

Global Scientific Guild Conference

Abstract Book

16th Global Webinar on Traditional and Integrative Medicine

November 12-13, 2025

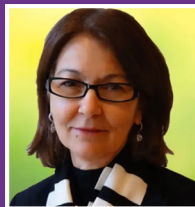
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Dr. Steve John Chiola

*Holos Academy,
Switzerland*

Conference Co-Chairperson



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Dr. Steve John Chiola

Holos Academy, Switzerland

Emotions, Energetics, and Physiological Reactions: Implications for Health and Healing

Emotional experiences are deeply intertwined with physiological and energetic processes, influencing neural, endocrine, and immune regulation. Advances in psychoneuroimmunology, neuroendocrinology, and integrative medicine have demonstrated that emotions are embodied phenomena with measurable biological consequences. Despite this, modern healthcare still tends to separate mental and physical health, often neglecting the energetic and psychophysiological dimensions that contribute to disease onset and recovery. This Presentation examines the interrelationship between emotions, energetics, and physiological reactions, elucidating their collective influence on health, healing, and disease processes. The goal is to synthesize current scientific evidence and propose an integrative framework that connects emotional regulation, autonomic balance, and energetic coherence with clinical outcomes. Emotions modulate autonomic nervous system activity and HPA-axis function, influencing cardiovascular, metabolic, and immune responses. Chronic emotional dysregulation, particularly persistent stress, or suppression of affect, leads to allostatic overload, elevated inflammatory markers, and increased susceptibility to chronic disease. Conversely, positive emotional states and high vagal tone are associated with improved immune surveillance, reduced systemic inflammation, and enhanced recovery from illness or surgery. Energetic coherence—conceptualized as synchronization among neural, bioelectrical, and electromagnetic systems—appears to correlate with emotional stability and physiological resilience. Integrative interventions such as mindfulness, yoga therapy, and breath regulation have demonstrated efficacy in restoring autonomic and energetic balance. We need to take into thoughtful consideration that emotions are not solely psychological constructs but integral physiological and energetic regulators that shape health trajectories. Incorporating emotional and energetic assessment into clinical care may enhance diagnostic precision, treatment efficacy, and long-term healing. This integrative perspective advocates for a biopsych-

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social-energetic model of medicine capable of addressing the complex interdependence between mind, body, and biofield dynamics.

Biography:

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 Aromatherapy 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 Phlebology and Vodder Technique.

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Dr. Matina Chronopoulou

*Director of Naturopathy and Complementary Medicine,
Warnborough College, UK and Paris Graduate School,
France*

Psychoactive plants and sacred medicine in ancient Greece

Indigenous civilizations around the world have long utilized psychoactive herbs, plants that have the ability to change perception, mood, and consciousness. These herbs are well-known for their capacity to affect the mind and soul, frequently offering therapeutic advantages that go beyond physical well-being. Today the usage of psychotropic plants provides a natural and comprehensive way to enhance well-being and promote spiritual development in a society where mental health is becoming more and more important.

In Ancient Greece in a period before medicine was purely physical or biochemical, treatments for ailments of the body were believed to be found through divine intervention and also in accessing hidden / repressed trauma in the mind and / or soul.

The most direct route to reaching information on the true reasons why disease was present and achieve health was found to go through rituals which were taking place in the Asclepius temples, known as Asclepieia. These were more than just temples, they functioned as early hospitals with holistic treatment approaches, including dream interpretation (incubation), herbal remedies, bathing, and surgeries. The most famous Asclepieia were located at Epidaurus, Pergamon, and Kos.

In this presentation I will focus on what is known about these rituals and the plants and substances that were involved in the ancient healing tradition of dream incubation.

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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.

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Dr. Thay Joe Tan

TurboAcupuncture® Academy, Stuttgart , Germany

Dr. Tan's Grandmaster Point - The Pinnacle of 30 Years in Acupunctur

There are countless ways how to learn and practice acupuncture, e.g. various styles of classic Chinese acupuncture, scalp, ear, abdominal, clavicle, finger, mouth acupuncture ... just to name a few. It usually takes plenty of time, often years to learn and become proficient in any of these styles of acupuncture. TurboAcupuncture® on the contrary is a revolutionary methodology which can be learnt in just one weekend. The reason why is that it consists of just 12 TurboAcupuncture® points used following a clear and simple algorithm which literally turns acupuncture from being a book with seven seals to an exercise of painting by numbers. This saves someone from spending years learning hundreds of acupuncture points. In my short presentation I will reveal the one most powerful of all TurboAcupuncture® points which can be used in a broad variety of medical conditions, hence it's called Dr. Tan's Grandmaster Point. I will share how to locate the point, which kind of needle to use, in which direction, at which angle and how deep to insert the needle.

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Biography:

Dr. Thay Joe Tan, MD PhD DMD/DDS is a physician, dentist and multiple international award-winning acupuncture expert as well as an international speaker and best-selling author on Instant Pain Elimination. He is the Originator of TurboAcupuncture® for Instant Pain Elimination and the Founder and Director of one of Europe's largest physician-led practices for acupuncture based in Stuttgart, Germany, which has been awarded Pain Elimination and Global Doctor Training Center of the Year 2019-2023. Dr. Tan is the Creator of the T.A.N. (TurboAcupuncture® Navigation) system, which leads like a Satnav from the location of pain step by step to THE one TurboAcupuncture® point which will most likely eliminate the pain instantly. Before starting his own private practice in 2009 he was Senior Resident and temporary Deputy of the Medical Director of the First German Hospital for Traditional Chinese Medicine, University Hospital at Beijing University of Chinese Medicine in Kötzing, Germany. Dr. Tan is the First ever outside China who was granted the Inherited Master Fellowship of Qi Lu School of TCM for Complex Diseases, one of 64 acknowledged inherited schools of TCM in China. He has been featured on ABC, CBS, NBC, Fox and in the Wall Street Journal and has been called The World's Leading Authority for Instant Pain Elimination. His superpower is instant pain elimination using only one acupuncture point for which he received multiple international awards, amongst them Acupuncture Specialist of the Year, Acupuncture Expert of the Year and The Global Excellence Award for being the Most Influential Pain Elimination Expert. His Acupuncture Certification Masterclass Programme has repeatedly been awarded Acupuncture Seminar of the Year. As a native German of Chinese origin trained in conventional Western medicine and dentistry as well as in Chinese medicine, Dr. Tan understands to integrate the intelligent power and elegance of Chinese medicine into the setting of mainstream Western medicine. Dr. Tan is the Host and Chairman of the annual PainFree Conference - World Summit on TurboAcupuncture® for Instant Pain Elimination, which has been repeatedly awarded as Most Impactful Acupuncture Conference.

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Dr. Folker Meissner

*Clinic for Holistic Medicine, German Academy for Energy
Medicine and Bioenergetics, Germany*

To be or not to be a patient is your choice - How to let go of the old paradigm

In a world where health challenges are often met with the label of "patient," Dr. Folker Meissner invites you to explore a transformative journey that redefines your identity from "patient" to "happy me." Join him for an enlightening presentation that challenges the traditional paradigm of illness and introduces a revolutionary approach to wellness through "Magic Medical Coaching." Discover the power of choice in your health journey. It's time to break free from the confines of being a "patient" and embrace the vibrant, joyful identity of a healthy, happy person. This talk will delve into the importance of shifting your mindset and identity, emphasizing that you are not defined by your health challenges. Instead, you have the power to reclaim your life and happiness, regardless of your current health status. He'll explore the advantages of letting go of the old paradigm that insists you must feel like a patient when your health is compromised. Learn how to focus on stopping the illness in its tracks and rapidly returning to robust health, all while maintaining a positive, empowered outlook. "Magic Medical Coaching" is your key to this transformation. It offers a holistic, empowering approach that supports your journey from "patient" to "happy me." Through personalized medical coaching, you'll discover the tools and strategies needed to embrace a new identity, filled with vitality and joy. Join him as he redefines what it means to be healthy and happy. It's time to make the choice: to be or not to be a patient. Choose happiness, choose health, and choose "Magic Medical Coaching" for your transformative journey.

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Biography:

Folker Meissner has been a physician since 1979 and has worked in the fields of complementary and alternative medicine, as well as in mind and body medicine for 30+ years. As the founding president of the German Academy for Energy Medicine and Bioenergetics he has been working scientifically in the realm of consciousness, energy and information medicine. An author of two fundamental books about mind and body medicine and self-healing, he developed HOLAR Medicine™ as a compilation of evidenced based and clinically proven modalities.

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Dr. William Clearfield

Clearfield Medical Clinic, USA

Recent Breakthroughs in Endocrinology: The Latest on 11 Key Hormones over the Past Five Years

Modern endocrinology is evolving at break-neck speed, and clinicians need concise, evidence-driven updates to translate new discoveries into better outcomes. *Recent Breakthroughs in Endocrinology: The Latest Skinny on 11 Key Hormones (2020 – 2025)* distills five years of high-impact, peer-reviewed research into clear, practice-ready guidance.

This fast-paced session spotlights 11 hormones that shape metabolic, neurocognitive, and immune health:

Testosterone – Landmark cardiovascular-safety trials and once-a-day oral formulations (e.g., TLANDO®, KYZATREX®) that sidestep first-pass pitfalls.

Progesterone – Emerging neuroprotective and gut-microbiome roles, plus sleep-stage optimization, with clinical relevance post-hysterectomy.

Thyroid Hormones – Novel Hashimoto’s strategies integrating the gut–thyroid axis, selenium adjuncts, and low-level laser therapy.

Growth Hormone / IGF-1 – Long-acting analogs and tissue-specific delivery technologies.

Cortisol – Hair-cortisol as a chronic-stress biomarker and its link to neurodegeneration.

Insulin – “Smart” glucose-responsive analogs and first-generation oral insulins.

DHEA – Target-tissue conversion insights and the rise of vaginal prasterone for GSM.

Pregnenolone – Promising data in schizophrenia, cannabis-use disorder, and cognitive rescue.

Prolactin – Metabolic signaling, immune modulation, and fatherhood-related brain re-

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modeling.

Melatonin – Mitochondrial rescue, oncostatic synergy, and the gut-brain-melatonin axis.

Objectives

Integrate new pharmacologic and lifestyle interventions for hormonal disorders.

Explain emerging mechanistic links between endocrine function and brain, gut, and immune health.

Apply evidence-based pearls to enhance safety, efficacy, and patient engagement Designed for physicians, nurse practitioners, PAs, and pharmacists, this presentation delivers the critical updates your audience needs—all in one engaging, data-rich hour..

Biography:

William Clearfield, a 1978 graduate of the College of Osteopathic Medicine and Surgery, Des Moines, IA., completed a rotating internship and served as an OB/GYN resident at Metropolitan Hospital, Philadelphia, PA. Certified by the American Board of Family Medicine after completing a Family Practice resident in 1982 at United Health and Hospital Services in Kingston, PA, Dr. Clearfield, since 1982, is a leading figure in family and integrative medicine. With graduate expertise in areas ranging from Cardiac Rehabilitation (the University of Wisconsin/Lacrosse) to Medical Acupuncture (UCLA, 1991), to Age Management and Non-Surgical Aesthetic Medicine, (fellowship-trained and diplomat status from the American Academy of Anti-Aging Medicine,) Dr. C is a leading authority on cutting-edge medicine in Northern Nevada. In 2016, Dr. Clearfield's turned when, after meeting with several veterans who suffered traumatic head injuries while serving overseas, recognized some of the long term maladies experienced by these soldiers were hormonal consequences of their TBI's. Research led him to study with and be certified by the Millennium-Warrior Angel Foundation Traumatic Brain Injury Program. Dr. C's lectures on Traumatic Brain Injury and Hormone Replacement in general, have taken him to OMED, the American Osteopathic Association's Scientific Convention, NOMA, the Nevada Osteopathic Association, the American Osteopathic Society of Rheumatologic Disease, and the American Academy of Anti-Aging Medicine. Dr. Clearfield is the Nevada Delegate to the American Osteopathic Association's House of Delegates and the Executive Director of the American Osteopathic Society of Rheumatologic Diseases.

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Dr. Maria Mercedes Marco

One Medicine Acupuncture, USA

A peptide approach to Regenerative Medicine

Peptides, whether naturally occurring or synthetic, are chains of amino acids that can function as signaling molecules. They bind to cell receptors and may initiate processes involved in repair, tissue healing, and overall cellular function. Their applications include wound healing, bone repair, nerve and eye repair, and neuron regeneration. Peptides help regenerate cells through mechanisms like activating growth factors (IGF-1, BMP-2), modifying the extracellular matrix, supporting stem cells, encouraging angiogenesis, and adjusting the microenvironment. Peptide therapy improves both lifespan and quality of life by restoring cells and tissue function.

Biography:

Dr. Maria M Marco has completed his medical training in Caracas Venezuela with a master's degree in Internal Medicine in 1998. After practicing medicine for over 10 years, Dr. Marco moved to Miami, FL in 2001. She turned her interest to Holistic Medicine. In 2017 Dr Marco became NCCAOM Diplomate in Oriental Medicine, completing a Master in Oriental Medicine. She travelled to Kyoto, Japan in 2018 to learn Japanese style Acupuncture. Dr Marco is passionate about Medicine and she completed studies in Clinical Homeopathy in 2021, Bio decoding 2021 and Epigenetics 2023.

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Dr. Michelle LaMasa-Dawson

Recall Healing International, Canada

Recall Healing: Reconnecting Body, Mind, and Memory for Optimal Well-being

Recall Healing (RH) is a holistic framework that interprets emotional traumas and cellular responses as interlinked determinants of health. By identifying subconscious memories tied to physical symptoms, RH guides non-invasive interventions aimed at restoring coherence between physiological processes and psychological well-being. RH posits that chronic illness often reflects unresolved emotional conflicts, and that resolving these conflicts can catalyze healing at the cellular, systemic, and behavioral levels.

This conference abstract synthesizes current evidence and methodological perspectives on Recall Healing, highlighting proposed mechanisms, clinical applications, and avenues for rigorous scientific inquiry. We explore how RH-informed interventions may modulate stress response pathways, autonomic regulation, and inflammatory processes, with emphasis on translational research and integrative care. While RH challenges reductionist paradigms, its interdisciplinary potential invites collaboration across psychology, neuroscience, immunology, and medicine to evaluate efficacy, safety, and patient-centered outcomes.

Biography:

Michelle LaMasa-Dawson is the Director of Recall Healing USA and the Assistant Director of Recall Healing International Institute. An international educator and speaker, she leads research projects in Recall Healing, including dissertation work, and serves on the scientific advisory board for Recall Healing International. Michelle guides individuals to understand potential illness sources and teaches skills to access inner wisdom for self-care and transformation. She holds Master's degrees in Psychology and Religious Studies and a Doctorate in Mind-Body Medicine from Saybrook University. Certified by the Center for Mind-Body Medicine with additional credentials in Neuroemotional Technique, NLP, Chakra Attunement, and Fascial Maneuvers, she practices in Ellijay, GA.

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Ine-Mari Bredekamp

Ine's Space LLC, UAE

The Mind-Body Workplace: Integrating Emotional Intelligence, Aromatherapy, and Movement to Redefine Innovation and Mental Health

In today's high-pressure work environments, mental health challenges, emotional exhaustion, and creative stagnation are increasingly prevalent. Traditional wellness programs often focus on surface-level stress management rather than addressing the mind-body connection that underpins human performance. This presentation introduces The Mind-Body Workplace — an integrative framework that combines Emotional Intelligence (EI), aromatherapy, and movement-based practices to foster psychological resilience, creativity, and sustainable work-life balance.

Drawing from both neuroscience and traditional integrative medicine, this approach highlights how sensory and emotional regulation directly influence innovation and decision-making. The use of aromatherapy — such as citrus oils to elevate mood and cognitive clarity, lavender to reduce stress, and peppermint to enhance alertness — demonstrates measurable effects on workplace focus and creativity. Coupled with 20-minute walking or movement breaks and structured EI training for leaders, organizations can transform high-stress cultures into emotionally intelligent, energy-balanced ecosystems.

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Biography:

Ine-Mari Bredekamp is a seasoned wellness and leadership professional with over 25 years of experience in the fields of aesthetics, clinical aromatherapy, and emotional intelligence training. A CI-DESCO-qualified therapist since 1997, she began her career in holistic skincare and advanced aromatherapy before founding and managing her own salon and spa from 2005 to 2013, where she specialized in integrative treatments that bridged beauty, well-being, and mind-body balance. From 2014 to 2023, Ine-Mari's life as a pilot's wife expanded her global perspective on resilience, adaptability, and cross-cultural connection—qualities that now define her work as a leadership trainer and mentor. Certified as an NLP Practitioner since 2020, she combines emotional intelligence principles with neuro-linguistic techniques to help individuals and teams enhance communication, focus, and personal growth. In 2024, Ine-Mari became a John C. Maxwell Certified Leadership Trainer and Corporate Emotional Intelligence Trainer for London Premier Centre (LPC), where she designs and delivers transformative programs in leadership, emotional resilience, and workplace well-being. Her unique background in clinical aromatherapy and mind-body medicine continues to inform her integrative approach to modern leadership and holistic corporate culture.

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Dr. Shaweta Vasudeva

*ShayTheCoachAcupuncture and Phoenix Institute of Herbal
Medicine & Acupuncture (PIHMA), USA*

Benefits of Auricular Acupuncture on Substance Use Disorders

Acupuncture can be a valuable tool in recovery, offering physical, emotional, and mental support during a challenging time. It can help people reduce cravings, manage withdrawal

symptoms, lower stress levels, improve sleep, and promote overall healing, which are all crucial for successful long-term recovery.

It is often used as a treatment modality alongside traditional recovery methods like therapy, counseling, and medication. Here are some of the main ways acupuncture helps those in recovery:

1. Reduces Cravings and Withdrawal Symptoms

Acupuncture has been shown to help reduce for substances like alcohol, nicotine, and drugs. It works by stimulating certain points in the body that are believed to balance the nervous system and reduce the physical and emotional symptoms of withdrawal. This can make it easier for individuals to stay on track with their recovery.

2. Supports Detoxification

Acupuncture can assist in detoxifying the body by stimulating specific points that are believed to enhance the body's natural ability to remove toxins. This can be especially helpful for individuals recovering from substance use, as it supports the body's ability to recover physically from the effects of addiction.

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NADA Protocol

There is a specific acupuncture protocol that has been successfully used since the mid-1970's to treat those in recovery referred to as the NADA Protocol. Michael Smith, a medical doctor at Lincoln Hospital in the South Bronx, New York, developed a simple technique for the treatment of substance use disorders. The points used in the NADA protocol are Sympathetic, Shen Men, Kidney, Liver, and Lung. Both ears are needled and retained for 30 - 45 minutes (it can be less for first timers and newcomers). Per the National Acupuncture Detoxification Association, Acudetox, also known as acupuncture detoxification, is a form of acupuncture used to help people detoxify from substances like drugs, alcohol, or stress. It involves inserting fine needles into specific points on the ear (auricular acupuncture), which are believed to help balance the body's energy and stimulate the healing process. Here are some more reasons why acudetox and acupuncture can be helpful to your population:

3. Promotes Relaxation and Reduces Stress

Recovery from addiction can be an incredibly stressful process. Acupuncture helps activate the parasympathetic nervous system (the "rest and digest" system), which can induce relaxation, reduce stress, and calm the mind. This can be especially important for people in early recovery, as stress can be a major trigger for relapse.

4. Prevents Relapse

By helping to manage stress, anxiety, cravings, and emotional instability, acupuncture can play a role in reducing the risk of relapse. It supports overall well-being, which can strengthen an individual's resolve to maintain their recovery and stay committed to a healthy, sober lifestyle.

5. Improves Sleep

Many people in recovery struggle with insomnia or disrupted sleep patterns due to withdrawal symptoms, stress, or anxiety. Acupuncture can help improve the quality of sleep by calming the nervous system and promoting relaxation, which is essential for healing and overall health.

6. Improves Mental and Emotional Health

Recovery is not just physical; it also involves healing emotionally and mentally. Acupuncture is thought to help regulate mood and alleviate symptoms of depression, anx-

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xiety, and emotional instability, which are common in those recovering from addiction. The release of endorphins and other neurotransmitters during acupuncture can improve overall mental well-being.

7. Boosts Overall Health and Well-being

Addiction can take a significant toll on a person's physical health, and acupuncture helps support the body's healing process by boosting circulation, strengthening the immune system, and promoting overall wellness. This holistic approach supports the body's natural ability to heal itself.

8. Enhances Mind-Body Connection

Recovery is a journey that involves reconnecting with oneself and one's body. Acupuncture encourages mindfulness and can help individuals in recovery develop a deeper awareness of their body, emotions, and triggers. This improved connection can make it easier for individuals to navigate the challenges of recovery.

9. Supports a Holistic Recovery Approach

Acupuncture works well as part of a comprehensive recovery plan. Many people in recovery choose modalities like acupuncture alongside traditional treatments. This holistic approach addresses not just the addiction itself but also the physical, emotional, and spiritual aspects of recovery. To sum up, acupuncture is beneficial for people in recovery as it helps reduce cravings and withdrawal symptoms, promotes relaxation, and lowers stress. It can improve mental health by alleviating anxiety and depression, enhance sleep quality, and support detoxification. Additionally, it boosts overall health, strengthens the mind-body connection, and can reduce the risk of relapse. As part of a holistic recovery plan, acupuncture supports both physical and emotional healing, making it a valuable complementary treatment in recovery.

Biography:

Dr. Shaweta "Shay" Vasudeva, DAc., LAc., Dipl.Ac is an Acupuncturist, Professor, Author, & Coach. Her passion is to help people become the best version of themselves by using an interdisciplinary and holistic approach, bringing 10+ years of experience in Psychology, Personal Fitness Training, Corrective Exercise, Nutritional Coaching, Cranial Sacral Work, and teaching Karate & Tai Chi classes to her business. Acupuncture is an addition to her existing practice, called ShayTheCoachAcupuncture.

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Dr. Valerie Simonsen

You Know More, USA

Decolonizing the Self: Reclaiming Embodied Knowledge Through Nature-Based Inquiry

Decolonizing the Self: Reclaiming Embodied Knowledge Through Nature-Based Inquiry invites a return to the sacred relationship between body, land, and ancestral memory, where knowing arises through presence rather than possession. Drawing on Indigenous epistemologies, ecological psychology, and integrative medicine, Dr. Valerie Simonsen's work weaves science and spirit into a living framework of remembrance, an embodied process she calls "cOMing hOMe to the Nature of YOUr Nature, YOU kNOW MORE." Through poetic inquiry, relational narrative, and cross-cultural reflection, exploring how colonization has dismembered this inherent wisdom and how decolonizing practices of breath, ritual, story, art, and attunement to elemental rhythms to restore coherence between the human organism and the Earth. Integrating perspectives from cellular biology, somatics, ancestral cosmologies, and environmental protection, it illuminates the profound reciprocity between planetary and personal ecology; the health of the Earth mirrors the integrity of our inner terrain. To protect the environment, we must also safeguard the waters, soils, and air within; the body as biosphere. Decolonizing the self is thus not a theory but a way of being. A radical remembering that knowledge is relational, sovereignty is somatic, and healing the planet begins by honoring the body as sacred Earth.

Biography:

Visionary physician, humanitarian, and impact-driven entrepreneur, Dr. Valerie Simonsen illuminates paths toward nature's sanity and humanity's innate wisdom. With over four decades of global healing, she blends ancient knowledge with modern insight, cultivating resilience, regeneration, and cultural renewal. Founder and volunteer president of the Hawaii-based nonprofit You Know More, she offers restorative care to first responders, healthcare providers, educators, and community leaders. An international speaker and lecturer, she guides hearts and communities to remember their authentic essence, rediscover intrinsic valYOU, and reweave the threads of connection; within themselves, among each other, and across the living web of life.

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Dr. Beverly Lawrence

Bear Healing Center & Dancing Bear Enlightenment Academy, USA

Awakening the Body's Healing Intelligence: Combining Acupressure with Vibrational and Aromatic Therapies

As healthcare continues to embrace more integrative and holistic approaches, there is growing interest in combining ancient modalities with modern vibrational therapies to create more comprehensive healing outcomes. This presentation explores an innovative multisensory method that integrates acupressure with sound therapy, light frequencies, and aromatherapy to enhance physical, emotional, and energetic balance. Drawing from Traditional Chinese Medicine, energy medicine, and sensory healing principles, this approach leverages the synergistic potential of combining pressure on acupoints with vibrational and aromatic stimuli. Sound frequencies can help retune the body's energy fields, light therapy stimulates cellular repair and balances circadian rhythms, while essential oils offer targeted support for emotional release and nervous system regulation. When these therapies are applied together, they amplify the effects of acupressure by stimulating multiple sensory pathways and energetic centers simultaneously. This leads to deeper relaxation, improved energy flow, reduced stress, and accelerated healing. Clinical case studies and experiential insights will be shared to illustrate the practical application of these methods in both professional practice and self-care settings. Attendees will learn how to incorporate this multimodal system into their own practices, whether they are acupuncturists, energy healers, or wellness professionals. The goal is to provide a repeatable, accessible, and non-invasive framework that enhances client outcomes and supports holistic transformation.

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Biography:

Beverly Lawrence, Ph.D., L.Ac. is a renowned international speaker, author, and pioneer in the field of traditional and integrative medicine. As a licensed acupuncturist and NCCAOM Diplomate in Acupuncture, she brings decades of experience and a deeply holistic approach to healing that blends ancient wisdom with cutting-edge practices. Dr. Lawrence is certified in a wide range of modalities, including medical astrology, medical hypnotherapy, neuropathy, essential oils, aromatherapy, sound therapy, light therapy, energy healing, and shamanic practices. Her comprehensive expertise allows her to support deep transformation on physical, emotional, and spiritual levels. She is the founder of the Dancing Bear Healing Center and the Dancing Bear Enlightenment Academy, where she empowers practitioners and seekers alike through transformational programs and certifications. She is widely recognized for her Free OM for Success program and the Wu Shen Holistic Healer Certification, both of which integrate Eastern and Western traditions for profound healing. In addition to her clinical and teaching work, Dr. Lawrence is the host of the Holistic Transformation weekly podcast and organizes two annual global summits: the Holistic Transformation Summit and the Healing Mastery Summit, bringing together thought leaders from around the world. Passionate about raising global consciousness and promoting integrative wellness, Dr. Beverly Lawrence continues to inspire individuals on their healing journeys while bridging the worlds of science, spirituality, and ancient medicine.

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Dr. Natalya Borakowski

Desert Bloom Skincare, USA

Beyond the Epidermis: Botanical Medicine and Regenerative Pathways in Longevity Dermatology

Skin is not only the body's largest organ—it is also one of the most accurate mirrors of systemic health and biological aging. Advances in longevity medicine and integrative dermatology now recognize that true skin rejuvenation requires more than aesthetic intervention; it demands restoration of the body's regenerative capacity at the cellular level.

This presentation explores the clinical application of botanical compounds and nutraceuticals in modulating the biological mechanisms that underlie visible aging—oxidative stress, inflammation, mitochondrial dysfunction, and collagen degradation. Drawing on current research and clinical experience, Dr. Natalya Borakowski discusses how polyphenols, carotenoids, adaptogens, and amino-acid cofactors can activate neocollagenesis and tissue repair, supporting both aesthetic and systemic longevity outcomes.

Emphasis will be placed on integrative protocols that combine non-surgical regenerative procedures (such as absorbable sutures and biostimulatory injectables) with evidence-based botanical and nutritional interventions. The goal is to enhance clinical results, reduce post-procedure inflammation, and extend the lifespan of dermal collagen through holistic, biochemically informed care.

Finally, the session will briefly address the psychoneuroendocrine dimension of skin health—how stress and emotional state influence inflammatory pathways and collagen turnover—bridging the gap between biology and wellbeing without departing from scientific rigor.

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By uniting traditional botanical wisdom with modern regenerative science, this lecture offers a practical framework for clinicians and researchers seeking to expand the role of integrative medicine within dermatology and longevity practice.

Biography:

Dr. Natalya Borakowski is a licensed naturopathic medical doctor with advanced specialization in aesthetic and regenerative dermatology. She is the founder and medical director of Desert Bloom Skincare in Scottsdale, Arizona, where she integrates botanical medicine, hormonal optimization, and evidence-based non-surgical procedures to promote dermal regeneration and longevity. Dr. Borakowski serves as a national clinical trainer for absorbable sutures and biostimulatory injectables and has presented at leading international medical conferences, including IMCAS (Paris) and Kolkhida (Tbilisi, Georgia). Her research and clinical interests center on the intersection of oxidative stress, collagen biogenesis, and integrative protocols that combine traditional plant medicine with modern regenerative therapies for improved aesthetic and systemic outcomes.

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Dr. Amanda Frade-Barros,
Ilkilene T. C. Oliveiraa, Ana Victória S. Bezerraa,
Cleyde D. Massingueb, Humberto R. Medinac,
Priscila P. Faveroa, Alene Alder-Rangeld,
Drauzio E.N. Rangele, f, and Amanda F. F. Barrosa
Universidade Brasil, Brazil

Reiki-induced priming responsiveness in *Metarhizium robertsii* conidia

Reiki, a form of energy healing developed by Dr. Mikao Usui in 1920s Japan, is considered a complementary and integrative health therapy. It involves the transfer of “universal energy” through the practitioner’s hands to promote emotional or physical healing. Fungi can store stress “priming” experiences as a form of cellular memory, which enhances their responses to subsequent challenges and can be transmitted to the first generation of offspring, the conidium. We hypothesized that Reiki during mycelial growth would induce stress resilience in conidia. Either Reiki or a sham treatment (control) was given to conidia of the insect-pathogenic fungus *Metarhizium robertsii* in Petri dishes for 10 min daily from day 2 to day 5. Then the conidia were tested for tolerance to oxidative and osmotic stress, heat (45 °C), and UV-B radiation. Reiki-treated conidia displayed significantly enhanced heat tolerance compared to the control, as well as moderate increases in tolerance to osmotic stress and UV-B radiation. Oxidative stress tolerance remained unchanged. Heat stress experiments were repeated, and the results were reproducible, confirming the consistency of the Reiki-induced heat tolerance effect. Our findings indicate that Reiki application during fungal growth can modulate stress tolerance phenotypes in *M. robertsii* conidia—particularly for heat stress. The reproducibility of the heat tolerance effect indicates a potential phenotypic influence of Reiki, warranting further investigation into energy-based interventions in fungal biology. As far as we know, this is the first study to demonstrate Reiki-induced priming in a fungus, highlighting the novelty of this approach.

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Biography:

Amanda Frade Barros is a pharmaceutical biochemist and currently works as an integrative clinical pharmacist. She holds a Master's degree in Clinical Analyses, a PhD, and completed a postdoctoral degree in Sciences at FMUSP/Université Aix-Marseille (France). With over 20 years of basic and clinical research experience in national and international laboratories, she served as professor and researcher in the Bioengineering Program at Universidade Brasil and led high-impact multicentric projects. In clinical practice, she applies integrative protocols of Chinese medicine, photobiomodulation, and laser therapy to address chronic pain, emotional disorders, intestinal health, and women's health, translating scientific evidence into personalized, effective care.

November 12-13, 2025



Dr. Eleonora Medici

Rifugio Corpo & Spirito, Italy

Stress management and Yoga science: Scientific Evidence

Stress has become one of the most pervasive challenges of modern society, undermining health, relationships, and overall well-being. While conventional approaches to stress management often focus on symptom reduction, Yoga (which includes the science of breath, meditation, relaxation) offers a more integrative paradigm, addressing not only the physiological manifestations of stress but also its subtle psychological and emotional roots. Yoga is not merely a practice of postures or breathing exercises, but a multi-disciplinary framework rooted in ancient wisdom and increasingly validated by modern scientific research. It encompasses the study of consciousness, subtle physiology, psychoneuroimmunology, and lifestyle integration. When applied systematically, Yoga offers effective strategies to prevent and manage stress. In fact, during my presentation I will also point out that Yoga is a scientific and holistic path toward self-awareness, resilience, and emotional harmony and therefore through Yoga we access a multidimensional approach that addresses body, mind, and spirit simultaneously. I will evidence the modern scientific studies - studies that are on the rise to confirm the true interest in this field - validating the efficacy of Yoga in stress reduction and management, emotional response modulation, and restoration of psychophysiological balance – all this leading to a better quality of life.

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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.

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Dr. Diane van der Vliet

Medical doctor and recognized expert, France

From Acupuncture to Acupressure: Enhancing Supportive Care and Patient Autonomy in Oncology

A recent survey by the French Association for Supportive Care in Oncology (AFSOS, 2024) reported that 70% of cancer patients use supportive care, mainly to manage treatment-related side effects but also to benefit from psychological support, including through acupuncture.

Multiple international studies confirm that acupuncture is a safe, feasible, and well-tolerated intervention. When integrated into conventional treatments, it improves patient comfort, reduces medication burden, and enhances quality of life, even in advanced stages of disease.

ASCO guidelines are based on moderate to strong evidence supporting acupuncture for several indications: fatigue, anxiety, depression, chronic pain (such as aromatase inhibitor-associated arthralgia and chemotherapy-induced neuropathy), nausea and vomiting, radiotherapy-induced xerostomia, and hot flushes.

Beyond these findings, integrative health emphasizes empowering patients in their own care. Self-administered acupressure exemplifies this approach, providing simple tools to improve daily symptom management. The MeTime Acupressure application will be presented as an example of patient empowerment and dissemination of accessible practices.

This oral communication will be delivered by Dr Diane van der Vliet, a medical doctor and recognized expert in acupuncture in supportive care, and actively engaged in teaching and promoting self-acupressure at the Centre Ressource in Lyon (France).

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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.

November 12-13, 2025



Rachel Shackleton

Green Key Health, UK

Why do you think you are sick? The Role of Emotions in Healing

Whether looking at chronic fatigue, cancer, Parkinson's, Alzheimer's, hypertension, gut issues, or some other dis-ease there is always a reason as to why a person is manifesting a particular condition. Yes, you can argue it is genetic. Taking this knowledge into consideration we know that genetics do not have to be manifested. Using this information to make changes can positively impact the outcome. Diet plays a part, as does lifestyle, but what else?

In my presentation, I will be examining the role of emotions, especially the five cardinal emotions, in the manifestation and treatment of chronic illness..

Biography:

Rachel Shackleton, founder of Green Key Personal Development & Green Key Health is a business trainer and corporate health specialist as well as practicing kinesiologist, medical herbalist and naturopath. She has over 30 years training experience in medium and large international organisations, providing solutions in leadership, customer excellence, and workplace wellbeing. A practicing medical herbalist, naturopath and kinesiologist, Rachel believes wellness and vitality will only be achieved when addressing the physical, emotional and spiritual history through treating the client holistically. Also addresses workplace wellbeing through the same light. Featured in Thrive Global, Up Journey, Authority magazine and The Entrepreneur's Journey as well as interviewed on UK Health Radio and the "My Future Business Show". September 2020 Rachel was a guest speaker at the 2nd International Health Congress in Geneva on NonCommunicable diseases.

November 12-13, 2025



Dr. Chen situ

Queen's University Belfast, UK

Integrating traditional knowledge into evidence-based medicine: A paradigm shift

The advent of antibiotics in 1928 revolutionized the treatment and control of pathogenic bacterial infections. However, in less than a century, these once-considered "magic bullet" drugs have become less effective and, in some cases, completely ineffective, due to the development of antimicrobial resistance (AMR) in bacteria. According to the World Health Organization (WHO), AMR was directly responsible for 1.27 million global deaths in 2019 and contributed to a further 4.95 million deaths. Forecasts suggest that AMR could cause up to 39 million deaths between 2025 and 2050. This alarming trend is driven by the continued emergence and spread of resistant pathogens and the slow pace of new antibiotic development. In parallel, ethnopharmacological practices that employ medicinal plants and plant-derived compounds for the treatment of infectious and non-infectious diseases remain in widespread use across many regions. An expanding body of experimental and clinical evidence supports the antimicrobial potential of plant extracts and isolated compounds, both as monotherapies and in combination can potentiate and resensitise the efficacy existing antibiotics. Given the diminishing effectiveness of current therapeutic options and the limited antibiotic pipeline, the systematic integration of rigorously validated phytobiotics into evidence-based medicine warrants consideration as a safe and comprehensive strategy to mitigate the global burden of AMR.

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Biography:

Originally trained as a medical doctor, Dr Situ then obtained a PhD in Medicine from Queen's University Belfast (UK) and has since specialised in developing rapid immunodiagnostics for detecting and monitoring antibiotic residues. In recent years, Dr Situ has expanded this research to focus on the health benefits of natural products, with a particular emphasis on discovery and evaluation of antimicrobial phytochemicals from medicinal plants to address the urgent challenge of antimicrobial resistance within the One-Health framework. The group has established a systematic approach that spans from initial antibacterial screening to the isolation and characterisation of active compounds, cytotoxicity testing, and mechanistic studies, integrating microbiology, phytochemistry, and biotechnology to deliver innovative, sustainable solutions aimed at tackling the pressing global health threats.

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Dr. Suzanne Riskin

Nova Southeastern University Florida, USA

Emerging Diagnostics and Therapeutics for Non-alcoholic Fatty Liver Disease

The obesity epidemic pushed fatty liver disease (nonalcoholic fatty liver disease and nonalcoholic steatohepatitis) to the forefront of the 21st century. Disease work-up is invasive with liver biopsy or noninvasive using elastography and alanine aminotransferase (ALT) and aspartate aminotransferase (AST) liver enzyme biomarkers. There are no FDA-approved drugs on the market to treat the disease. Alternative medicinal treatments include altering intestinal microbiota, consuming anti-inflammatory, herbal-based, vitamin-based, and plant-based medications, and following a healthy lifestyle. In this study, databases including Biomedical Reference Collection: Comprehensive, Cumulative Index of Nursing and Allied Health (CINAHL), Google Scholar, and PubMed were used to identify articles pertaining to fatty liver disease (FLD). Articles were less than 10 years old to ensure recent information. 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 FibroScan, and liver biopsy were supplemental tools used. Anti-inflammatory, herbal-based, vitamin-based, and plant-based medications 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 effects of these treatments. 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..

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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.

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Dr. Alexia Georgousis

EmbodiedVitality.com, Canada

Who is Attacking Whom? - A Psycho-spiritual Approach to Auto-immunity

This presentation explores autoimmunity from a psycho-spiritual perspective, where theoretical causation is the energetic disconnection from the True Self. Auto Immune conditions are long thought to be the self not recognizing the self, but from a spiritual perspective the True Self is the all-knowing, compassionate and wise self that exists beyond physical ailments. This abstract explores the positive and negative impact of spirituality on immune parameters in various autoimmune conditions. On the positive, studies show mindfulness meditation based stress reduction improved outcomes in patients with psoriasis undergoing photo therapy. (Kabat-Zinn, Jon PhD et al. 1998). And as well specifically religious activity has been shown to decrease inflammatory markers. (nature.com/articles/s41598-024-62801). One can assume the decrease of stress and the increase in positive emotions such as gratitude and compassion, has a positive outcome for individuals with autoimmune conditions. On the negative, studies demonstrate that having a difficult relationship with God and spirituality such as religious struggle, religious guilt and doubt, impact the mental health of individuals and elevate IGG, SSA and SSB in individuals with Sjögren's syndrome. (nature.com/articles/s41598-024-62801) The health of the spirit/soul through spiritual beliefs and practices, may enhance treatment outcomes for those with autoimmune disorders.

Biography:

Dr. Alexia Georgousis ND, SD has been in private practice since 1999. She has an extensive background in naturopathic medical education as faculty, clinical supervisor and associate dean of clinical studies. Alexia's passion for mysticism, consciousness, spirituality, and energy medicine prompted her to become certified as a Spiritual Director, mediation/soul awareness guide and Qi Gong instructor. Currently, in addition to her naturopathic practice, Alexia works as a Spiritual Life Coach, Conscious Awareness Facilitator, and teaches Qi Gong.

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Julie E

Julie E Health, USA

Healthy Hormones & Anti-Aging: The 3 Simple Steps to True Health

Join Functional Medicine practitioner Julie E, MPH, RD, as she reveals how to achieve lasting hormone balance, energy, and vitality through her 3 Simple Steps to Health approach. In this empowering talk, Julie shares the often-overlooked root causes of symptoms like fatigue, inflammation, and hormonal imbalance—including toxicity, nutrient deficiencies, scars, and EMF exposure—and demonstrates practical ways to support your body's natural detox “assembly line.” Learn how simple tools like Tapping, Mud Therapy, and Body Talk can restore flow, release hidden blocks, and help you age with strength and grace. Julie E has reversed her telomeres to a 12 year old, twice, before most knew what a telomere is. She has trended 12 years ahead of current trends in holistic and functional medicine for the past 25 years. Julie raised a child to age 21 (so far!) who has never missed a day of school for illness, never injured or broke a bone and also never been to a medical doctor! She has truly accomplished what all people want - the fountain of youth and raising a healthy child!.

Biography:

Julie E, MPH, RD is a licensed dietitian, functional medicine expert and a Master in Public Health - with a passion for helping people improve their health with her infinite tool chest of remedies. For over 3 decades Julie has been working with individuals of all ages to help find the root of their health ailments, and treat them naturally. An anti Aging expert, Julie has reversed her telomeres & cellular health to that of a 12 year old. Her international practice includes parents, kids, pets and celebrity athletes. On her website (JulieEhealth.com) and her social media she educates us on her secrets to health including unique tips such as the 5 missing things to all health regimens, how to care for your assembly line, and keeping both the emotional body BioField strong.

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Dr. Kristin Barnes

Meridian Passage Wellness, USA

Rapid Reduction in Posttraumatic Stress Disorder Symptom Severity after Three Fascial Counterstrain Manual Treatments: A Proof-of-Concept Study

Introduction: Posttraumatic stress disorder (PTSD) is associated with hyperactivity of the sympathetic nervous system (SNS). Fascial Counterstrain (FCS) is a manual therapy purported to reduce inflammation and neuroexcitation. We hypothesized that a course of FCS treatment that specifically targets the SNS will result in a decrease in the severity of PTSD symptoms.

Materials and Methods: 24 volunteers with a baseline Clinician-Administered PTSD Scale for DSM-5 (CAPS-5) score ≥ 11 were randomized to either a treatment group (n=13) or waitlist control group (n=11). Changes in PTSD symptoms were assessed after three 1.5-hour FCS treatments in 11 subjects in the treatment group and compared to 11 waitlist controls. Changes in self-reported symptoms, life satisfaction, and subjective measure of overall improvement were also assessed.

Results: Three 1.5-hour treatments administered over an average duration of 19.5 days [95% CI (15.2-23.8)] resulted in a significantly greater reduction in PTSD symptom severity in the FCS treatment group compared to the control group [CAPS-5 scores. Compared to controls, the treatment group also had statistically significant decreases in self-reported symptoms in addition to increases in self-reported overall improvement and life satisfaction.

Conclusion: This study is the first to demonstrate that manual therapy targeting the SNS resulted in a statistically significant reduction in PTSD symptom severity, as well as patient-reported symptoms. Large, randomized studies in PTSD should compare the

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effectiveness of FCS manual therapy to evidence-based psychotherapies or pharmacotherapies to evaluate its potential as a rapid, cost-effective, and scalable public health intervention.

Biography:

Kristin Barnes is a Naturopathic Doctor and acupuncturist in Port Townsend, WA, USA. She completed a 23-year career in Naval Service as an officer and Naval Aviator. Post-retirement, she completed a doctoral in Naturopathic Medicine and a Masters in Oriental and East Asian Medicine. She works as a primary care physician providing Naturopathic and Fascial Counterstrain therapy in the management of chronic pain. Dr Barnes also volunteers for several non-profits that provide education, resources and therapy for military Veterans and First Responders struggling with PTSD.

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Dr. Brehanna Jacobs

*Jacobs Health: Acupuncture & Eastern Medicine Care
USA*

Complementary and Alternative Medicine in the treatment of inflammation and Autoimmune Disorders

There are multiple disease conditions that lead to debilitating and chronic issues. Auto-immune diseases are at the forefront of many of those who have chronic systematic ailments. In addition to this, one of the common problems faced by many people within the United States is systemic inflammation due to these disease processes. Complementary and Alternative medicine is one of the methods that can be implemented in alleviating the symptoms from those that suffer from it to improve their overall quality of life.

Biography:

Brehanna Jacobs is a licensed Acupuncturist who holds a master's degree in Acupuncture and Herbal Medicine and a Doctor of Acupuncture with a Chinese Herbal Medicine Specialization. She also holds a bachelor's in psychology with a minor in chemistry and a masters in Applied Social Sciences with a concentration in global security and international affairs. During her undergraduate studies, she completed an internship in biomedical research. Research Project: Abemaciclib and Doxorubicin Induce Synergistic Cell Killing and Reduce African American-Specific Prognostic Marker, KIFC1, in Mesenchymal Stem-like Subtype of Triple-Negative Breast Cancer Publications: Fleisher, B., Werkman, C., Jacobs, B., Varkey, J., Taha, K., & Ait-Oudhia, S. (2022). KIFC1: A Reliable Prognostic Biomarker in Rb-positive Triple-negative Breast Cancer Patients Treated With Doxorubicin in Combination With Abemaciclib. *Cancer diagnosis & prognosis*, 2(5), 525–532. <https://doi.org/10.21873/cdp.10137> She specializes in acupuncture, Chinese pulse assessment and diagnosis, and Chinese herbal medicine. With a deep commitment to holistic care, Dr. Jacobs helps individuals restore balance, harmony, and overall wellness in their lives. Combining traditional healing wisdom with a compassionate, patient-centered approach, she guides each person on their unique path to optimal health and vitality.

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Dr. Bridget Goodwin

President, Australian Apitherapy Association, Australia

Treating Squamous Cell Carcinoma with Ancient and Modern medicine: Case Study

Skin cancer of various kinds is usually mainly treated with surgery to remove the cancerous cells. The ancient method of Apitherapy offers a different approach and is especially effective when combined with modern techniques to neutralise the cancer cells. This presentation is a case study of a treatment for an American man who was having considerable difficulty reversing serious infection associated with multiple surgeries for squamous cell carcinoma.

Rusty Johnston, 74, from Texas was having great difficulty managing squamous cell carcinomas that had become infected after multiple surgeries. Once he was treated with bee venom, cold plasma and sonodynamic therapy his wounds quickly started to heal.

He was also encouraged to supplement the therapy with natural killer cells and various intravenous therapies freely available in Mexico, but not available in many western countries.

The treatment represents an alternative method of treating skin cancer without the need for surgery.

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Biography:

Bridget Goodwin is a certified herbalist, and Apitherapist and is a founding member and President of the Australian Apitherapy Association. She is currently enrolled in a Post Doctoral Diploma in Integrative Medicine at Bio Quantum Academy, Canada. Bridget is preparing a thesis on non-toxic natural medicine treatments for cancer, most notably bee venom and photodynamic therapy using natural photosensitizers. Bridget has a post-graduate diploma in Health Sciences and is also completing a degree in Health Sciences (Naturopathy) from Torrens University, Australia. Bridget completed a Phd in 1996 on the Top Secret medical experiments using mustard gas on Australian soldiers during WWII. These experiments are now known to have been fundamental research for the introduction of chemotherapy. Chemotherapy followed hard on these experiments immediately after WWII, with many of the wartime scientists becoming oncologists. Her book on the subject, *Keen As Mustard*, was published by University of Queensland Press in 1998 and she is currently updating a second edition. Bridget also practices as a laser therapist and trains for www.dermaltherapycollege.com. She has Cert III in Pathology Collection from Southern Pathology, NSW, 2023. Member of the Australian Association of Integrative Medicine Member of Naturopaths and Herbalists Association of Australia.

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Dr. Richard Jelusich

Light News Institute, USA

Chakras, Energy Medicine and Measuring the Human Biofield

The seven chakras are part of the subtle energy system that holds the physical presence of our body/mind in space/time. Science, the chakra system and the measuring the Human Energy field (Biofield) are merging. We are now showing distinct evidence of the existence of the subtle energy body. We can now use different scientific methods to measure and assess the effects of power of Energy Medicine on the chakras.

Dr. Jelusich draws on his 35 years of experience as a spiritual counselor, subtle energy medicine teacher/practitioner and researcher to illustrate how science is showing what mystics have been teaching for centuries.

Biography:

Richard Jelusich, Ph.D., is Chair of the Board of Trustees and Lead Faculty at the California Institute for Human Science (CIHS) and was one of the first students to attend at CIHS' opening in 1992. Dr. Jelusich is an internationally known lecturer, travels widely and has been doing spiritual counseling/healing worldwide for over 30 years. He is an ordained minister and has an active practice in subtle energy medicine/energy psychology and spiritual counseling. He offers many lectures and workshops on the chakras, past lives, and spiritual development. He is the author of books on chakra psychology and metaphysics and is the founder of Light News Institute and Integrative Chakra Therapy® (ICT), an energy medicine/energy psychology school for practitioners. He has taught ICT for over 25 years and has over 500 students and graduates in the U.S. and Canada. He and his wife Michelle are founders of the Bamboo Garden Wellness Center in Encinitas, California, a holistic integrative multi-discipline center based in body-mind-spirit.

November 12-13, 2025



Christine Paul

Back to your body, LLC, USA

Somatic Practices for Health Professionals

Health care professionals and administrators are consistently under stress and exposed to secondary trauma. Bodies reflect events in our lives. This interactive session will guide you through an embodiment practice for self-care and body connection to help regulate and decompress. It will include seated body-based movement, sensory awareness, and breath work.

Biography:

Christine Paul is a licensed professional counselor, somatically-trained yoga instructor, and yoga therapist in training. She combines her passion and training in integrative health, mind-body medicine, and yoga to provide a unique and experiential understanding of stress management. She is owner and founder of Back To Your Body, a small business focused on mind-body integration therapies. She specializes in sharing yoga and mind-body integration therapies with health and human service professionals and people with chronic illness and disability.

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March 11-12, 2026**

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