

**Global Webinar on
Traditional and Alternative Medicine
27-29 November, 2020**

Global Scientific Guild

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Upcoming Events

Global Webinar on Immunology

06-07 February, 2021

Global Webinar on Forensic Science

March 05-07, 2021

4th World Congress and Expo on Traditional and Alternative Medicine

14-16 March, 2021

Global Webinar on Materials Science and Engineering

19-21 March, 2021

Global Webinar on Toxicology and Applied Pharmacology

27-28 March, 2021

Global Webinar on Occupational Health & Safety

12-14 April, 2021

Global Webinar on Robotics and Artificial Intelligence

19-21 April, 2021

2nd Global Webinar on Traditional and Alternative Medicine

26-28 April, 2021

International Conference and Expo on Integrative Medicine

17-19 September, 2021

Day-1

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TruthSayer

The Institute of Auricular & Transcendental Medicine, United States

An Introduction to Auricular Medicine

Auricular Medicine is a specialty within Traditional Chinese Medicine that has its roots in the Huang Di Nei Jing and some of its branches in Western Medicine. Using the micro-system of the Auricle, Auricular Medicine has developed into an incredibly sophisticated system of both diagnosis and treatment of all bio-systems of the body. The diagnosis is remarkably comprehensive and accurate. Without a patient interview, or history, the examination alone provides the doctor with more information than the patient's intake paperwork. Treatment can relieve acute pain within seconds. Dr. TruthSayer's introduction includes many interesting cases from her clinical practice.

Biography:

TruthSayer, DAOM, Dip.OM, LAc, LMFT, has a doctorate in Acupuncture and Oriental Medicine, a Masters of Science in Traditional Chinese Medicine, three Masters Degrees in Psychology and a Bachelors in Chinese Linguistics. She is President Emeritus of the California State Oriental Medical Association, and a former faculty member of the American College of Traditional Chinese Medicine in San Francisco. She has 20 years of clinical experience and has been the disciple for ten years, of Dr Huang Li Chun, MD(China), LAc., world famous physician, teacher, and WHO recognized top expert in Auricular Medicine. TruthSayer has been a guest presenter at numerous gatherings and conferences in the US and Taiwan, including The World Academy of Auricular Medicine 2009 and 2012, the World Federation of Traditional Chinese Medicine in 2018, Network of Knowledge online webinar 2019. TruthSayer is Founder and Chief Faculty of the Institute of Auricular and Transcendental Medicine.

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Hegyí Gabriella

University of Pécs, Hungary

Possibilities of Pre-Hospital Intervention in the Prevention and Treatment of Covid-19 Recommendations of the Hungarian Integrative Medicine Association

Over the Covid-19 pandemic, the whole world withdraws in the interest of the isolation and eradication of the disease. Governments over the world have ordered the narrowing of mobility, the usage of self-protective equipments, and invest tremendous efforts in finding the tools of treatment and vaccination. However, nobody mentions therapeutic options applicable in the prehospital phase regarding those prestigious methods with great traditions such as the integrative and complementary medicines. Therefore, according to observations of the elements of the disease process, we divided and categorized the practices which individuals can simply and easily exercise in their homes, acting upon verificationally effective advices that approve to enhance immunity along with the reduction of viral effects. We based our examinations on the methods and tools of Ayurveda, apitherapy, phytotherapy, homeopathy, and oxygen therapy. Our suggestions do not explain treatments of intensive care under hospitalization.

Biography:

Hegyí Gabriella is Medical Doctor, with specialization of internal medicine, working medicine and rehabilitation, she completed his Ph.D. in medical Sciences at the University of St. Stephan, Budapest, Hungary . She went on to establish and lead the efforts of Yamamoto rehabilitation Institute in Budapest in 1989 where eastern and western medicine joints. She is the member of advisory board of health Ministry since 1997, organizes the TCM, neuraltherapy and Cam courses at University for medical doctors since 1986. For the past 16 years, he has been the President of Hungarian Biophysical Association, President of Hungarian Medical Acupuncture Association, researcher of CAMbrella, the Paneuropean CAM Project, researcher of NATO CAM Project, establish person of TCM Confucius Institute of Pecs University in 2015. She is the author on more than 250 papers, more books. She has been an Editorial Board Member of 6 professional medical journals in last years.

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Yu-Cheng Kuo

Taipei Medical University, Taiwan

The Digital Pulse Diagnosis Apparatus for Telemedicine

During the pandemic of the COVID-19, the conventional medical activities has being lock down. The alternative method for diagnosis and treatment with telemedicine is needed.

With meridian theory, we designed a pulse diagnosis apparatus. Through this, we could get the H.C.V., the pathological and pharmacological matrix easily. Meanwhile, with blue tooth technique connecting cell phone, the pulse diagnosis apparatus can communicate the Glaze Cloud which assembles the smart algorithms and get the information for prescription.

Through the pulse diagnostic apparatus and the Glaze Cloud, we could map the meridians to harmonics and quantitatively analyze the pathological excess or deficiency of the meridians including the five zang-organs and six fu organs of the patient (pathological matrix) from the radial pulse.

Based on a series of pharmacology research analyses of acupuncture, Chinese herbs, herbs prescription formula and western drugs on the reinforcing or reducing effect of meridians have being completed, we were able to simulate the whole make up meridian function of a prescription formula which is composed of several herbs (pharmacological matrix) with matrix operation on harmonics..

In addition, the pathological indicator on meridians-H.C.V. (Coefficient of Variations of Harmonics Magnitude) could quantitatively reflect the severity of diseases and evaluate the outcome of patients. From health to death, life struggles between convergence and divergent of negative entropy revealed by the H.C.V. of meridian.

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Combining the H.C.V., the pathological and pharmacological inverse matrixes, we developed an algorithm for the AI system in the Glaze Cloud to give prescription following the Chinese Medicine Bible: Shang Han Za Bing Lun, such as the white tiger and green dragon formulae. This is also the basis to give acupuncture or laser acupuncture prescription.

During the pandemic of COVID-19, combining traditional medicine, this digital pulse diagnosis apparatus and the Glaze Cloud could be a powerful tool for telemedicine to fight the virus.

Biography:

Yucheng Kuo is the Master of Pharmacology and the Ph.D of Electric engineering in biomedical field. He is also a Medical Doctor, Chinese Medical Doctor and assistant Professor teaches Pharmacology in Taipei Medical University and pulse diagnosis in Chinese Medicine University in Taiwan. Since 2007, he has always being invited to give speech in the international conference for the research of pulse diagnosis and scientific modernization of Chinese Medicine. Meanwhile, he applied these studies to new drug development and invested a biomedical company – Nature Wise which owns the specific HDAC8 inhibitors (BMX) and is able to pass the blood brain barrier. BMX is in FDA phase 1 clinic trial. Combining the theory of meridian medicine and herbal therapy formulae recorded in the classic of Chinese Medicine, he navigates a new direction of new drug development and AI system for diagnosis, prescription and evaluation. For these works he won the Outstanding Researcher in Pharmacology of the Venus International Healthcare Awards - VIHA 2018 and the President of Meridian World Health Organization Alliance.

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Rakhima Zhaxylykova

CETNAMED, Kazakhstan

The real reason for nowadays massively widespread allergy

My study began by chance in 1973 with an observation under a microscope of 15 live individuals of Demodexes isolated from a punctate area of the problematic area of the face in a patient with concomitant Discoid Lupus Erythematosus.

In the first stage of observations (1973–1980) in my environment, the number of people with signs of damage to their previously pure skin by Acariasis grew like an avalanche. Changes in the skin of these patients were characteristic. Positive dynamics of both subjective and objective skin-changes was observed in patients who used external anti-mite treatment compared with patients who did not receive it. By 1979 I had a clear idea of the presence of unregistered by medicine skin disease in the population and I began to recheck the results of the previous observations. The presence of a seemingly highly developed medicine made me doubt the presence of an unrecognized infectious disease and served as a pretext for an experiment – self-infecting by Demodectic Acariasis on August 10, 1980. An incorrect interpretation of the severe allergy developed during the experiment lead me to study the relation between Demodecosis and Allergy. During second stage of research (1982-1990) as allergist I provided practical assistance to patients of different ages with various allergic diseases. Adding elements of know-how to the treatment gave amazing results. In those years I consulted the newborn with a congenital allergy and the baby with an allergy to parents. As dermatologist I treated patients with psoriasis, eczema, atopic dermatitis, rosacea, acne, craurosis vulvae and other diseases with anti-mite methods. Research results reported at the Congresses, conferences, symposiums of acarologists, allergists, doctors. In the third stage of research (1991-2013) in the scientific - medical small enterprise "Saule" with the participation of Doctor of Biological Sciences acarologist V.N. Kusov, laboratory assistants, PhD allergist-dermatologist-acarologist, previous observation results were rechecked, effective assistance was provided to 43 198 patients with various manifestations of allergies and skin problems.

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The main culprit of modern mass allergy ended up Demodexes, which is discovered in the skin of all people. But the information that exists in medicine about Demodexes is often absurd!

The results of observations in certificates, patents, more than 170 publications, etc. Documentary confirmation of my observations in www.allergy.kz

Results (not all): Demodecosis was detected in 96% of 388,780 people when examining the entire skin, in 99% of 3 million examined by exposed parts of the body. Demodexes were identified in 98.9% of 17823 acarologically examined. In 1.1% of patients mites were not found. Demodexes + Dermatophagoidesses were found in 0.5%, Demodexes + *S. scabiei* - in 0.6%, Demodexes + Dermatophagoidesses + *S. scabiei* - in 2.4%. Colonies of Demodexes were found in all skin papules of 242 people with itchy diseases, 247 acne, 18 atheromas, 12 patients in chalazion. Colonies of Demodexes were isolated from 42 elements of 37 patients from Republican Dermatovenerologic Institute. In the biotope of 412 allergic people Dermatophagoidesses were found, but from their skin were isolated only Demodexes. No mites were found in healthy skin of 28 people. Antidemodectic treatment was successful for 92% of 43198 patients with allergic and skin problems. Among them - 30% of children under 14 years old. Among applied 57.7% had allergological diagnoses, 37.4% - dermatological diagnoses, 3.6% - other diagnoses. Only 1% of them applied without a diagnosis.

Summary: 1/ An unrecognized household infection (Acariasis) was elevated to the rank of an incurable allergy. 2/ Mite-born allergy is completely curable and preventable! Therefore I invite Allergists, Dermatologists, Acarologists to eradicate the mite-born Allergies and Demodecosis.

Biography:

Zhaxylykova Rakhima Dosmakhanovna graduated in 1960 with a medal from high school number 414 Art. Jusaly of Kzylorda region. In the same year she entered the medical faculty of the Almaty State Medical Institute (now it is the University) and graduated in 1966. She began her career as an operating ophthalmologist. In the early 1970s, a random review of demodexes from the problem area of the skin of the patient's face served as an occasion for observing the skin of all the people around her. These observations brought to the knowledge of the Demodecosis of Human which was not studied in medicine. Recovery from Demodecosis allows to save sick people from allergic, skin and a number of its systemic complications. Detailed research report presented at JSA / WAO Joint Congress 2020.

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Parvin Zarrin

Bio Quantum Academy, Canada

Immune System the Natural Army and Human Body Guard

The world is the prisoner of a microscopic entity, “the COVID-19” due to a lack of knowledge about the life principles, natural laws, how the human body operates as an absolute part of nature, and the right medical modality and system of medicine. People's immune system is suppressed and compromised due to the chronic consumption of the chemical suppressive medications and drugs that has caused a high level of cellular toxicity and cellular fragility for decades. People are locked down, living in uncertainty, panic, and anxiety due to the wrong approach, a lack of holistic knowledge about the human body's healing concept. The human race is been let down by a lack of knowledge and ignorance. A virus does not need to be fought through marshal law legislation and lockdown, a virus needs to be fought with a strong and intelligent internal army, the human immune system. As you can see the number of infected people is increasing every day no matter the lock down, social distancing, masking or the other recommendations. COVID-19 is taking lives in the most advanced societies with a high level of hygiene because health and sickness is an internal human body domain. Microorganisms such as viruses are created by nature with an ability to look and find a right host among organisms such as animals and the human body in order to be nourished, survive and proliferate. On the other hand, the human body is created with a super power and an ability by the same nature to recognize the non-self from self no matter a virus, bacteria, fungus, toxins or any foreign materials. When your army, or immune system, allows a pathogen to pass the first line of defense without detection, when a pathogen can pass from the second line of defense without being recognized, it cannot mount an immune response to produce an antibody against the antigen, therefore, the body cannot fight it off and destroy it quickly. When the gate of your cell is that weak to let the pathogen get into the cell easily and hijack your entire cell, when your cell's DNA or genetic materials is that fragile to be easily hacked by a virus to proliferate very fast, when your main buffering systems such as lungs and kidneys cannot do their vital biological function in a critical situation on time, the blood pH level drops down drastically, the body goes to coma and dies. The whole process is not caused

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by a virus, it is caused due to prolonged cellular deficiency and cellular toxicity that leads to weakness, fragility, and lack of body's ability to respond, cope and fight off quicker than the virus action. The disease does not kill when your body's natural ability and potential are awakened and activated. This power is endowed in every single human body by nature without exception. No microorganism can kill a human body when the body's intelligence is awakened and can act up quicker than a pathogen action. No pathogen can kill the human body when the cell and DNA of the cell are strong. It is the immune system's main vital job to combat with a virus, no matter the body has come to contact with a virus for the first time without an immunological memory or has a documented memory previously. Many pathogens are new to our body, it is the function of our defense system to recognize and destroy them on time, and memorize the immunological antibody for the next possible contact. The viruses don't have power over the human body's power unless the human body is powerless. No virus has the ability to kill the human body, the body dies because of an inability to recognize, defend and destroy foreign materials such as a virus, bacteria or any other pathogens or toxins. Immunodeficiency is the cause of the human body destruction and death, not a virus. Immune system should be well nourished, detoxified, awaken and fortified by the essential nutrients and one of the best natural systems of medicine available “Homeopathic Medicine”.

Biography:

Parvin Zarrin is a world- known Integrative Practitioner specializing in Homeopathic Medicine. She received a Doctorate of Philosophy in Integrative Medicine, Diploma in Homeopathic Medicine & Sciences, Certificates of Achievement in Homeopathy from Germany, a degree in Nutritional Sciences, obtained several certificates in Homo-toxicology Medicine. She is awarded an order of Excellence in her homeopathic research for her PhD in Canada. She is an educator at Bio Quantum Academy, an International lecturer and the author of Quantum Anti-Aging book. She is the founder of Integrative Medicine & Nutrition, and the director of Bio Quantum Academy in Canada. She has been practicing Homeopathic Medicine (Homo-toxicology-a branch of homeopathic medicine) for over 20 years with a great success. She has successfully treated hundreds of people with serious chronic illnesses around the world. www.bioquantum.ca

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William Lee Cowden

Academy Of Comprehensive Integrative Medicine, United States

Clearing and Preventing Infections Integratively

Many patients and medical doctors felt helpless and hopeless during the Coronavirus Pandemic of this past year, but integrative practitioners had many “tools” that they used with great success against this viral pandemic. There are MANY published articles from the peer-reviewed medical literature which gave good rationale for use of these therapies. When combined, the death rate from this viral pandemic was made less than the death rate for the average annual influenza. Dr. Cowden will describe several of these non-pharmaceutical therapies which can be applied to future pandemics so that integrative practitioners can save more lives and protect their countries against economic collapse from irrational bureaucrats in government.

Biography:

William Lee Cowden, MD, MD(H), is Chairman of the Scientific Advisory Board & Professor of the Academy of Comprehensive Integrative Medicine (ACIMconnect.com). He has been a USA board-certified cardiologist & internist and a licensed homeopathic medical doctor, but recently retired from patient care & is now teaching full-time. He has been studying integrative medicine since he was at the University of Texas Medical School at Houston in 1975-78. He has co-authored 6 books & is internationally known for his knowledge and skill in practicing & teaching integrative medicine. He has pioneered successful treatments for cancer, Lyme disease, atherosclerosis, cardiomyopathy, various neurological conditions, silicone implant disease and other illnesses, but he gives credit to God, Jesus and the Holy Spirit as the ultimate source of all healing. www.drleecowden.com

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Julie E

Julie E Health & Wellness, United States

Mind and Body Medicine

We have heard that the mind is just as important as the body when it comes to health and preventing dis-ease. I'm here to not only agree with this fact, also to present 5 proven strategies that all work instantly to keep the mind strong and hence the body healthy.

In a year like 2020, it has become more evident than ever that fear and stress lead to illness, worldwide. We are being challenged more than ever to keep our mind strong in order to keep our body strong and prevent our life from falling apart. Whereas many people don't have the time or funds to engage in one on one counseling and therapy, I find that therapy to be less important than the instant release out of our mind. Time and time again, my patients feel completely stress free, relieved and like they can go on, happily in less than 30 minutes using these strategies.

We know the science when there is liver stress, there are more food allergies, when there is constipation, there are more aches and pains, yeast and other ailments, we also know that when people meditate and stay 'grounded', they feel better and enjoy a better quality of life. I'm here to teach some of my proven Simple Solutions for health that can be added to anyone's health program in 5 minutes or less and help your patients to achieve more success than ever before.

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 on her secrets to health including unique tips such as the 5 missing things to all health regiments, how to care for your assembly line, and keeping both the emotional body BioField strong. Julie is going to talk today about the Mind Body Connection to health and how to stay Mind Strong. www.JulieEHealth.com

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Suzanne L. Stewart

University of Toronto, Canada

Indigenous knowledges and pandemic responses for urban Indigenous populations in Canada

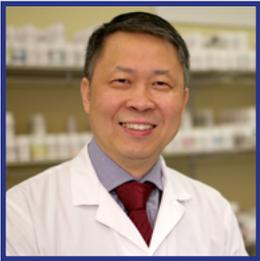
Indigenous peoples worldwide are more vulnerable to an influence pandemic, such as Covid-19, due to high levels of chronic health problems and the social determinates of health. Racism and intergenerational trauma due to colonization are other factors that highly impact Indigenous peoples during a worldwide pandemic. This presentation highlights Indigenous cultural traditional knowledges and healing/medicines that have supported urban Indigenous populations in a large Canadian city during the covid-19 pandemic, with concrete examples from the presenter's community-driven academic research with urban Indigenous organizations.

Biography:

Suzanne L. Stewart is a member of the Yellowknife Dene First Nation. She is a registered psychologist and Director of the Waakebiness-Bryce Institute for Indigenous Health at the Dalla Lana School of Public Health at University of Toronto, where she is an Associate Professor in the Division of Social and Behaviour Health Sciences. She and her team hold the Ontario Network for Environments in Mental Health Grant on Indigenous mental health. She is the current TCP Chair in Indigenous Health and recently completed a Canada Research Chair in Aboriginal Life Transitions. She is committed to advancing Indigenous healing issues in health research, practice, and policy.

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Guojian Huang

Ankang Acupuncture Healing Centre,

Canadian Association of Mini Ren Acupuncture Therapy and

Canadian Continue Education College of Acupuncture & TCM, Canada

Introduction of Mini Ren Acupuncture Therapy

Mini Ren Acupuncture therapy is developed on the basis of traditional acupotomy to target superficial fascia nodules, muscle spasms, and scar tissue adhesion. It is a very effective, revolutionary, minimally invasive therapy to treat various soft tissue injury pains, nerve compressions, dysfunctions, etc. It integrates traditional Chinese and Western medicine, and is based on the four core theories of: abnormal tension theory, adhesion scar theory, fascial trigger point theory, three-dimensional meridian theory.

The features are: 1) The needle tip blade edge is only 0.35-0.50 mm; the insertion depth is typically less than 1 cm and will not damage big nerves or important blood vessels in deeper layers. The pain is mild and tolerated by most patients without anesthetics or regulatory substances. 2) The therapy produces almost no bleeding, avoiding secondary adhesion damage. 3) Each session of treatment lasts only 2-10 minutes. 4) Treatment frequency is once every 3 days. 5) The treatment process is very safe; 6) The treatment method is simple with only the up and down insertion. Fully considering the human body's repair function and self-regulation function, MRA will maximize the self-healing capacity of the human body, directly relieve the superficial myofascial tension at the point of attachment of strained muscles to relieve the whole muscle spasm by mechanical conduction. MRA can also directly break up the fascial nodules (points) in the muscles or tendons to eliminate the pain.

Biography:

Guojian Huang, expert of traditional Chinese medicine, acupuncture and Mini Ren Acupuncture Therapy, has been working in clinical TCM acupuncture and research for over 30 years. He graduated from Nanjing University of Traditional Chinese Medicine in 1988, Medicine Doctor Degree of CAMS&PUMC (Chinese Academy of Medical Sciences and Peking Union Medical College) in 1997, Post-Doctoral Researcher of University of Manitoba; Guojian Huang has published around 30 scientific articles (Chinese and English). He is the author of the book Collections of Single Chinese Herbal Medicine Application, Collections of Single Acupuncture Point Application, published in China in 1995; Compile of Case study of Single Chinese Herbal Medicine, Complies of Case study of Single Acupuncture Point published in 2019.

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Behzad Barikbeen

LifeWave Inc, Canada

LifeWave Phototherapy Nanotechnology-“Acupuncture Without Needles”

LifeWave Inc Company founded in 2004, has developed a nanotechnology called Phototherapy, Photobiomodulation or in other words Acupuncture without Needles. It uses non-transdermal patches registered with FDA as a medical device. The patches are specifically designed to passively reflect back into the body a portion of the electromagnetic frequencies that they are exposed to when placed on the body.

The various types of patches activate specific organs with different sets of bioelectric frequencies. The second generation of lifewave products focus on anti-aging and the third generation of lifewave products with the introduction of X39 patch address age reversal & regeneration by activation of stem cells.

Biography:

Behzad Barikbeen completed his doctorate in Medicine from Kerman University of Medical Sciences, Iran and since then has been working for over 18 years as a researcher and trainer giving presentations in academic centres such as Mashhad University of Medical Sciences as well as in global biopharmaceutical companies and other corporate settings. He is currently living in Toronto, Canada.

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Nell Smircina

Emperor's College of Traditional and Oriental Medicine, United States

Acupuncture for Post-Surgical Intervention: A Narrative Review of Acupuncture as a Treatment Modality for Common Post-Surgical Sequelae

An area of opportunity within Chinese Medicine is post-surgical recovery. However, little research has been done specifically to look at introducing acupuncture as a viable option into standard of care for post-operative patients. There are many factors affecting post-surgical healing and acupuncture can reduce the recovery time for many surgical patients. A narrative review was conducted to gather information on acupuncture as a modality to treat areas of common post-operative concern, such as after effects of anesthesia, reduction of pain, inflammation and scarring, as well as assisting with wound healing and decreasing overall healing time. By looking at acupuncture's effect on the specific potential sequelae from surgery, we can provide validity to the argument for acupuncture being integrated into the standard of care for rehabilitation after surgery.

Biography:

Nell Smircina completed her undergraduate degree in Health Sciences at James Madison University in Harrisonburg, VA, then her Master's and Doctorate at Emperor's College of Traditional Oriental Medicine in Santa Monica, CA. She has taught and guest lectured at various AOM schools and maintains a private practice in Beverly Hills, CA. As an advocate for integrative medicine, she currently serves as the president of CSOMA, California's oldest state association for acupuncture.

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Beth Hooper

Beth Hooper Health, United States

How to use Chinese Medicine to treat Small Intestine Bacterial Overgrowth either on its own or integrated with Western Medicine.

Small Intestine Bacterial Overgrowth or (SIBO) is a relatively newly diagnosed disorder that falls as a subset of Irritable Bowel Syndrome (IBS). Diagnosis is made by a non-invasive lactulose breath test. The test measures the amount of hydrogen and methane in a person's breath over a period of several hours after drinking lactulose. As humans do not produce hydrogen and methane gases, if there are measureable amounts in their breath it is indicative of SIBO. Western medicine treats SIBO with antibiotics. Diarrhea type SIBO is typically treated with a 10-14 day course of Rifaximin (Xifaxin). Constipation type SIBO is typically treated with both Rifaximin in addition to a second antibiotic, either Metronidazole (Flagyl) or Neomycin for 10-14 days. These treatments are more short term in nature as SIBO has a high rate of reoccurrence. Chinese Medicine treat SIBO with a combination of herbs, acupuncture and dietary therapy designed to clear bacterial overgrowth while supporting digestion and restoring balance to whole system for long lasting results. Chinese herbs commonly used to treat SIBO include the Berberine Herbs, *Huang Qin*, *Huang Lian* and *Huang Bai* as well as medical grade Allicin from *Da Suan*. Dietary therapy includes the restriction of foods that get digested in the ileum where most SIBO lives.

Biography:

Beth Hooper is a Licensed Acupuncturist and Board Certified Chinese Herbalist with a Doctorate in Acupuncture and Chinese Medicine from Pacific College of Oriental Medicine. She first became interested in Chinese Medicine over 20 years ago when she was successfully treated for migraines. She has been in private practice in Manhattan since 2003.

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Huang Wei Ling

Medical Acupuncture and Pain Management Clinic, Brazil

Apex Ear Bloodletting and Dietary Counselling in Patients with Anxiety Treated with Auricular Acupuncture – A Double Blind Study

Introduction: Most Chinese acupuncture books do not mention bloodletting the ear to treat anxiety. Each type of food can also cause an energy imbalance. **Aim:** A retrospective and prospective double blind study to observe the difference among anxiety patients treated with auricular acupuncture (AA) with or without apex ear bloodletting (AEB) associated or not with Chinese dietary counseling (CDC). **Methods:** 1500 records of AA patients were studied by the clinic's secretary noting the name and phone of 97 (6.5%) with anxiety.. Another person contacted the patients to fill a questionnaire by phone, including a Hospital Anxiety Evaluation Scale (HAES) test. **Results:** Improvement:80% - first month. Previous treatment: No: 21 (60%); Yes –neurologist: 6 (17%); Yes –psychiatrist: 8 (23%); AEB: Yes: 20 (57%); No: 15 (43%); CDC: Yes: 28 (80%); No: 7 (20%); No dairy: Yes: 28 (80%);No: 7 (20%); HAES – before AA: Normal: 8 (23%); Borderline: 7 (20%); Anxiety: 20 (57%); HAES – after AA: Normal: 22 (63%); Borderline: 6 (17%); Anxiety: 7 (20%); HAES regarding: AEB: 6 (17.14%) Anxiety to normal after AA. No AEB: 3 (8.57%) Anxiety to normal after AA. HAES regarding: CDC: 7 (20%) From Anxiety to normal after AA. No CDC: 2 (5.71%) From Anxiety to normal after AA. Cured: 2 (5.72%). Not cured: 3 (8.57%). Improvement: 30 (85.71%). Recommend AA: Yes: 35 (100%). **Conclusions:** AEB and CDC showed importance in the treatment of anxiety compared to those who did not undergo AEB (17.14% opposed to 8.57%) and CDC (20% opposed to 5.71%).

Biography:

Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, specialist in infectious and parasitic diseases, a General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. Once in charge of the Hospital Infection Control Service of the City of Franca's General Hospital, she was responsible for the control of all prescribed antimicrobial medication and received an award for the best paper presented at the Brazilian Hospital Infection Control Congress in 1998. Since 1997, she works with the approach and treatment of all chronic diseases in a holistic way, with treatment guided through the teachings of Traditional Chinese Medicine and Hippocrates. Researcher in the University of São Paulo, in the Ophthalmology department from 2012 to 2013.

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Murat Topoglu

Honorary President of Turkish Acupuncture Society, Turkey

Obesity and Acupuncture

This clinical study has been applied on over 38.000 patients in 36 years in my own private clinic in Turkey.

As known; many acupuncture researches have applied ear or body acupuncture or both and diet for many obese patients in many countries.

Before the acupuncture treatment and diet; all the patients have been researched with lab tests, ultrasound, etc. Some of them have hypothyroidism, high Insulin resistance, metabolic syndrome, polycystic ovary syndrome, diabetes mellitus type 1 and 2, hypoglycemia, etc and some of them have no organical reason. Acupuncture and diet have been applied all patients.

Results are extremely very satisfactory for decreasing appetite, hyperacidity of the stomach, and stress. It also regulates metabolism for obese patients.

Biography:

Murat TOPOĞLU graduated from Dokuz Eylül University, Faculty of Medicine in 1984 and started his first acupuncture studies in Switzerland in the same year. In 1985 he was educated at the Acupuncture Academy in Colombo, Sri-Lanka by the Ministry of Health. In 1988 he went to China to master the acupuncture treatment. On 5-8 December 1990, WFAS and WHO (World Health Organization) invited to the 2nd World congress in Paris, France and presented a paper on Obesity. He is an executive member of WFAS The World Academy of Auricular Medicine 2009 and 2012, the World Federation of Traditional Chinese Medicine in 2018, Network of Knowledge online webinar 2019. TruthSayer is Founder and Chief Faculty of the Institute of Auricular and Transcendental Medicine.

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Natalia Roque¹, Sara Pereira¹

¹Polytechnic Institute of Setúbal, Portugal



Natalia Roque

Sara Pereira

Acupuncture and TCM Approach to COVID-19 in Non-Frontline Healthcare Service: Prevention and Post Infection Recovery

According to updated data, COVID-19 continues to dangerously spread around the world, with no vaccine or effective treatment available so far.

At the same time, TCM in China, by integrating conventional and non-conventional medicine, has proven to be effective in prevention, treatment and recovery.

In Europe, in general, and in Portugal, in particular, due to several factors, TCM practitioners are not frontline health professionals and they lack a plan for integrated TCM and western medicine on prevention and treatment of COVID-19.

Nevertheless, according to TCM patterns, they act on a preventive and recovery approach basis, in order to support European clinical treatment, by acting prior to and after infection occurs.

Herein, we aim to explain about the way portuguese TCM practitioners, being conditioned by legal rules, use TCM, and acupuncture in particular, in private clinics, to effectively contribute to deal with COVID-19 pandemic, mainly in two crucial moments: 1. Managing to prevent infection; 2. Enhancing post infection recovery. A clinical case of eczema aggravated by COVID-19 is described as an example of post infection recovery.

Whatever the stage of the disease, TCM is a great contribution to fight COVID-19, including prior to infection, during and post infection, for, we know, from both historical data and recent clinical studies, that TCM supports the body's immune function to help fight disease and diminish its consequences. Thus, the preventive approach can be the most powerful and effective strategy to fight the disease.

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Biography:

Natália Roque is currently working as a Professor at the Polytechnic Institute of Setúbal, School of Health, Bachelor Degree of Acupuncture in Portugal. She has a Specialist Degree in Chinese Medicine/Acupuncture. She is a clinician in Chinese Medicine, Acupuncture and Phytotherapy for 20 years, and has been teaching TCM for 15 years. She had professional internship at TCM GD Hospital Wu Yi, Jiang Men, China. She has participated as author and co-author in several conferences on TCM and she is presently focusing on publishing e-books to support the teaching of TCM in Portugal.

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Madalena Martins

Politechnic Institute of Setúbal, Portugal

Evidence-Based Medicine Research in TCM and Acupuncture: Dos and Don'ts

Traditional Chinese Medicine (TCM) is known for its holistic approach delivering a personalized treatment of the individual based on the concept of syndrome differentiation. On the other hand, Western medicine follows a disease-target approach where usually there is a standard treatment protocol defined for each disease entity. Evidence-based medicine (EBM), has been established as the standard of modern medical practice for greater treatment efficacy and safety, integrating individual clinical expertise with clinical evidence from systematic research. However, for TCM, discussion persists on feasibility of applying the EBM model. In a recent report (2019) the WHO highlights the need for credible data and reliable official information that can be used by Member States to understand the global landscape of Traditional and Complementary medicine, with acupuncture being pointed out as the most common form of practice. Herein, we aim to discuss the current state of EBM research in TCM, and particularly in acupuncture, while proposing possible paths to overcome the existing challenges.

Biography:

Madalena Martins is currently working as a Professor at the Polytechnic Institute of Setúbal, School of Health, Bachelor degree of Acupuncture in Portugal. She has training in Chinese Medicine, Acupuncture and Phytotherapy, diploma in Biology, PhD in Biology/Biotechnology. Her activities are grounded on a research career of almost 20 years, her studies are now focusing on the evidence-based research in complementary and alternative medicine, particularly in traditional chinese medicine and acupuncture. In the last years her research was also centred in the genetics of complex disorders. She published 24 papers in international peer reviewed journals and received several scientific Awards.

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Francesco Marotta

ReGenera R&D International for Aging Intervention & San Babila Clinic,
Italy

A Novel Senolytic Phytomarine with Vitagene-Enhancing Effect on Human Amnion Derived Epithelial Cell Line and Clinical Benefit on Melatonin Aging Clock.

Rhodiola rosea, an herb which has been used in traditional medicine for many years and LF, a class of lipoproteins, derived from the fish *Trachurus sp.* (LF-T) exhibits known anti-inflammatory and immune-modulatory activity.

Objective: Investigating the anti-aging effect of *Rhodiola* Specific Bioactive Fractions (SBF) cluster in combination with LF-T (R-L compound) in aging-mimicking H₂O₂ mediated oxidative stress induced human amnion derived epithelial cell line - FL cells.

Methods: FL cells treated with H₂O₂ to induce cellular aging, followed by treatment of R-L compound to study its anti-aging characteristics. Based on the proliferation rate, 0.05% and 0.1% concentration of R-L compound was determined using MTT assay. Anti-aging and anti-oxidant assays – ABTS, DPPH, Hyaluronidase activity Nitric Oxide, Lipid Peroxidase and Superoxide Dismutase were performed. qPCR for anti-aging genes and matrix metalloproteinase genes were analyzed.

Results: FL cells treated with R-L compound exhibited with increased proliferation rate and free-radical reduction. Decreased Hyaluronidase enzyme activity and regulation of genes such as *SIRT1*, *KLOTHO*, *Serpina 6*, *MMP 9* and *MMP 2* expression depicts the anti-aging role of R-L compound. Chemometric profiling of the R-L compound revealed that aromatic compounds and unsaturated fatty acids along with their derivatives were present predominantly which might have attributed for the potent oxidative stress impeded aging activity.

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Conclusion: Specific Bioactive Fractions of *Rhodiola* in combination with LF-T obtained from *Trachurus sp.* involves in the regulation of aging genes and might be a novel approach to prevent the cells from oxidative stress damage and also it might avert the aging of cells.

A separate pilot study in healthy elderly supplemented with this senolytic phytomatine, showed a promising role in stress adaptogenic properties, modulating BDNF and revitalising “youth” pineal gland biorhythm (i.e, the most important hormonal synchronizer in our body).

Overall, these results suggest that the present proprietary phytomatine may be a strong candidate in clinical intervention in aging and slowing aging strategies.

Biography:

Francesco Marotta, MD, PhD with experience in gastroenterology, oxidative stress, aging and nutrigenomics in USA, Cape-Town and Japan with extensive publications and book chapters. Cooperates with Nobel laureate Prof. Montagnier and is Hon. Research Professor at Dept of Nutrition, Texas Women University, USA, Advisory Board Panel of the Center for Life Science at Nazarbayev University, Astana, Kazakhstan and External Examiner for PhD candidates at McGill University, Canada. Chair of Longevity in Med. Sci. Commission for WHO-affiliated FEMTEC. Non-faculty lecturer in Functional Food in Aging at Harvard University, Boston, USA. Founder of EU-registered ReGenera R&D International for Aging Intervention.

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Roger Jahnke

Health Action Synergies and Fielding Graduate University, United States

The Mind-Body Practices of Chinese Medicine – Qigong and Tai Chi: Safety, Efficacy, Mechanisms and Dissemination

It has now become obvious that all mind-body methods have especially robust influence on naturally occurring, inner healing resources including neuro-endocrine, immune, telomere functionality, vagal tone – as well as brain plasticity, lymph propulsion, etc. The integration of Body Practice, Breath Practice and Mind Focusing Practice is common across all systems of Mind-body Practice – Qigong, Yoga, Tai Chi and many others - originating from indigenous cultures and contemporary innovation. The evidence base for safety and efficacy is robust. The research on operant mechanisms is very advanced. Research on dissemination is growing rapidly.

Participants in these mind-body modalities report that the effects of practice are significant in the mental emotional context as well.

Every physiological and every psychological effect of mind-body practice releases a cascade of functional enhancement effects. Relaxation lowers blood pressure and shifts the neurotransmitter profile – causing immune activation. Deeper breaths accelerate lymph propulsion and tone the vagal system, which then triggers a wide array of health maximizing functions including recovery of telomere functionality.

To demonstrate that Mind-Body Practice – Qigong and Tai Chi – are a relevant component of any integrative medicine program or community based health resiliency program, Dr Jahnke will cite research on safety, efficacy, mechanisms activated and dissemination of Mind-Body Practice.

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Biography:

Roger Jahnke, OMD, served as Chief of Staff at Health Action Integrative Medicine Clinic for over 30 years of clinical practice. He is the founder of the National Qigong Association as well as the Institute of Integral Qigong and Tai Chi and the Healer Within Foundation. He is the author of two highly respected books on Mind-Body Practice, The Healer Within and The Healing Promise, as well as numerous articles in texts and research journals. Jahnke has lectured to, or consulted for, prestigious institutions including the American Medical Association, The American Hospital Association and the National Wellness Institute.

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Chen situ

Queen's University Belfast, United Kingdom

Antibacterial Activity of Traditional Medicine

Various approaches have been used to investigate antibacterial activity of a wide range of traditional herbal and medicinal plants against a selection of pathogenic bacteria implicated in human health and animal disease. In vitro screening of indigenous medicinal plants sourced from tropical rainforests in Africa resulted in potent bacterial inhibition, good safety profiles and drug-lead potential of several plant extracts and isolated compounds during preliminary evaluation. Antimicrobial testing indicated strong bacterostatic and bacterocidal effects in a number of traditional medicinal plants against G-positive and/or G-negative bacteria including reference-resistant strains and clinical isolates. Synergistic effect with therapeutic antibiotics against clinically important resistant strains was also observed. In addition, studies of purified essential oils and their biocompounds suggested the antimicrobial modes of action of these plant-derived phytochemicals mainly target bacterial cell walls and membranes. Coupled with numerous studies published to date, there is clear evidence that phytochemicals possess strong inherent multifaceted antimicrobial properties that significantly differ from single-target standard antibiotics. However, despite their long-standing traditional efficacy in humans and animals and recent laboratory functional comparison of their safety profiles and multiple therapeutic benefits compared to clinical antimicrobials, the translation of this promising concept of phytomedicine into real-life application and intervention strategies in clinical practice remains challenging and lacks support from the pharmaceutical industry.

Biography:

Chen Situ obtained her PhD from the School of Medicine, Queen's University Belfast and worked in Agri-Food and Bioscience Institute as a postdoctoral research fellow specialising in antibiotic residue testing. She is currently a Lecturer in Food Safety and Therapeutics in School of Biological Sciences, Queen's University Belfast. Since the 2006 EU ban on antibiotic growth promoters in agricultural livestock production, Situ's research has been extended to include evaluating plant-based natural products as potential antibiotic alternatives to reduce and replace the use of therapeutic antibiotics in animals and humans.

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Parvin Zarrin

Bio Quantum Academy, Canada

Strengthening Immunity and Treatment of COVID 19 with the Homeopathic Medicine

In order to treat a disease generally, we should understand the classification of disease. In the case of Corona virus infection, there are six phases to the body's ability to cope with the present toxins released by the virus. The reaction of the body on the presence of homo-toxins determines the phase of disease that the patient is in. The main parameter to cure is not the homo-toxins or virus itself but the way the body deals with it. Disease evolution has six phases that apply to all illnesses. The progress of a disease in time for the patient means a worsening of the situation, as the toxins of the virus are tending to move from extracellular to intra-cellular, instead of being processed and eliminated.

The disease table: 1-Excretion phase 2-Inflammation phase 3-Deposition phase 4-Impregnation phase 5-Degeneration phase 6-Differentiation

Treatment by Homeopathic Medicine

This is a brilliant curative system of medicine available across the globe but it has been suppressed for decades due to a century of ignorance by the authorities and profitable drug organizations. This is crucial that the world must come to the realization to differentiate between political games, profitable medical market, power gain and ignorance from the well-being of people, and wake up to the truth to save lives. Homeopathy's basic premise "LIKE CURES LIKE" or the principle of similar, refers to the recurrent observation and experience that whatever manifestation of symptoms a substance causes in a concentrated crude form in healthy people will bring forth a healing response when given in specially prepared nano-doses and potentized to people whose disease has this similar manifestation of symptoms. In other words, substance that would create a similar set of symptoms if administered to a healthy person, the same substance in a diluted and

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potentized from, can treat sick people with those same symptoms. Homeopathy is a compassionate, safe, gentle, effective, and holistic approach to healing, and has withstood over 200 years of practice. Homeopathic remedies are prepared from reliable and non-addictive materials which naturally exist and have no side effects. Remedies can be safely taken in conjunction with other conventional medicines or another medical modality without any interaction. Homeopathic treatments according to the phase of the disease. There are different ways I to treat the disease with the homeopathic medicine:

- 1-Immunization protocols for the general immunity before or during an infection.
- 2-Totality of symptoms or constitutional remedy according to the characteristics of the patient and the disease manifestations.
- 3-Keynote prescribing or symptomatic relief for the presenting inflammatory symptoms such as fever, cough, shortness of breath, pain, etc.

Biography:

Parvin Zarrin is a world- known Integrative Practitioner specializing in Homeopathic Medicine. She received a Doctorate of Philosophy in Integrative Medicine, Diploma in Homeopathic Medicine & Sciences, Certificates of Achievement in Homeopathy from Germany, a degree in Nutritional Sciences, obtained several certificates in Homo-toxicology Medicine. She is awarded an order of Excellence in her homeopathic research for her PhD in Canada. She is an educator at Bio Quantum Academy, an International lecturer and the author of Quantum Anti-Aging book. She is the founder of Integrative Medicine & Nutrition, and the director of Bio Quantum Academy in Canada. She has been practicing Homeopathic Medicine (Homo-toxicology-a branch of homeopathic medicine) for over 20 years with a great success. She has successfully treated hundreds of people with serious chronic illnesses around the world. www.bioquantum.ca

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Laszlo V. Szabo

Hungarian Integrative Homeopathic Association, Hungary

Homeopathy in systems view of science

Homeopathy is tough to weave into the texture of conventional science. Given that most of today's practitioners were brought up on reigning conventional - Cartesian - scientific principles and concepts, the homeopathic community to date has not been able to describe or prove homeopathy's mechanism of action scientifically. Therefore, Western biochemical medicine can easily argue that homeopathy is an unscientific, unfounded humbug and merely a placebo cure.

The possibility of the scientific interpretation of homeopathy depends not only on the success of experiments but on the definition of science too. The current Cartesian science has significant limitations. Fritjof Capra and Pier Luigi Luisi, in their book of *The Systems View of Life*, attempt to outline the concept of the systems view of science without using this exact term. This concept can define a much broader definition of science which reflects much better the discoveries of the past 100 years.

Here I will present the main elements of the currently ruling conventional science with its limitations, I compare it with the key elements of emerging systems-based science, and finally I present the relationship between both Cartesian science and Western medicine and systems view of science and homeopathy. This comparison will illustrate that the acceptance of homeopathy is limited not only by the logical system of conventional Western medicine itself, but also by the broader scientific framework in which we view it. It shows at the same time that the scientific concept of ourselves, homeopaths has to be widened accordingly.

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Biography:

Laszlo Szabo (60) homeopath, economist, independent researcher. He completed his 4 year homeopathic studies in Budapest at the Center for Homeopathic Education of London with an A degree in 2017. He has been using homeopathy for over 20 years. His main fields of research are science philosophical, physiological and economical aspects of homeopathy. He published articles in Hungarian journals and gave lectures at both domestic and international conferences and webinars. He is a founding member of the Hungarian Integrative Homeopathic Association. He holds MSc of economics from Budapest University of Economics.

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Andreas Maier

Center of Homeopathy, Germany

Similapuncture – Bringing Homeopathy to the Point

External applications of homeopathic remedies until today are, even though recommended by the founder of Homeopathy, Samuel Hahnemann, hardly used in practice. Hahnemann, German physician and pharmacist, had found, that the rubbing in of the remedies would speed up the cure, especially in chronic, persistent diseases. After years of practice he had also seen that some points and regions on the skin are more receptive to the action of the diluted substances.

Similapuncture aims to implement these findings into a new therapy, by combining the fundamentals of Homeopathy with the experiences of Acupuncture, Triggerpoint Therapy, Reflexology and other CAM methods, which aim to regulate internal disorders by stimulating functional points and areas on the surface of the body.

The local use of the remedies augments the understanding of the vital force as well as the causes of disease and opens new perspectives in the homeopathic treatment.

Biography:

Andreas Maier, Master of Science in Homeopathy (University of Central Lancashire, England), is running a homeopathic practice for more than twenty years now. He is lecturer and author in the field of homeopathy and is especially focused on genuine Homeopaths like Boger, Boenninghausen and Hahnemann. With Similapuncture he has created a new synthesis between Homeopathy and other modern as well as traditional methods in order to give a new impulse to complementary treatment.

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Nancy Martin

Atlantic Homeopathic Center, United States

Ayahuasca Remedy

I had the privilege of participating in a proving on the ayahuasca remedy at the Ontario College of Homeopathic Medicine. A proving is the testing of a potentized substance to find out which symptoms that remedy is capable of producing, thereby curing the patient's condition.

The proving demonstrated substantial benefits from taking the ayahuasca remedy; these included a lessening of depression, greater clarity in thinking, improvement in psychological well being and a decrease in the desire for alcohol. These results benefitted patients with a history of traumatic experiences such as child abuse, sexual abuse, post traumatic stress syndrome and depression.

Biography:

Nancy Martin is a homeopathic practitioner at the Atlantic Homeopathic Center. Prior to studying homeopathy, she held various executive positions in the corporate world. Her goal is to improve the quality of a person's life using homeopathy, disease prevention therapy and nutrition.

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Manon Bolliger

The Bowen College Inc, Canada

Bowen Therapy – A Little Known Complementary Therapy

Bowen Therapy was initiated by Tom Bowen in Australia in the 1950's. It has evolved from a physical therapy to an integrated mind-body therapy through the work of Dr. Manon Bolliger, Board Certified Naturopathic Medical Doctor, in which the patient experiences changes on all levels of well-being.

By stimulating meridian points in a specific order and with careful pauses in between, BowenFirst™ Technique prompts the body to reset, repair and balance itself. It is one of the safest, fastest and most effective modalities for treating pain, chronic illness and improving overall health.

The first treatment is actually a “Reboot” treatment, which enables the body's different programs to “re-start” and align. BowenFirst™ is not purely a “physical” therapy, it integrates the mind-body connections. It was primarily been used to address musculoskeletal or related neuromuscular complaint and it is now being used as a holistic complimentary treatment that addresses the whole person and aims to treat the cause of problems, rather than the symptoms. BowenFirst™ has successfully been applied to anxiety disorders, PTSD and for physical and emotional trauma management. I will be discussing the mechanisms at play such as the fascia, the vagus nerve and the impact of the treatment on regulating the autonomic nervous system through the relaxation response.

Further research is underway. <http://www.advancedhtc.com/cms/index.php?page=effectiveness-of-bowen-therapy>

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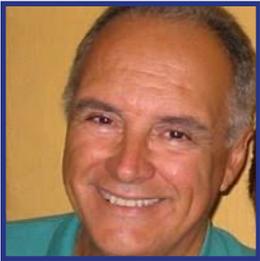
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Biography:

With a deep personal connection to health advocacy, Manon Bolliger, a Naturopathic Medical Doctor, CEO and Founder of an International training center called Bowen College, is dedicated to consciousness in the healing process. Devoted to a “Healer in Every Household,” her unique methodology guides both the practitioner and the health advocate on a path to physical, emotional, and spiritual wellness. It all starts with our body’s innate wisdom and its capacity to heal itself. As Best-selling author of several books and keynote speaker. Manon reminds us of our choices in health and in life. She is the founder and president of The Bowen College Inc. (2008), Co-Founder of the Canadian Council for Homeopathic Certification (2001), founder and developer of The L.I.S.T.E.N Program (2015), Chairperson of the Homeopathic Department at the Boucher Naturopathic College of Medicine (2004 –Present).

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Mario Bernardo-Filho

Rio de Janeiro State University, Brazil

Whole-Body Vibration Exercise and Auriculotherapy on the Management of Pain Level and Functionality of Knee Osteoarthritis Individuals

Knee osteoarthritis (KOA) can cause functional disability, mainly due to relevant level of the pain, a reduction in the movement of the knees and joint stiffness. Therapeutic interventions with less side effects for KOA individuals are desirable, such as exercise, including whole-body vibration (WBV) exercises and procedures related to traditional Chinese medicine, such as auriculotherapy (AT). Effects of WBV exercises, AT, and the association of these techniques on the level of pain and on the functionality of KOA individuals were evaluated. KOA Individuals were allocated in AT group (GAT), WBV group (GWBV), and association group (GWBV + AT), and their respective and in controls. WBV intervention was performed with 5–14 Hz in 3 min of working time with 1 min rest. The control group performed the protocol with the vibrating platform (VP) turned off. The AT intervention was performed with adhesive tapes with seeds placed in the ears on the Shenmen point, Knee joint, and Kidney. The control groups had seedless tape. The short physical performance battery (SPPB), the anterior trunk flexibility (ATF) tests were applied, as well as visual analogic scale to verify the pain level. Acute and cumulative effects were determined. Concerning the overall score of the SPPB, the ATF and the level of pain, significant improvements were observed in the KOA individuals due to WBV exercise and/AT. Considering the findings, WBV exercise alone or associated with AT, besides being a safe and feasible strategy, likely produces physiological responses that improve the clinical status of KOA individuals.

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Biography:

Mario Bernardo-Filho has completed his PhD in "Instituto de Biofísica Carlos Chagas Filho, Universidade Federal do Rio de Janeiro", Brazil. He is Full Professor, Universidade do Estado do Rio de Janeiro, Brazil. He has published more than 150 papers in reputed journals indexed in PubMed. He is the Head of the Laboratório de Vibrações Mecânicas e Práticas Integrativas. He has scientific collaborations with colleagues in various countries. He teaches classes in graduated and under-graduated courses and is supervisor of MSc and PhD thesis.

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Mason Bresett

The Health Creation Lab, Canada

Medicinal Mushrooms: Quality, History and Modern Advances

Medicinal Mushrooms are an emerging mega-science that are having an impact on many sectors including: agriculture, psychiatry, nutrition and medicine. The medicinal and clinical aspects of medicinal mushrooms have been deduced from traditional or historical use plus modern research advances. Mason will be discussing the impact of quality and fungal parts of medicinal mushroom application. Mason will also be covering the historical concept of medicinal mushrooms while presenting some of the latest research in regards to active compounds and their relation to clinical use.

Biography:

Mason Bresett completed his naturopathic medicine degree at the Boucher Institute of Naturopathic Medicine in Vancouver, BC. He runs two naturopathic clinics in Ontario and British Columbia, Canada called The Health Creation Lab. He is the medical advisor at Real Mushrooms, an organic medicinal mushroom extract company. He has years of experience working in the herbal medicine field working on formulations, research and clinical application.

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Sheldon Karasik

Sheldon Karasik, P.C. law firm, United States

Legal Issues Affecting Alternative Medicine

There are various disciplines that fall under the rubric of alternative medicine. Some, such as homeopathy, are widely practiced in countries such as India, Mexico, Switzerland and the UK and are part of their national health systems. In the U.S., by contrast, a much smaller percentage of the population use, not just homeopathy, but any form of alternative medicine. As a result, the complexity of legal issues and the frequency with which they appear tend to vary from country to country.

Nonetheless, there are a handful of legal issues which generally arise regardless of jurisdiction. These include: credentialing and licensure; scope of practice; malpractice liability; food and drug law; rules regarding health care fraud; and third-party reimbursement.

All of this grows more complicated as available technology encourages the cross-border practice of alternative medicine. What happens, for example, when an Indian homeopath treats an American patient through Zoom? Whose law applies? Can the homeopath somehow fall prey to U.S. law and, worse still, the U.S. courts? What about collaborative networks of alternative practitioners each located in a different country? Whose law applies?

Such considerations increase in importance as the world grows further connected through technology and (dare I say?) travel.

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Biography:

Karasik is principal of Sheldon Karasik, P.C. a law firm he founded in 1999. The firm has offices in the U.S. and Switzerland. Mr. Karasik specializes in international legal matters, insurance law, employment law and dispute resolution. Mr. Karasik is an AV-rated attorney, the highest peer review standing awarded. He was awarded a five star rating by Martindale Hubbell and Avvo. He is an Honorary Fellow of the Association of Fellows and Legal Scholars at the Center for International Legal Studies. He is also a senior faculty member of Lawline, teaching courses to attorneys on international law and insurance issues. His publications include: "Polaroid - The Sixty Million Dollar Mistake," Summer 1993 issue of Declarations, and "Recent Developments Regarding American Personal Injury Law," Comparative Law Yearbook of International Business, 2004.

Day-3

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Hye-Jin Park

Gachon University, South Korea

Immune-enhancing activity of *C. militaris* fermented with *Pediococcus pentosaceus* (GRC-ON89A) in CY-induced immunosuppressed model

Cordyceps militaris (*C. militaris*) is reported to exert various immune-activities. To enhance its activity, we fermented *C. militaris* with *Pediococcus pentosaceus* ON89A (GRC-ON89A). In this study, we investigated the immune-enhancing activity GRC-ON89A, using immunosuppressed model.

Among GRC fermented with different probiotic strains (*Pediococcus pentosaceus* ON89A, *Lactobacillus pentosus* SC64, *Weissella cibaria* Sal.Cla22), GRC-ON89A induced the highest elevation of nitric oxide production and enhanced phagocytic activity of RAW 264.7 cells. In primary cultured murine macrophages from normal and CY-treated mice, GRC-ON89A increased phagocytic activity, compared to that in control cells. GRC-ON89A also significantly induced the mRNA expression of TNF-alpha and IL-10 and the levels of phosphorylated Lyn, Syk and MAPK. The contents of beta-glucan, cordycepin and short chain fatty acid (SCFA) in GRC significantly increased after ON89A fermentation, compared to those in unfermented GRC.

These results indicate that GRC-ON89A exerted the enhanced immunostimulatory activity and contained more nutritional components, compared to unfermented GRC. Our results suggested that GRC-ON89A may be applied as an agent for immune boosting therapy in immune suppressed patients.

Biography:

Hye-Jin Park has completed her PhD from the Department of Pharmacy, Rutgers, The University of New Jersey, USA. She served as a Professor of department of Food science and biotechnology at Konkuk university from 2009 to 2014. At present, she is working at Gachon University in Republic of Korea since 2014. She has published more than 35 papers in reputed journals.

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Wai-Ching Lee

Earth Heart, Singapore

AncientFuture Personalised, Holistic Medicine

This approach is sequestered in the field of Energy/Holistic/Vibrational/ Quantum Medicine, with reference to energetic matrixes and information. I am linking those assumptions to basic wisdom of ancient traditional philosophy and treatments, with its rich knowledge of Nature and the syncretic human ecosystem.

Esoterically we link timeline, ancestral , past lives healing and future life progressions with present time psychosomatic miasmas and influences in everyday existence and evolution.

We first consider Inherent energy blueprint from various predictive arts according to personal belief system. Then track the uptake and the output patterns of energy containment and transmutation. In the final analysis we balance subtle as well as dense energies to ascertain the flow of vital force to achieve the destiny of the person from illness , recovery or achieving human potential capabilities, while in the journey of self and Soul realization.

The alchemical shifts occurring in the inner domain of the body consciousness directly affect and reflect the stability and clarity of the mental state. We take into consideration the constitution, biorhythms, natural aptitudes and human will of the individual for optimal wellness. The purpose is to illustrate accelerated results in physical, mental and emotional release , recovery and wellbeing.

I adapt several modalilties such as Breathwork , Bodywork, Infinity Quantum Qi Gong, TranscenDance, Sacred Journeying, Art Expressions to access inner codes of cellular consciousness and memory. Applied Kinesiology is used for nutrition hence the term Holistic Nutrition and Flexitarianism which I have coined in 1990 upon discovering how vital it is to ascertain which food, supplements and external substances would affect the functioning of the human body. This

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spectrum of healing includes the use of cutting edge quantum frequency technologies, such as patches and negative Ion fabrics to hasten the integrity of the internal and external energetic lattice of light.

The karmic, genetic, epigenetic and nurture conditioning of the whole being refine the symphony and poetry that each human being. Holistic Medicine is honouring the magic and mystery of the Soul.

Biography:

Dame Reverend Doctor (PhD) Wai-Ching Lee is a medical intuitive healer from a traditional lineage of natural physicians. She is also a U.S. qualified Holistic Health Counselor and Holistic Somatic Bodywork Therapist with over 20 years of adult experience in the field of natural and holistic healing. As principal of EarthStar/EarthHeART Holistic Consultancies, she has been collaborating with medical doctors and scientists in the field of Integrative Medicine since 1992 . Wai- Ching is a modern mystic, healer and teacher of the traditional art of Infinity Quantum Qi Gong and Healing birthed by transcendental divine guidance in 1990. She fuses ancient wisdom with psychosomatic and quantum field healing techniques in Sacred Science. Her interweaving culminates as Associate Producer of the documentary series "Quantum Qi " with Sharron Rose of Sacred Mysteries. www.quantumqimovie.com. She was invested the title of Dame Reverend Doctor (PhD) for her lifelong work in quantum energy healing and research by the Sacred Medical Order of the Hospitallers of the Knights of Hope.

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Ajay Kumar Gupta

*Rishikul Ayurvedic College & Hospital, Uttarakhand Ayurved University,
India*

Kshar-Sutra Management in Fistula-in-Ano : An Exclusive Sustained-Release Drug Delivery Mechanism

Fistula-in-Ano, a grave disease, closely resembles the disease *Bhagandar* described in ancient authentic Ayurvedic treatise '*Sushruta Samhita*', and it has been included under top eight alarming dangerous diseases (quoted as *Ashta Maha-gad*). This indicates existence of Fistula-in-Ano in its notorious form ever since the origin of medical world. It is a chronic abnormal communication, usually lined, to some degree, by granulation tissue, which run outwards from the Ano-rectal lumen (the internal opening) to an external opening on the skin of Perineum or Gluteal region (or rarely to vagina, in women). It is an increasingly common Ano-rectal disorder present in population worldwide and its prevalence is second highest after Hemorrhoids.

This global problem is being managed by specialized Proctologists and general surgeons at different medical centers, but in spite of best possible efforts, its **recurrence rate** (15 – 67%) after modern surgery, still remains a big challenge in front of the medical as well as surgical world. Studies reveal that recurrence is very common after modern surgery. To answer it in the language of successful cure, a comprehensive approach through Ayurveda has been extended with a definite and positive outcome. An extensive research executed on authentic Ayurvedic literature, brought forward a Para-surgical approach in the form of **Kshar-sutra management** for Fistula-in-Ano. Kshar-sutra therapy is being widely performed by Ayurvedic super specialists all over India, ever since the result of Prof. Deshpande's pioneer work was published in the American Journal of Proctology in 1976, which was a great milestone in the history of Ayurvedic surgery.

Moreover, a well-controlled, comparative trial of this new technique was carried out by Indian Council of Medical Research (ICMR) in 1991 and showed far better result. This result when published in Indian Journal of Medical Research was widely hailed as a major breakthrough in the field of alternative medicine.

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Kshar-sutra therapy is gradually becoming universally accepted globally. ICMR has validated it and is also under active consideration of WHO for its globalization. In India, Department of AYUSH had launched a National campaign on Kshar-sutra management in August 2007 and has recommended for establishing a “Kshar-sutra clinic” at District hospitals, CHC’s and Ayurvedic hospitals all over the India. Besides, various CME’s are being organized by AYUSH Department, Govt. of India, for propagation and proper utilization of this miraculous successful *Kshar-Sutra* Therapy.

Kshar-Sutra is an *herbal medicated alkaline thread* which is prepared by applying 21 uniform coatings of Latex of a selected medicinal plant along with *Kshar* and *Haridra* powder on Surgical Linen thread No. 20 under aseptic conditions, in Kshar-Sutra Lab. This is dried and sealed before being transferred to operation theatre for being ligated in the fistulous track (Bhagandar) of the patient. It is changed weekly till complete healing. Kshar-Sutra is a novel sustained-release drug delivery mechanism which induces mechanical as well as chemical action resulting in cutting and simultaneous healing of the Fistula track.

Kshar-sutra therapy is an ambulatory treatment modality. It is safe, can be performed on all age groups, needs no indoor hospitalization, is economical, no anaesthesia is required in majority of cases, is without any complications, has no absolute contraindications, and **most successful** with almost **negligible recurrence rate**. Thus, in current surgical fraternity, it is the superiormost, best and most acceptable curative modality of management for Fistula-in-Ano sufferers.

Biography:

Ajay Kumar Gupta, B.A.M.S., M.S.(Ay), Ph.D., is an Ayurvedic Surgical specialist. Presently he is the Head, Post-graduate Department of Shalya-Tantra (surgery) & Deputy Medical Superintendent at Rishikul Campus of Uttarakhand Ayurved University, Haridwar, India; Vice-President - National Sushruta Association, and Deputy Dean (Research) at Uttarakhand Ayurved University, India. He is specialist in ‘Kshar-Sutra Therapy’ for Fistula-in-Ano, and Wound management by Ayurvedic herbal preparations. He is also an expert guest speaker on Kshar-Sutra therapy training and various Ayurvedic medical education programs in numerous medical institutions by Government of India, as well as abroad. He has 25 years of teaching and training experience, with 68 research publications in national and international journals.

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Bhairav B. Kulakarni Tawshikar

Kayachikitsa, Ashvin Rural Ayurved College, India

A Clinical Study of Trushanadi Churna in the Management of Sthoulya with Special Reference to Obesity

A sedentary lifestyle, lack of physical activity, irregular diet and sleep pattern, stress are the causes of sthoulya i.e. obesity. Obesity is one of the nutritional lifestyle disorder affecting whole world. Sthoulyais such a disease, which provides the platform for so many complications like Hypertension, Diabetes Mellitus, Osteo-arthritis, infertility, impotency as well as psychological disturbances like stress, anxiety, depression etc., hence prevention of obesity will decrease the chances of such disease. Environmental, lifestyle and genetic factors play an equally important role in its etiology. In spite of advanced technology and researches in modern medical science its management aspect remains symptomatic with troublesome side effects. On the light of above, present study is carried out to know effective Ayurvedic treatment for Sthoulya i.e. Obesity.

Biography:

Bhairav Bhimrao Tawshikar Kulkarni, Director & Ayurveda Consultant, Shree Sidhivinayak Ayurved Panchakarma Center, India. Working as Associate Professor, Kayachikitsa Deptt. ARAC, Manchi Hill, India. He is MD in Kayachikitsa (Ayurved) from Aurangabad. Fellow of (F.A.A.P.N.A.) Association of Ayurvedic Professional of North America. He has having 9 years teaching experience and is a Post Graduate teacher/guide. He is recognized guide of PG Kayachikitsa of Maharashtra University of Health Sciences, Nashik. He has Member of World Research Council, also Editorial Board member of 6 International Research Index, peer review Journal. He had awarded 9 National like Dhanwantari Award like this and 1 International Award for excellent work in Ayurveda field. He had published more than 20 Research Articles in National & International Journal up till.

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Amar Nath Garg

Retired Professor of Chemistry IIT Roorkee, India

Bhasmas-The Unique Metallo Herbal Preparations Used in Indian Ayurvedic System of Medicine

Ayurveda, the Indian system of medicine is perhaps the only one where metallic-herbal preparations often called *bhasmas* are widely recommended for the treatment of many chronic ailments since 7th century B.C. *Bhasmas* were first described by Siddha Nagarjuna, considered to be the father of Indian alchemy, for their intriguing formulations of gold, silver, copper, iron etc with herbal extracts by alchemic processes. We have analyzed a large number of *bhasmas* for its elemental contents by neutron activation analysis (NAA) involving irradiation in a nuclear reactor followed by activity measurement by high resolution gamma ray spectrometry. NAA has the advantage of being multielemental, nondestructive and highly specific technique for accurate and precise determination of many elements. *Bhasmas* analyzed in this study were found to contain the main constituent element at percentage level along with some other nutrient and toxic elements at minor and trace level. These additional elements derived from herbs do not find any mention in literature but seem to be quite useful for maintaining fluid balance and biochemical enzymatic processes in the body system. Several clinical studies of calcium and iron based *bhasmas* have shown their wide use for supplementation or treatment of osteoporosis and iron deficiency. Toxicity part of the *bhasmas* is quite controversial and a cause of worry though it is supposedly neutralised by honey/butter/milk/ghee medium. These metallic preparations offer many advantages over plant drugs by virtue of its stability over a long period, easy storability, sustained availability besides being required in small amounts.

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Biography:

Amar Nath Garg completed his Ph D (1970) in chemistry from the Indian Institute of Technology, Kanpur, India. Later he worked as Postdoctoral Research Associate and NASA Co-Investigator with Prof William D Ehmann at the University of Kentucky, Lexington, USA. He also worked as visiting Research Fellow at the Institute of Physical and Chemical Research (RIKEN), Japan where he earned a patent for the Preparation of Mutitracers. He taught at several universities of Roorkee, Udaipur and Nagpur and finally retired from the Indian Institute of Technology, Roorkee in 2006. He was Professor Emeritus at the Institute of Nuclear Science and Technology, Amity University, Noida wherefrom he retired recently. He has guided 18 Ph D students and published about 180 papers in peer reviewed journals.

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Purshotam Kaushik

Formerly Professor, H.O.D & Dean, Gurukul Kangri University, India

Vedic Microbiology: Diseases and Therapy

A lot of microbiological information such as diseases caused by pathogens and therapies, has been provided in the Vedas - the Rigveda, the Yajurveda, the Samveda and the Atharvaveda. These are widely considered as some of the oldest books of mankind. Out of the four Vedas, particularly the Atharvaveda deals with the medicinal plants, pathogens, the diseases caused by pathogens and the therapy of the diseases. The Sun has been regarded as antimicrobial agent in the 'Mandal 1st', Sukta 119 and mantra (hymn) 8. The Kshumpa (=a mushroom, *Agaricus campestris*) has been described in the Rigveda (RV 1/84/8) as well as the Atharvaveda (AV 20/63/5) in the form of interesting similes that the head of a devil or wicked man is like the cap or 'Pileus' of a mushroom which can be easily blown away even by a light current of air. Many pathogens, diseases caused by them and therapy is provided in Vedas. Under Kand 1 and Sukta 6 of Atharvaveda the Rishi(=Sage) Maatrinaama (literal meaning is one who brings a big name and grace to the mother or motherhood) describes the pathogens causing diseases during pregnancy and delivery in women.

Brahmans of Bengal and in other parts of India practised vaccination against smallpox since the time of Dhanvantari which was recorded by two Britishers in East India company days. Thus, vaccination against smallpox was performed in India much before that done by Edward Jenner in 1796 using cowpox material and published in 1798.

There are some allied Vedic texts as: The Taittiriya Samhita also called 'Krishan Yajurveda' or Black Yajurveda, mentions the term Avaka for algae and also mentions use of whey and rice grains for curdling milk. The Satpath Brahman warns that microbial flora contaminate on shaking hands. The Satpath Brahman also tells that Agni or fire is the destroyer of pathogens. The Gopath Brahman recommends 'Katumasya yajya' or Therapeutic yajya using medicinal plants in the days of epidemic. The Manusmriti provides the code of conduct not to pollute water by discharging urine, stool and sputum in the water. The Charak Samhita is the monumental work on medicine by

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Atreya Punarvasu and revised by Charak in 3000 B.C. Susrut - father of surgery, used ant-heads and silk thread as 'ligature' to stitch the surgical cuts.

The Charak Samhita and The Susrut Samhita also give classification of medicinal plants according to their medicinal properties. Charak divides plants in 50 vargas or groups while Susrut classify drugs into 38 ganas or groups.

The pathogens, diseases caused by them and their therapy also find mention in Kashyap Samhita, Ashtangharidyam by Vaghbhatta; Sarvangsundari by Arunadatta; Sashilekha by Indu; and Vrikshayurveda by Surpal.

Biography:

Purshotam Kaushik is Former Professor & Head of the Department of Botany and Microbiology, & Dean Faculty of Life Sciences Gurukul Kangri University, Haridwar, Uttarakhand, India. He has also been a visiting Professor to University of Delhi; Principal Investigator of Ministry of Environment and Forests, Government of India, Project - "Environment Biology of the Himalayan Orchids and U.G.C. Project on Lectins. He has visited Universities of London, Cambridge and Kew (United Kingdom) and Institute Pasteur, Paris, France. He has supervised 30 Ph.D students, published over 100 researches papers, 6 original Research Monographs, many chapters in edited books, book reviews, 3 textbooks and two editions of edited book "Indigenous Medicinal Plants including Microbes and Fungi". He is President of Academy of plant science, India. He has also been an elected Syndic of Gurukul Kangri University and a member of Board of Management and that of Academic Council.

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Krishna Pramanik

National Institute of Technology Rourkela, India

Herbal based tissue grafts for bone regeneration

Bone defects often caused by trauma, infection, and degenerative diseases e.g. osteoporosis are increasing at an alarming rate all over the world. Because of several therapeutic limitations of the currently employed bone grafting techniques, auto grafting in particular which is considered as “gold standard”, the development of engineered bone grafts through tissue engineering approach is a promising alternative and hence, there is the growing demand of these grafts to cope up with the alarming situation of bone defect. The development of biomaterial with biomimetic and bioinspiring properties is prerequisite and also prime challenge of this technique. In this context, ethno-medicinal plant extracts consisting of numerous bioactive compounds and have proven record of their use as natural or traditional drugs may be useful for developing biomaterials in combination with other natural biopolymers for use as engineered matrices for bone tissue regeneration. This keynote address shall explore some potential medicinal plant and their extracts possessing antimicrobial, anti-inflammatory, and bone healing characteristics, the prospect and scope of their future application in developing tissue scaffold and subsequently tissue grafts for bone regeneration in a clinical manner.

Biography:

Krishna Pramanik obtained her Ph.D in Chemical Technology from University of Calcutta, India. She has experience of more than 28 years in Industry, teaching and research. She is presently Professor in Biomedical Engineering and Principal Investigator & Coordinator of the Center of Excellence in Tissue Engineering of National Institute of Technology Rourkela, India. She has published nearly 150 papers in reputed journals and supervised 20 doctoral and Post Doctoral Fellow, most of which in the area of Biomaterial and Tissue Engineering. She has been serving as Editorial Board Member of some Journals including Biocell.

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Sujata Vaidya

Supra Health Solutions LLP and Institute of Integrative Healthcare, India

Unseen World of Energy dynamics: Biofield studies determine changes in energy field or AURA; used for predictive Health management, Mind studies and environmental energy patterns conducive (or otherwise) to health and wellbeing

Gross world is the percolation of subtle energies. There are a large permutation combinations of different frequencies that are at constant interplay. A field conducive to the subject is considered healthy and energy erratic behavior creates patterns which are a telltale for dis-ease or ill health and futuristic imbalances.

Mental stability and stable body functions can make great changes inherent towards better health without the intervention of medicines and drugs. Respect for environment and how specific energies influence our wellbeing are demonstrated by these Aura scans.

Such Biofield scans have been used for predictive Health Analysis; for futuristic disturbances in health, as well as in cases where medical treatments have fallen short as the root of disease is not identified; Such aura scans can help.

Action of “Healing” and Integrative therapies outcomes evaluated by Biofield scanning.

Biography:

Sujata Vaidya (BSc, MBA- Pune University); completed PhD Zoroastrian College, Mumbai Open International University; Sri Lanka in 2000 when all allied studies were categorized under CAM. Her work with ‘Science behind Traditional systems’ peaked with Ayurvedic systems; Mind- Body Healthcare which she practices and teaches. She completed Registered Clinical Trials using Ayurvedic formulations (FDA, branded Suveld and Reimmugen) for lifestyle diseases, atherosclerosis and on COVID-19 patients. Numerous papers have been published to highlight these achievements. She is member of Universal Brotherhood missions (Turkey); Director at Supra Health Solutions LLP and Mentor at Institute of Integrative Healthcare.

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Hegyí Gabriella

PECS University, Hungary

Introduction into NEURALtherapy

Neuraltherapy is existing in western part of Europe as a relative younger branch of integrative therapy.

Further questions they should be answered:

- Neurobiology: Is there a difference between the mechanism of action of local anesthetics in the autonomous nervous system and in the peripheral sensory neurons?
- Neurogenic inflammation: Do local anesthetics interrupt the liberation of pro-inflammatory substances at the terminal plate?
- Neuroanatomy: What underlying neuronal connection between the trigeminal nerve and the cervical region explains the effects of neural therapy on the neck reflex points?
- Molecular biology: Is the DNA-demethylating effect of procaine and lidocaine reproducible in other cell lines? Are there similar in vivo effects?
- Pathophysiology: The “stoerfeld phenomenon” – myth or clinical entity?

It is no exaggeration to predict that open-minded researchers will further explore this promising field of complex interventions in future medicine.

Biography:

Hegyí Gabriella is Medical Doctor, with specialization of internal medicine, working medicine and rehabilitation, she completed his Ph.D. in medical Sciences at the University of St. Stephan, Budapest, Hungary . She went on to establish and lead the efforts of Yamamoto rehabilitation Institute in Budapest in 1989 where eastern and western medicine joints. She is the member of advisory board of health Ministry since 1997, organizes the TCM, neuraltherapy and Cam courses at University for medical doctors since 1986. For the past 16 years, he has been the President of Hungarian Biophysical Association, President of Hungarian Medical Acupuncture Association, researcher of CAMbrella, the Paneuropean CAM Project, researcher of NATO CAM Project, establish person of TCM Confucius Institute of Pecs University in 2015. She is the author on more than 250 papers, more books. She has been an Editorial Board Member of 6 professional medical journals in last years.

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Mohmmadbagher Rezae

Research Institute Forests & Rangelands and Beheshti University of Medical Sciences, Iran

Natural Compound from Aromatic Plants and Usage as Bio-Activity Products in Iran

Botanicals and herbal preparations for medicinal usage contain various types of bioactive compounds. The benefits of aromatic plants extract or essential oils have been used in remedy purposes since ancient time. Natural products provide unlimited opportunities for contain various types of bioactive compounds and new drug, because of the chemical diversity interest particularly in aromatic plants, usage and diamonds of different herbs has grown throughout the world. The Persian physician Avicenna (980 - 1,037 AD) that is being credited with perfecting the distillation process of essential oils found in the seeds, bark, stems, roots, flowers of plants. It gives plants their distinctive smells, and provides plants with protection against disease. Essential oils are non-water-based phytochemicals made up of terpenoid compounds. Iran has hi ranks in medicinal and aromatic plant in natural resource and cultivated manner, traditional knowledge and producing of natural products in the world spatially in Middle East. Iran also is very famous in producing essential oil and water extraction from national plants spatially Rosa damacena and menthe spp. All essential oil Samples were analyzed by GC and GC/MS. The main constituents of oil extracted traditionally, samples were extracted by two hydro distillation method which designed by authors in Research Institute of Forests and Rangelands. were analayz and find it citronellol, cis-p-menth -2-en-1-ol and geraniol in Rosa damecena. These compounds and others are very popular in producing drug and effects as anti-cancer, anti-bacterial out of that and we should take care of over doses or toxicology. Iran, on herbal played a key role in connecting various cultures and civilizations. Ethno-herbal and phyto- chemical dates back to a long time ago and a number of writings regarding this issue are left by great physicians e.g. Avicenna and Rhazes. The focus of this paper is on the analytical methodologies, which include the extraction, isolation and characterization of active ingredients in herbal preparations.

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Biography:

Mohammadbagher Rezaee did his PhD. and Research work on Photochemistry or chemistry (Ag). His research is on cultivation, extraction, formulation and produce natural products out of medicinal and Aromatic plants. He designed research apparatuses and pilot of essential oil distillation and herbal extraction. He has published 6 Book in Persian language and international of two chapters of bio-activity on herbal extracts or essential oil. Finish lots of thesis with different topics on Msc. and PhD. with his students. He has published many papers on this topic in national and international (ISI) journals. He is a scientist in Research Institute Forests and Rangelands (RIFR) -Tehran-IRAN, Chairman of "Union Medicinal plants of Iran" (UMPI) and chair member of "Iranian medicinal plants society" (IMPS). He got three national award about selected and important medicinal plant as natural product or instead of synthetic medicine and bio-logical uses.

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Vaishali Undale

DPU's Dr. D.Y. Patil Institute of Pharmaceutical Sciences and Research, India

Dual potential of Berberine as an inhibitor of Mycobacterium tuberculosis and of Rifampicin induced hepatotoxicity: Can be potential alternative as Anti-TB??

Berberine is an isoquinoline alkaloid of the protoberberine type, found in the many plant species traditionally used for treatment of hepatic disorders, like *Berberis vulgaris*, *Berberis aristata* etc. It holds a varied range of pharmacological activities, including antioxidative anti-inflammatory (and immunoregulative activities. Isolated Berberine was obtained as a gift sample from Ayush Healthcare, Pune for the studies. The antitubercular against *Mycobacterium tuberculosis* was evaluated by Alamar Blue Assay method in which berberine showed inhibitory activity at concentration of 6.25 μ g/ml while Anti-TB drugs rifampicin showed inhibitory activity at all concentrations used lowest being 0.8 μ g/ml, and isoniazid at 50 μ g/ml. In physical compatibility studies between Rifampicin/INH and berberine physical incompatibility was not observed. No interference in the biological activity of berberine by Anti-TB drugs and berberine was confirmed by evaluation of biological activity against *S. aureus* and *E. coli* by agar diffusion method. The hepatoprotection by berberine against Rifampicin induced hepatotoxicity in Wistar rats in 28 days study revealed reduction in serum AST, ALT, Total Bilirubin and histopathological changes while increase in total protein and albumin levels in rats treated with combination of berberine (10mg/kg) and rifampicin(60mg/kg) as compared to rats treated with only rifampicin. Thus berberine can be used for its dual potential as Anti-TB and hepatoprotection against hepatotoxicity as an alternative.

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Biography:

Vaishali Undale has completed her Ph.D. from Savitribai Phule Pune University. She has been working as an Associate Professor and HOD at Department of Pharmacology, Dr.D.Y. Patil Unitech Society's Dr. D.Y. Patil Institute of Pharmaceutical Sciences and Research, Pimpri, Pune. since 2017. She had worked at SGRS college of Pharmacy, Saswad as Associate Professor since 1997. She has published about 36 papers in peer reviewed journals, one book chapter and 18 text books as per various University syllabus across India. She is a recipient of Inspirational Associate Professor award by Smriti College of Pharmaceutical Education (SCOPE), Indore.

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Tabassum Arif Pansare

Government. Ayurveda College, Osmanabad, India

Medhya (intellect-promoting) Herbs of Ayurveda in Modern Perspective: A Review

It is estimated by World Health Organization that mental and behavioural disorders account for about 12 percent of the global burden of diseases. Although massive development has taken place in the field of psychiatry, the problems in managing certain mental problems have however remained unsolved. Furthermore adverse effects of anti-psychotic drugs are creating significant amount of discomfort to the patients. Therefore there is a requirement to find out suitable, safe and effective drugs from plant origin. Ayurveda has the potential to deal with the problem of neurodegeneration and its effect on cognition. Furthermore it improves the quality of life of a person. Medhya (intellect-promoting) herbs are stated in Ayurvedic classical texts for enrichment of cognition and they act on psychological co-morbidities such as stress, agitation and depression. Medhya Rasayana herbs are claimed to promote cognitive functions of the brain and help in regeneration of neural tissues moreover producing anti-stress and memory enhancing effect and retard brain ageing. The analysis of literature in this regard revealed notable pharmacological activities of these herbs like nootropic, antioxidant, anti-aging, free radical scavenging, anti-inflammatory, anti-stress, anti-convulsant, anti-toxic etc. The present attempt draws attention to Ayurvedic aspect and relevant pharmacological studies on these herbs regarding Medhya activity. These herbs values advance exploration as these may serve as a source of potential drug to treat neurological and psychiatric disorders generally related with loss of memory, cognitive deficits, impaired mental function, obsessive compulsive symptoms etc.

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Biography:

Tabassum Arif Pansare has completed her M. D. in Dravyagunavigyan, University of Pune and Ph. D. in Dravyagunavigyan, Maharashtra University of Health Sciences, Nashik. She was meritorious student of her school and college. She scored first rank in Dravyagunavigyan subject in the University of Pune. She received a gold medal for research work of M.D. She received 1st prize in diploma in Yoga and Ayurveda basic studies. She has been working as an Associate Professor – class 1 officer of Government Ayurved College, Osmanabad, Maharashtra, India since 2012. She has published 47 papers in reputed journals. She has 18 yrs experience of Teaching Dravyagunavigyan and 13 yrs experience as a post-graduate teaching. She has attended 48 conferences, workshops and symposium and presented 18 papers in conferences. She is a member of International Academy of Ayurved.

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Alexandra Moura

*ICBAS-University of Porto and Center of Bioscience in Integrative Health,
Portugal*

SARS-CoV-2: TCM intervention in COVID-19 disease

When the homeostasis is broken there are no ability to harmonization resulting in disease. According to the theoretical system of Chinese Medicine (CM), plague refers to the virulent infectious diseases with the etiology in some special epidemic toxins and it is not caused by the common pathogenic factors, so COVID-19 can be classified as plague once it is highly infectious and involves similar symptoms during the onset of disease. A modern understanding of CM regards TCM as a model of system biology with the objective of a holistic therapy of diseases. Diagnosis in CM is based on a system of clinical signs, sensations and findings designed to assess the functional vegetative state of the patient. Therapy includes vegetative and central nervous reflex interventions such as acupuncture and Chinese manual therapy (Tuina), traditional vegetative biofeedback exercises (Taichi and Qigong), which consist of meditative breathing and movement exercises. The main therapeutic method, however, is Chinese phytopharmacology and dietetics, which includes administration of plants, minerals, and other products, as well as Chinese functional food. The “Heidelberg Model of Traditional Chinese Medicine” are mathematical models on vegetative regulation inherent in the classical corpus medicus. By this approach, certain technical terms like yin, yang and the phases can be translated as vegetative functional terms.

Biography:

Alexandra Moura, is a Health Sciences PhD, from Portuguese Catholic University and graduate in Clinical Analysis and Public Health, from CESPU. Alexandra’s research have focuses in urinary tract infection with emphasis in microbiology and her doctorate endows her with tools and skills to improve the health of quality of life of ESRD patients. Creative and inspired by scientific curiosity, she attended Traditional Chinese Medicine studies at ICBAS, in Porto. Alexandra was fascinated with this effective approach to health and well being and now is determined to dedicate herself to help herself and others to have a fuller and healthier life.

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Lara Lopes

*ICBAS-University of Porto and Center of Bioscience in Integrative Health,
Portugal*

Traditional Chinese Medicine (TCM) Based Training for Autism: A Clinical Study Protocol

Pervasive neurodevelopmental diseases such as Autism Spectrum Disorders (ASD) are dramatically increasing (1/45 children, according to USA National Health Statistic, 2015) and most of the available therapies are effective only when given with a large amount of hours per week (e.g., 40 hours/week for ABA Therapy). National Health Systems have huge waiting lists and cannot provide all those recommended hours. Those therapies, supported by family members, are truly expensive and not accessible for most people (addressing ASD costs an estimated \$3.2 million in lifetime per child, according to the Centers for Disease Control and Prevention in the USA). Non-attended children with those conditions are at big risk of growing unhealthy, struggling and social unadapt. A TCM biofeedback technique - the qigong sensory training massage (QST) - have efficacy well proven (USA) and may be easily provided by parents or other caregivers, with just 15 minutes per day. Recent studies preconized this technique feasibility achieve some biomarkers from a conventional neuroscience analysis. Tactile Fibers-C impairment was found to be common in ASD people, this might explain why with sensory desensitization regulatory gains were obtained.

Our research group have done 3 clinical study cases with 3-6 years old ASD Portuguese Children and results suggested the same findings of USA clinical cases. In future studies, we aim to understand the neuro physiological underlying mechanisms involved in the suggested efficacy of QST sensory training using measurable validated outputs such as; Quantitative Electroencephalograms (QEEG) 3D Brain maps and Psychometric Scales for the Portuguese population.

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Biography:

Lara Lopes has completed her M.Sc. in Traditional Chinese Medicine (TCM) from the Institute of Biomedical Sciences of Abel Salazar, University of Porto, (ICBAS-UP), Portugal and is now coursing the 2nd year of PhD in Biomedical Sciences Doctoral Program at ICBAS-UP. She has been working as an Integrative Psychologist and TCM practitioner since 2010 and in the last 3 years as a full-time researcher in Complementary and Alternative Medicine at the Center of Biomedical Sciences in Integrative Health (CBSin). She is focus on Autism Spectrum Disorders new treatments based on TCM practices and to research the underlying neuroscientific mechanisms involved.

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Joel Nudewhenu Logbo

Nigeria Councils Of Physicians of Natural Medicine, Nigeria

Roles of Herbal Therapy in Management of Cancers

Cancer is now a pandemic, killing thousands of people, male and female, children and old every year. Is one of the most researched health problem in recent years and costing millions of dollars for its management. Till today, many hardworking physicians are still working hard to get a permanent solution to cancers. Some form of cancer are highly fatal while some are not depending on the tissue it affects.

Chemotherapy and Radiotherapy has not provide any hope so far. The most promising therapies are from natural medicine sources which herbs it basic foundation. We have many wonderful herbs that contains powerful anticancer properties which need to be well researched on with clinical trials.

Follow me through my presentation as I unveil some Nigerian local herbs with powerful Antineoplastic properties during the webinar. My hope is to see how some research organizations can invest into cultivation and more research into the medicinal properties of those herbs as we improve patients with cancers hope and also boost international collaborations and economy in this economic downturn era.

Biography:

Joel Nudewhenu Logbo is a Lagos State Government Licensed herbalist, Chiropractor and lecturer at Lagos state college of health in department of Complementary And Alternative Health Sciences and a clinical researcher. He is member, Nigeria Council Of Physicians Of Natural Medicine, member, Association of Practitioners of Complementary And Alternative Medicine, Fellow, Chartered Institute Of Cooperatives And Social Enterprise Management and CEO, Mahc Alternative Medical Health Care Services. A health article writer with The Nation National Newspaper and Health Presenter, Kaftan TV. He has a Master's Degree in Public health and Doctorate Degree in Osteopathic Philosophy (honorary causa) from Western Vile University, San Diego, USA respectively.

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