approaches, including acupuncture, phytotherapy, clinical aromatherapy, manual therapies, therapeutic movement, yoga, tai chi, mindfulness-based interventions, breathing techniques and nutritional strategies. Particular attention is given to their proposed mechanisms of action, clinical indications, available evidence, safety profiles and limitations. The discussion distinguishes biological plausibility and mechanistic findings from demonstrated clinical effectiveness, emphasising that therapeutic recommendations must remain condition-specific and proportionate to the quality of available evidence.

Conclusion: Integrative pain management should not be understood as an alternative to conventional medical care, but as a coordinated, evidence-informed integrative framework that may contribute to symptom management, functional recovery and improved quality of life. Its clinical value depends on appropriate patient selection, professional competence, safety assessment, interdisciplinary collaboration and measurable outcomes.

Keywords: Pain science; integrative healthcare; chronic pain; acupuncture; phytotherapy; clinical aromatherapy; mind-body interventions; multimodal pain management..

Biography:

Dr. Steve John Chiola was Born and raised in the United States, after studying Medicine at the University of Genoa, I specialized in he graduated from Medicine & Health Sciences Founder, Educational Director and Professor of Holos Academy – Educational & Training Center (Switzerland) and President of the Swiss Clinical Aromatherapy Association (Switzerland) Consultant in Clinical Aromatherapy and Emotional Aromatheraoy for the Geriatric Center of the Luganese Hospital of Moncucco - Dr. Pio Eugenio Fontana and Geriatric Center at Felix Platter Hospital - Prof. Reto Kressig I worked as an assistant at Peking University during his specialization in Traditional Chinese Medicine and as an Associate Professor at the University of Siena where he taught Medical Informatics, Naturopathic Phlebolymhlogy and Vodder Technique.



Chen Profesorsky
Chen & Shanni's Home of Cure International Gallstones Flush Academy, Israel

Do's and Don'ts with Gallstone Patients

Gallstone care is often reduced either to symptom relief or to a flush. Both miss the clinical work in between: preparing the patient so that the gallbladder and liver are not pushed into releasing stones before the preparation phase has done its work. This presentation examines the nutritional and herbal foundations of that preparation from a naturopathic and Chinese-medicine perspective.

During the cleanout phase, the nutritional task is to reduce the intensity of contraction, not to eliminate fat. We will examine a temporary vegan base, measured daily amounts of plant fats, and distributing those fats through the day rather than concentrating them in one meal. Fresh nuts and seeds, avocado and tahini will be considered alongside the distinction between whole-food fats and more rapidly acting pressed oils. The session will also address hydration, wholesome carbohydrates and proteins, gentle seasoning, and the choices that may provoke an excessive biliary response: animal products, heated fats, highly processed oils, excessive salt, hot spices, and foods that strongly stimulate the liver and gallbladder.

For Chinese-medicine practitioners, the essential caution is this: do not move Gallbladder Qi too strongly while stones remain in the gallbladder or liver and the patient has not completed the preparation phase. A strongly moving herbal or acupuncture approach may mobilize a stone before the system is ready to guide it out. The result can be a stone leaving its place prematurely rather than a prepared, orderly resolution process. Herbal work must therefore be chosen according to the patient's pattern and serve preparation, digestion, hydration, and the reduction of mucus and stagnation without creating unnecessary forceful movement.

Participants will leave with a clear distinction between pain-reduction nutrition, preparation nutrition, and the later gallstones flush phase, as well as practical principles for keeping dietary and herbal treatment aligned with the complete process..

Biography:

Chen Profesorsky is a naturopath and Chinese-medicine practitioner who has worked with gallstones since his own experience in 1993. Together with Shanni Profesorsky, he has developed a staged natural methodology for gallstones, combining nutritional preparation, herbal and Chinese-medicine thinking, a structured gallstones flush process, and prevention of recurrence. Their work is presented through Chen & Shanni's Home of Cure and the Stop Gallstones Suffering guide. Chen is also developing the International Gallstones Flush Academy, which trains accredited Chinese-medicine practitioners in a complete, supervised, endpoint-defined approach to gallstone resolution. His teaching focuses on the distinction between symptom support, patient preparation, and the professional process required to guide complete resolution.



Angelica Neri
Angelica Rose Neri, LLC USA

The Power of Energy: Understanding Reiki and Intuitive Healing

Reiki is a Japanese energy-healing technique that has gained international recognition as a complementary wellness practice, yet it remains relatively misunderstood and underrepresented in mainstream healthcare. While modalities such as acupuncture, yoga, and holistic nutrition have increasingly entered mainstream conversations around integrative health, Reiki and other non-physical healing practices are often met with skepticism. This raises an important question: how can we better understand and explore the role of energy in healing?

This presentation introduces Reiki as both an energy-healing modality and an intuitive healing technique. Drawing on over 13 years of experience as a Reiki Master and educator, Angelica Neri will explore the principles of Reiki, the relationship between energy and intuitive awareness, and the experiences reported by clients through individual healing sessions and practitioner training programs. The lecture will also explore how Reiki is practiced, how practitioners develop their intuitive abilities, and its potential role in supporting relaxation, emotional well-being, and personal transformation.

This session aims to offer attendees a fresh perspective on energy medicine, bridging traditional healing philosophies with modern interest in holistic and integrative approaches to wellness.

Biography:

Angelica Rose Neri is an intuitive healer, Reiki Master, Ayurvedic Practitioner, and educator with over 13 years of experience in holistic wellness and spiritual development. A 500-hour certified Kundalini and Vinyasa Yoga instructor, Angelica spent over five years leading yoga teacher trainings at established wellness studios before expanding into global online Reiki education, where she has spent the past six years certifying and mentoring healers worldwide. Based in Los Angeles, California, Angelica works with an international community through her Reiki certifications, healing programs, and business mentorships. Her work bridges energy healing, intuitive development, and entrepreneurship, helping individuals cultivate their intuitive gifts, become confident and skilled practitioners, and build successful businesses in the alternative healing industry. Her clients have gone on to author bestselling books and establish thriving businesses in holistic wellness. Angelica is passionate about making energy healing accessible while empowering the next generation of healers to turn their gifts into meaningful, sustainable careers.



Dr. Robert Kempenich
President of AREMA
France

PAIN : Anthroposophic Medicine approach

Pain management is at the heart of all medical practice, because it is part and parcel of human life. Pain affects the whole of human nature : physical , psychological and spiritual levels.

According to Rudolf Steiner : « pain is consciousness in the wrong place ». Pain is the consequence of the psychical level which penetrates too deeply into the physical and living body.The psyche and consciousness become imprisoned in the body.

In anthroposophic medicine, pain therapy is multimodal :

Taking physical pain into account.

Soliciting the strengths and salutogenic capacities of the body of life.

Relieving the psychological aspects of pain.

Soliciting the individual activity (making sense of pain).

In anthroposophic medicine, the treatment of pain is not simply an "anti", pain-relieving, analgesic treatment, but this is complemented by a "for" treatment : encouraging the forces of self-healing in order to regain a new balance.

Pain treatment will vary according to the type of pain : Nociceptive or neuropathic and Acute or chronic and diffuse pain .

. Differentiate between pain related to the neurosensory system and pain related to the metabolic and limb systems.

Medicinal therapy : orally or by subcutaneous injection.

Misteltoe. Aurum metal. Aurum comp. (Aurum/Myrrha/Olibanum).

Meteoreisen comp. (Ferrum sidereum/Silicea/Phosphorus). Apis mellifica.

Aconit comp. (Aconit/Belladonna/Rhus tox). Arsenicum album. Cuprum metal. Bryophylum.

Solum uliginosum comp. (Solum /Aesculus/Equisetum).

Non-medicinal therapy :

Eurythmic therapy.

Rhythmical massages..

Biography:

Robert Kempenich is a medical doctor (Université de Strasbourg. France), holder of a university degree in cancerology (Université Paris13), a university certificate in HIV infection (Université Strasbourg),a diploma from the French School of Homeopathy.He was trained in anthroposophical medicine at the Arlesheim Klinik in Schwitzeland .He is president of AREMA (Association pour la Recherche et l' Enseignement en Médecine Anthroposophique. Paris.Strasbourg.) and has been teaching anthroposohic medicine to doctors for around thirty years.He is board member of the GETCOP (Groupe d' Evaluation des Thérapie Complémentaires Personalisées. France) He was a member of the advisory board of the pan-european study CAMbrella , president ot the ECPM (European Council of Doctors for Plurality in Medicine), board member of the IVAA (International Federation of Anthroposophic Medical Association).



Dorit Hennings
Practice for Classical Homeopathy, Germany

Inhibition of NF-kB activation in cancer and reduction or prevention of translocations during cell division in fertility therapy through homeopathic therapy

Homeopathy is currently the most profound, effective, and—at the same time—gentlest form of therapy available to humanity today. Studies have shown that pathogens can induce changes within our cells and cell nuclei, extending even to the structure of our DNA. They establish themselves in our cells and cell nucleus and use our cell's own epigenetics for the replication of their own DNA or RNA. They manipulate the cell's self-preservation systems, emergency warning mechanisms, and apoptotic cascades, switching them off to suit their own survival needs. Point mutations, translocations, and their resulting disorders are increasing due to more frequent infections. In some cases, sterility is one of these resulting complications.

Hahnemann, one of the most brilliant minds of the last 250 years, developed - without the aid of a microscope or AI - a form of therapy capable of inducing positive changes down to the level of cellular structures and functions, as well as DNA structures and epigenetics. What homeopaths and alternative practitioners have observed in clinical practice for over 200 years has, in recent years, begun to be substantiated by scientific studies. Viruses, bacteria, zoonoses, mycotoxins, and other toxins have been successfully treated with homeopathic medicines for two centuries. Even the much-feared flaviviruses can be treated with homeopathy. This is supported by a 2022 study and existing therapeutic experience. Regarding various types of cancer cells, there are homeopathic studies that demonstrate the effects of homeopathic remedies at the cellular level—such as the inhibition of NF-κB activation, the reduction of TNF-α levels, and stopping of the sub-G0 and G2/M phases, as evidenced in *in vitro* cancer cell line experiments. In this context, and based on these latest findings, another piece of evidence fits, namely that homeopathic medicines represent verified substantial preparations that are manufactured

on the basis of the purest natural laws, thus guaranteeing optimal bioavailability for the organism. Even in the case of a genetically inherited disease, where all conventional and alternative medical therapies finally agree that no treatment is possible at this level, I myself have observed changes following the use of a homeopathic remedy.

How pathogens cause these changes within us, what diseases can develop as a result, and what homeopathic remedies do to help our cells regain their own functionality and thus their naturally given health intelligence, and what all this can have to do with fertility therapy – that's exactly what I show in my article. .

Biography:

Dorit Hennings is a naturopath specializing in classical homeopathy. She has been practicing for more than 10 years in Dargun in the beautiful natural paradise of Mecklenburg-Vorpommern in northern Germany. She is a passionate therapist and advocate of homeopathy. She works as a homeopathic practitioner, much like a country "doctor," treating all kinds of ailments that people bring to her, from homeopathic fertility therapy to terminal cancer – she has seen almost everything. People in East Germany grew up exclusively with conventional therapy. Since moving to the countryside, she has been constantly working to introduce people to homeopathy as a comprehensive therapy that deeply intervenes in organic, hormonal, metabolic, immune, as well as psychological and mental processes, and to make it tangible for them. She gives lectures locally and in the surrounding area on a wide variety of topics, such as Lyme disease, hemophilia, what homeopathy is and what it can do, and much more. She also offers therapy for socially disadvantaged families and furthered her education in psychological trauma therapy in order to gain a deep diagnostic and therapeutic understanding of traumatization in all its forms, which can be treated very well with homeopathy.



Dr. Suzanne Riskin
Nova Southeastern University Florida, USA

Emerging Diagnostics and Therapeutics for Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)

The obesity epidemic pushed fatty liver disease (metabolic dysfunction-associated steatotic liver disease and metabolic assocaited steatohepatitis) to the forefront of the 21st century. Disease work-up is invasive with liver biopsy or noninvasive using elastography and alanine aminotransfer ase (ALT) and aspartate aminotransferase (AST) liver enzyme biomarkers. There are two, relatively-new FDA-approved drugs on the market to treat the disease, the GLP-1 receptor agonist semaglutide and the thyroid hormone receptor-beta agonist resmetirom. Alternative medicinal treatments include altering intestinal microbiota, consuming anti-inflammatory, herbal-based, vita min-based, and plant-based medications, and following a healthy lifestyle. In this study, CINAHL, Google Scholar, and PubMed were used to identify articles pertaining to fatty liver disease (FLD). Articles were less than 10 years old as of October 2023. Peer review was confirmed using Ulrich's web. In all 13 peer-reviewed articles used for this review, the diagnosis of FLD was most commonly done using ALT and AST and lipid profiles. Liver ultrasound, liver FibroS can, and liver biopsy were supplemental tools used. Anti-inflammatory, herbal-based, vitamin-based, and plant-based medications (silymarin/milk thistle, vitamin E, hesperidin, artichoke leaf extract, yogurt, metformin, pioglitazone, statins, fibrates) and healthy gut microbiota had beneficial and therapeutic effects in treating FLD when coupled with healthy lifestyle changes. All medicinal treatments lowered the ALT and AST liver enzymes, lipid profiles (total cholesterol, triglycerides, low-density lipoprotein), and liver steatosis scores in studies where ultrasound was used before and after treatment. There were no reported side ef fects of these treatments at the doses studied for use in FLD. The treatment options studied may have beneficial impacts in treating FLD patients and may be used in the development of future medications to combat the disease.

Biography:

Suzanne Riskin completed her MD from the University of Miami, Miller School of Medicine and residency training from the University of Miami, United States. She has been working as an Assistant Professor of the Dr. Kiran C. Patel College of Osteopathic Medicine (KPCOM), Nova Southeastern University (NSU), United States since 2019. She has published in reputed journals and has been serving as a journal editor at The Cureus Journal of Medical Science.



Holly Rabbe
Catalyst Acupuncture & Wellness LLC, USA

The case for down-regulation of the nervous system to improve clinical outcomes

Presentation of Symptoms: A case of persistent fixed physical rotation of neck, toro and hips that presented 2 months post MVA, over 3 years ago. The patient's body had twisted into the position it went into during the accident, over a two-month period. Patient had physical therapy, 6 months of chiropractic care, 6 months of acupuncture care with little to no relief. Botox injections at OCB did provide some temporary decrease in pain but not in structural misalignment. She also had CBT. My theory is to address the nervous system to down regulate and release fear locked in the physical body causing fixation. Because of the severity of this case, I chose to invite my assistant to join in treatments to increase therapeutic presence and assist in down regulation of the nervous system and sense of safety. Release of cellular fear and down regulation of the nervous system comprehensively through presence, acupuncture, hands on somatic release, flower essences and patient engagement were crucial to the positive outcome of this case. I often will choose to address the nervous system first with treatments to expedite the healing process. For this patient it was key. I feel the body has an innate ability to heal and when given the right circumstances, it will. This includes removing blocks to healing which I feel was the root in this patient's case. Sometimes the key is supplementation through proper diet, herbs, chiropractic care, acupuncture, or body work, physical therapy or movement. Sometimes it releasing emotional blocks locked within the tissues, or nervous system. Often it is multidisciplinary.

Biography:

Holly Rabbe began a healthcare career over 40 years ago. First by attending to the elderly as a nursing assistant. Then as a Licensed Practical Nurse (LPN) in an acute rehabilitation setting, educating patients and assisting in their recovery. Following a health crisis at age 28, she searched for answers to restore her health and found the healing power of herbs. She then studied CranioSacral Therapy (CST) through the Upledger Institute after seeing the profound effect it had on her second child's recovery after an auto accident. Completing through Advanced level CST, and going on to teach assisting CST. She has Advanced study through the Chikly Institute, in brain, lymph drainage and Heart Centered Therapy. She has been a support therapist and acupuncturist in many comprehensive therapy programs through integrative intentions. It was there she fell in love with acupuncture while volunteering at Integrative Intentions and have since completed her Bachelors in Science at Empire State College, Master's Level Diploma in acupuncture at the Eastern School of Acupuncture and Traditional Medicine and received her doctorate in acupuncture and herbal medicine (DAHM) from Daoist Traditions College of Medical Arts in NC. She is currently Licensed in Pennsylvania, and I am Nationally Certified by the NCBAHM as a Diplomate of Acupuncture.



Laure Le Corroller
Dr. & Master Sha Tao Academy, Canada

One of Dr. & Master Sha's Leading Teachers & Healers, Tao Teachers & Healers Licensees Global Operations Director, Keynote Speaker representing Shen Medicine in Complementary & Integrative Medicine internationally

Dr. & Master Sha is a world-renowned healer, author, humanitarian and Tao grandmaster. He is also a doctor in modern medicine in China (MD), and a doctor in traditional Chinese medicine in China and Canada. He trained with Dr. & Master Guo, who founded Zhi Neng Medicine (Body Space Medicine) in China to help thousands of people who did not have access to medical treatment. He wrote more than 30 books, including 11 New York Times bestsellers, and he created the Love Peace Harmony foundation that received widespread recognition for its unconditional service to humanity.

He founded Soul Mind Body Medicine by combining the essence of western medicine with ancient Tao wisdom. He applies the Universal Law of Shen Qi Jing: "heal the soul first, healing of the heart, mind and body will follow". A powerful information system to help bring transformation.

He created Tao Science, in collaboration with Dr Rulin Xiu, bridging science and spirituality at a fundamental level, and he contributed to the culmination of quantum physics scientists work on the Grand Unification Theory.

Sole lineage holder of professor Li Qiu Yun in the Yi Bi Zi calligraphy style (One Qi), he created Tao Calligraphy to carry a powerful transformative field; and he developed the 6 powers technique to benefit from this field. He received the prestigious titles of Shu Fa Jia (national Chinese Calligrapher Master) and Yan Jiu Yan (honorable researcher professor) by the Chinese State Ethnic Academy of Painting.

Sha Research Foundation, a non-profit organization lead by Dr. Peter Hudoba, neurosurgeon, studied the effectiveness of Dr. and Master Sha technique. A team of 24 medical doctors, nurses and researchers conducted 19 clinical studies involving about 600 subjects and lasting between 3 months up to 10 years. This research showed remarkable improvement in quality of life of participants, of their clinical symptoms, and documented many heart touching stories. Results of these studies were presented in 29 International conferences.

Laure Le Corroller trained with Dr. & Master Sha for 16yr, and is now one of his leading teachers. People testimonials are Dr. & Master Sha technique's report card. More than 700,000 people reported transformations in health, relationships, and more around the world. There is no promise of result or any guarantee. Shen Medicine is not a replacement of modern medicine, but it can complement it powerfully through the power of guided meditation using 6 power technique in a unique Tao field.

Shen Medicine is empowering everyone to reconnect with the power of the soul. Soul is the carrier of information that leads the emotional body, which directs the mental body and finally instruct the physical body. Beyond mindfulness, the ultimate transformation power is soulfulness. The soul can make things happen at the physical level..

Biography:

Laure Le Corroller is a one of Dr & Master Sha leading teachers. In 2008, she discovered Dr. & Master Sha through one of his books: Soul Mind Body Medicine. Her life changed and she decided to train with him. She is a certified Tao transformative field master teacher & healer since 2015. She witnessed great results and heart touching transformations when combined with conventional medicine and/or traditional Chinese medicine. Laure's compassion and service have touched thousands of people around the world since then. She offers free introductions, workshops, courses on intuitive development, spiritual channels, soul wisdom & healing, Tao wisdom & healing.



Dr. Svetoslav Bulatov
Riches of Health, South Africa

Title: Genetic Metabolic Types Reflected in the Iris

The unique combination of pupil's edge/shape/size/tone/position, different nuances/intensity of white, light yellow, yellow, dark yellow, orange, light blue, blue, dark blue, light brown, brown, dark brown, light green, green, dark green, light grey, grey and dark grey in pupillary and ciliary zones of the iris reflects the genetic metabolic type.

The white/light blue/light grey/light yellow/light orange/light brown colour represents:

a. over-activity
b. acidity
c. fast oxidation
d. fast circulation
e. fast elimination
f. acute infection
g. regeneration
h. purity
i. need for antioxidants

The dark blue/dark grey/dark yellow/dark orange/dark brown/black colour represents:

a. under-activity
b. alkalinity

c. slow oxidation
d. slow circulation
e. slow elimination
f. chronic infection
g. degeneration
h. toxicity
i. need for oxidants

There are few combinations that could be observed:

Mydriasis, pull out, oval pupil and /or hippus. Darker pupillary zone (digestive system) than the ciliary zone (rest of the body). Light grey/grey/dark grey/orange/brown in the blue eyes or dark grey/brown/dark brown in the brown eyes. The pupillary edge is thin, grey, unequal or interrupted. The collarette (ANW) is thick, prominent, equal, uninterrupted, white (in the blue eyes) or light yellow/yellow/orange (in the brown eyes). The ciliary zone might have arcs/rings, wavy fibres and transversals. It shows deficient hydrochloric acid/pancreatic digestive enzymes/bile, inefficient protein/fat digestion/putrefaction and acidic body – sympathetic (noradrenaline) dominant type.

Miosis, decentralization and/or flattening. Lighter pupillary zone (digestive system) than the ciliary zone (rest of the body). The pupillary edge is thick, prominent, equal, uninterrupted and dark brown. The collarette (ANW) is thin, non-prominent, unequal, interrupted or not visible at all. There are no arcs/rings, only velvet like texture (in the brown eyes) in the ciliary zone. It shows excessive hydrochloric acid/pancreatic digestive enzymes/bile, efficient protein/fat digestion and alkaline body – parasympathetic (acetylcholine) dominant type.

Mydriasis, pull out, oval pupil and/or hippus. Pupillary and ciliary zones are snowy white in blue eyes or there is white/orange colour inside the pupillary zone and around ANW. There is bright yellow/orange/light brown nuance in brown eyes. It shows fast glucose metabolism, slowprotein/fat metabolism, high CO2 production, fermentation and acidic body - fast oxidizer.

Miosis, decentralization and/or flattening. Pupillary and ciliary zones are dark blue/grey

(in the blue eyes) or dark brown (in the brown eyes). It shows slow glucose metabolism, fastprotein/fat metabolism, low CO2 and alkaline body - slow oxidizer.

Normal edge/shape/size/tone/position of the pupil. Pupillary and ciliary zones are neither light nor dark. They are the same blue/grey (in the blue eyes) or brown colour (in the brown eyes). It might have a few orange spots. It shows balanced sugar/protein/fat metabolism and neutral body - mixed autonomic/oxidative type. Balance between noradrenaline and acetylcholine.

The above information has a huge importance in personality analysis/study/career/relationships/sports guidance, diagnosing correctly and treating effectively various acute and chronic health conditions.

Biography:

Dr B's Bio Dr Svetoslav Bulatov (Dr B) was born in Ruse, Bulgaria on 4th of June 1966. He has graduated as a medical doctor from Medical Academy, Sofia, Bulgaria in 1992 as well as a homeopath from London College of Classical Homeopathy, Sofia, Bulgaria in 1995. Dr B has done continuous self-studies in iridology and nutrition with Dr Bernard Jensen from 1989 to 2001. He is a registered homeopath, ethnomedicine and traditional medicine practitioner in South Africa. Dr B has been consulting and lecturing in iridology, homeopathy, metabolic typing, microbiological terrain, chronic diseases, weight loss, infertility, sexual health, integrative oncology, anti-ageing, personal, interpersonal, career, exercise guidance and release of negative cellular memories in Sofia, Johannesburg, Pretoria, Mbabane, Cape Town, Newcastle, Nelspruit, Lusaka, Maputo, Secunda, etc. for the past 34 years. He has obtained the following diplomas from www.alison.com: 1. Diploma in business communication skills. 2. Diploma in psychology. 3. Diploma in human anatomy and physiology. 4. Diploma in human nutrition. Dr B has been granted many certificates from www.alison.com He has done numerous health talks and presentations on various health topics during the years. Dr B has been a guest on different radio and TV shows like 702, Chai FM, Channel Islam, BBC Food, Real Health on Home Channel 176, etc. He has been writing a book "Elohim's creations, metabolic types, microorganisms and enemies to health" since 2008. The book gives profound insights about diagnosing, preventing and treating various chronic diseases. It has not been published yet. Site: www.richesofhealth.co.za.



Yuki Sueyoshi
Chinese Medicine Council, New Zealand

Menopause-Associated Shoulder Pain: Integrating Traditional East Asian Medicine, Clinical Palpation, and Whole-Body Assessment

Menopause-associated musculoskeletal pain, particularly shoulder pain, can affect daily functioning and quality of life. This presentation explores an acupuncture approach that combines local tissue assessment with a whole-body perspective informed by traditional East Asian medicine and the concept of natural cycles. For local treatment, the Jianzhongshu (SI-15) region is assessed through palpation, focusing on areas of notably reduced tissue resistance and elasticity between the second thoracic vertebra and the superior angle of the scapula. Whole-body treatment incorporates Fuliu (KI-7) and Jingqu (LU-8), selected within the traditional Five-Phase framework of acupuncture point selection. The diagnosis of Kidney deficiency is informed by a comprehensive assessment integrating pulse and abdominal examination, age, individual constitution, relevant medical diagnoses, and perspectives from both East Asian and Western medicine. This approach reflects a clinical philosophy that considers not only the symptomatic area but also the relationships and patterns that may influence the body as a whole. The presentation also includes an interview with a patient who experienced marked pain reduction, providing a patient-centred account of their experience and perceived changes following treatment. By bringing together clinical palpation, traditional diagnostic principles, and the patient's perspective, this presentation illustrates one approach to acupuncture practice and invites discussion of how traditional clinical reasoning may contribute to contemporary integrative healthcare. It also highlights the importance of distinguishing individual clinical experiences from evidence of treatment efficacy and encourages further dialogue between traditional medicine and modern scientific perspectives. .

Biography:

Yuki Sueyoshi is a registered acupuncturist based in New Zealand with 12 years of clinical experience, originating from Japan. I practice and focus on integrating Eastern and Western medicine to advance holistic patient care. After earning my acupuncture license in Japan, I completed an acupuncture teacher training program and served as an instructor for four years, specialising in the nervous system. I am currently affiliated with Chinese Medical Consult NZ and Acupuncture NZ. I am currently writing a book in Japanese that offers a novel perspective on the human body—integrating the ancient Eastern wisdom of the I Ching (Book of Changes) with modern embryology—and bridging scientific and non-scientific realms through the human body. Driven by the conviction that collaboration between Western and Eastern medicine will transform modern healthcare, I am dedicated to advancing integrative medicine. Outside of my professional work, I am a mother of two daughters and enjoy practising Aikido for physical and mental mindfulness.



Wu Youzhong
London Aisante Chinese Medicine Academy, UK

From the "Holographic Commander" to Life Self-Balance

Background: For a long time, the longstanding predicament of integrating Chinese and Western medicine has lain in its reductionist tendency—that is, the unidirectional translation of traditional Chinese medicine concepts into Western medical physiological indicators, thereby undermining the structural integrity of traditional Chinese medicine theory itself.

Objective: This paper aims to expand the previously proposed theoretical framework centered on the brain's role as a "holographic commander," the human body's "self-equilibrating regulatory system," and the "degree of systemic orderliness," and to reinterpret these concepts using the formal language of complex systems dynamics, systems biology, and evolutionary medicine. Theoretical

Construction: This study proposes that the human health state can be regarded as a dynamic state within a multidimensional life-state space, rather than a static binary variable (health/disease). Disease can be understood not only as local structural tissue damage, but also as a persistent deviation in the overall regulatory state of the system. "Life self-balancing" is defined as the system's capacity to maintain its own stability within a viable range through multilevel feedback, information integration, and adaptive regulation. Self-balancing medicine

Model: This paper proposes the theoretical concept of "self-balancing medicine," whose core tenet is that the ultimate goal of medical intervention is not only to eliminate pathological indicators, but also to restore, maintain, and enhance the inherent self-regulatory capacity of the life system. Concepts in complex systems such as "state space," "attractors," and "feedback loops" are proposed as formal tools for describing this theory.

Conclusion: This theoretical model is currently a hypothesis-generating framework, rather than a scientific conclusion that has been fully clinically validated. Its significance lies in constructing an open theoretical construct expected to unify the holistic view of traditional Chinese medicine, the reductionist analysis of Western medicine, and modern complex systems science, thereby providing a theoretical direction for the future shift from "disease-centered medicine" to "life self-balancing medicine.".

Biography:

Wu Youzhong, holds dual bachelor's degrees from Nanjing Medical University and Shanghai University of Traditional Chinese Medicine, and a master's degree in TCM Diagnostics. He has been engaged in clinical and teaching work for 34 years, and has long been devoted to clinical practice and theoretical exploration in integrative (Chinese and Western)medicine. He currently works at London Aisante Chinese Medicine Academy and Omnia life style.

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