

2nd International Conference on

TRADITIONAL & MODERN MEDICINE



12-13
MARCH, 2025

LONDON, UK

Venue:

Renaissance London Heathrow Hotel
Bath Rd, Hounslow TW6 2AQ, United Kingdom

08:30 –08:45: Registrations

08:45–09:00: Opening Ceremony

DAY 1

MARCH 12, 2025

Keynote Presentation

09:00-09:40

Cynthiaann Hayes–Hurst

Atlantic Institute of Oriental Medicine Fort
Lauderdale, USA

Title: Integrative Care for COPD: A Case Study of the Synergistic Use of Routine Western Pharmaceuticals and Oral TCM Herbal Formularies to Achieve Optimal Quality of Life in COPD Patients with Gold Stage 1–4

Tracks

Traditional Chinese Medicine | Homeopathy

Integrative Medicine in Healthcare & Holistic Medicine | Natural products and Pharmaceutical Drugs

Integrative Medicine in Healthcare & Holistic Medicine | Medical Anthropology

Session Chair: Cynthiaann Hayes–Hurst, Atlantic Institute of Oriental Medicine Fort Lauderdale, USA

Session Introduction

Oral Presentations

09:40-10:05

Gul Ipek Yurttas

Acupuncture & Naturopathy Limited, UK

Title: Role of food energetics in tcm for emotional regulation

10:05-10:30

Haitang Xie

Yijishan Hospital of Wannan Medical College,
China

Title: Immunogenicity and Safety of a Recombinant Omicron BA.4/5–Delta COVID–19 Vaccine ZF2202–A in Chinese Adults

Group Photo | Coffee Break 10:30–10:40 @ Foyer

10:40-11:30

Qiang Cao, Yun Xiao
Bastyr University, USA

Title: Rediscovering Zhang Zhongjing's Lost Legacy: The Wu Zang Lun and Its Journey through History

11:30-11:55

Catia Soares
Psychologist, Therapist and Nutritional
Therapist Mindmoodpsychonutrition, UK

Title: How can self-compassion be used to enrich the practitioner-patient relationship and improve therapeutic outcomes?

11:55-12:20

Sue Weston
Relaxing The Mind, UK

Title: T'ai-Chi Ch'uan: Medicine, Meditation and Martial Art

12:20-12:45

Wilson Sabino
Federal University of Western Para (UFOPA),
Brazil

Title: Traditional Use Of Medicinal Plants In The Brazilian Amazon

Lunch Break 12:45-13:45

13:45-14:10

Shailendra Vaishampayan
D. Y. Patil Homoeopathic Medical College and
Research Centre and PG Institute, India

Title: A Decade-Long Retrospective Analysis of 120 Patients Treated with Homeopathy for Thyroid Disorder

14:10-14:35

Sunita Passi
Tri-Dosha Ltd, United Kingdom

Title: Evaluating the Potential of Neem in Hair Care: An In Vitro Cytotoxicity Study by Tri-Dosha and MTIF

14:35-15:00

Niraj Khatri Sapkota
Bishow Ayurvedic Traditional Medicine Pharma,
Nepal

Title: Cestone an ayurvedic formulation can effectively treat Ureteric calculi –A Case report

15:00-15:25

Laxman Ramdam
Bishow Ayurvedic Traditional Medicine Pharma,
Nepal

Title: Cestone an ayurvedic formulation can effectively treat Ureteric calculi –A Case report

15:25-15:50

Marliese Symons

Doctor of Chiropractic & Medical Homeopath,
UK

Title: A Retrospective Analysis of Pulsatilla 200c in Breech
Presentation: A Case Study

15:50-16:10

Sumita Satarkar

Swasthya Santulan Medicare Pvt . Ltd,
Pune, India

Title: My subject of talk is Directing the future of Healthcare and
Humankind through the power of Acupuncture

Panel Discussion & Certificate Felicitation
Day -1 Ends

DAY 2

MARCH 13, 2025

Zoom Meeting (GMT+1) Time in London

11:00-11:20

Bridget Goodwin

International Integrative Medicine, Australia

Title: The use of bee venom and Sono-Photodynamic therapy in the treatment of various forms of cancer: Towards non-toxic treatment for cancer

11:20-11:40

Anna Maria Guz

Endeavour Collage of Natural Medicine, Sydney

Title: Crocus sativus (Saffron): From Tradition to Novel Medicinal Applications in Brain Disorders and Psychiatry

11:40-12:00

Andres Ignacio Nieva

Yunan University, China

Title: The 4 standards” – Systematization in clinical semiology

12:00-12:20

Aaliya Taiyab

Centre for Interdisciplinary Research in Basic Sciences, India

Title: Investigating the MTH1 Inhibitory Potential of Thymoquinone and Baicalin for Therapeutic Targeting in Breast Cancer

12:30-12:50

Michele Horn Tomic

Traditional Chinese Medicine Physician, Switzerland

Title: Children's nutrition and related pathology from a Chinese medicine perspective

12:50-13:10

Alisa Connan

Nourish + Power, UK

Title: Hormones, Stress, and ADHD: Tools to Calm the Mind and Body

13:10-13:30

Madeline Marchell

National Qi Gong Association Professional, USA

Title: Staying Healthy Through the Seasons – Food As Medicine

13:30-13:50

Carmen Catalano

Hartford Healthcare, USA

Title: A Possible Interpretation of the Concept of Jing

Panel Discussion





2nd International Conference on

Traditional & Modern Medicine

March 12-13, 2025 | London, UK

HYBRID EVENT

KEYNOTE PRESENTATIONS
DAY 1



Cynthiaann Hayes-Hurst DAOM, RRT, LMT

Atlantic Institute of Oriental Medicine Fort Lauderdale, FL, USA

Integrative Care for COPD: A Case Study of the Synergistic Use of Routine Western Pharmaceuticals and Oral TCM Herbal Formularies to Achieve Optimal Quality of Life in COPD Patients with Gold Stage 1-4

COPD is a leading cause of death worldwide that has a significant economic impact, and profound quality of life constraints. We continue to look for ways to optimize our healthcare and by utilizing all of the tools we have the ability to profoundly improve our patient's healthcare experience. This case study demonstrates the use of both Western and Chinese Medicine in providing improved Quality of Life via measurable goals. Pulmonary Function Test, 6-minute walk, CT were used in addition to Quality of Life assessment to assess the benefit of treatment. The results were obtained over 36 weeks and despite severe end stage Emphysema and Pulmonary Fibrosis this patient benefitted from utilizing both Western and Chinese Medicine interventions. This Stage 4 patient was able to return to previously limited activities, decreased use of oxygen, and was never bed bound or hospitalized, which is common in final stages of COPD.

Biography:

Dr Cynthiaann Hayes-Hurst received her Bachelors in Health Science, Masters in Acupuncture and Oriental Medicine, and Doctorate in TCM Internal Medicine from Atlantic Institute of Oriental Medicine in Fort Lauderdale, FL, US. Additionally, she has training in Health and Longevity at the Shaolin Temple (2016), Nationally Board Certified in Respiratory Therapy (1993) and Therapeutic Massage and Bodywork(1996) . She has interned at Cleveland Clinic 2017-2019 in Cardiopulmonary and Emergency Medicine and provided care in both Hospital Critical Care and outpatient Cardiac and Pulmonary Rehabilitation settings. She is a patient care Advocate and currently serves on the Florida State Oriental Medicine Association as Chair of the Advocacy Committee.



2nd International Conference on

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HYBRID EVENT

SPEAKER PRESENTATIONS

DAY 1



Gul Ipek Yurttas

Acupuncture & Naturopathy Limited, UK

Role of food energetics in tcm for emotional regulation

Traditional Chinese Medicine looks at food as more than just food. They are powerful tools for balancing emotions and supporting overall wellbeing. According to TCM, each organ system is linked to specific emotions, and the energetic properties of food can help regulate emotional states. By understanding the principles of Yin and Yang, the Five Elements, and the therapeutic effects of flavours, individuals can make dietary choices that promote emotional harmony. This session will explore how certain foods nourish the Liver to ease anger, support the Spleen to reduce worry, and strengthen the Kidneys to alleviate fear. Participants will gain practical insights into using food as medicine to enhance emotional resilience, improve digestion, and maintain mental clarity. Through this approach, food becomes an essential ally in fostering both physical and emotional balance.

Biography:

Gul Ipek Yurttas graduated from the College of Naturopathic Medicine (CNM) with a specialization in Naturopathy and Traditional Chinese Medicine Acupuncture. During her comprehensive acupuncture training, she gained expertise in dry cupping, gua-sha, electro-acupuncture, moxibustion, and TCM Food Energetics. As part of the program, she completed 400 hours of clinical practice and authored a dissertation titled "Can Acupuncture Reduce the Incidence of Behavioral Disturbance in Autism?"

Following graduation, Gul Ipek began her private practice and served as an assistant clinic supervisor at CNM's student clinics. She also joined the volunteer complementary therapy team at St. Joseph's Hospice, providing support to vulnerable patients and their families. To further her qualifications, she completed specialized training in areas such as Pregnancy Massage, Advanced Level-3 Sports Massage, and several postgraduate courses, including RCHM's Dispensary & Pharmacognosy, Acupuncture for Fertility and IVF Support, Managing Menopause with Acupuncture, Facial Cupping, Gua Sha, Microneedling & Skincare, Acupuncture for Common Conditions in Pregnancy, and Infection Prevention for Complementary Therapies and Sports Massage.

Gul Ipek offers a wide range of treatments focused on fertility, pregnancy, mental health, and overall well-being. She integrates her diverse skills to provide comprehensive care tailored to her clients' needs.



Haitang Xie¹

¹Yijishan Hospital of Wannan Medical College, Wuhu, Anhui, China.

²Anhui Zhifei Longcom Biopharmaceutical Co. Ltd, Hefei, Anhui, China

†These authors contributed equally: Hua Hu, Fangli Ma, Lihui Gong

Immunogenicity and Safety of a Recombinant Omicron BA.4/5-Delta COVID-19 Vaccine ZF2202-A in Chinese Adults

Background: The Recombinant Omicron BA.4/5-Delta COVID-19 Vaccine (ZF2202-A) is primarily designed for the Delta and Omicron BA.4/5 variants. Our objective was to assess the safety and immunogenicity of ZF2202-A in Chinese adults.

Methods: A total of 450 participants aged ≥ 18 years, who had completed primary or booster vaccination with a COVID-19 vaccine more than 6 months prior, were enrolled in this randomized, double-blind, active-controlled trial. Participants in the study and control groups were administered one dose of ZF2202-A and ZF2001, respectively. Immunogenicity subgroups were established in each group.

Results: At 14 days after vaccination, the seroconversion rates of Omicron BA.4/5, BF.7, and XBB.1 in the ZF2202-A group were 67.7%, 58.6%, and 62.6%, with geometric mean titers (GMTs) of neutralizing antibodies at 350.2, 491.8, and 49.5, respectively. The main ARs were vaccination site pain, pruritus, fatigue, and asthenia in both the ZF2202-A group and ZF2001 group.

Conclusions: The novel bivalent vaccine ZF2202-A demonstrated satisfactory immunogenicity and safety against Omicron variants as booster dose in adults with prior vaccination of COVID-19 vaccines.

Biography:

Xie Haitang, Ph.D, Level-2 Professor, Master's Supervisor, Director of Center for Drug Clinical Evaluation of the First Affiliated Hospital of Wannan Medical College. Executive Editor-in-Chief of "Chinese Journal of Clinical Pharmacology and Therapeutics", Outstanding Editor-in-Chief in East China. Vice Chairman and Standing Committee Member of the 11th Quantitative Pharmacology Professional Committee of the Chinese Pharmacological Society, National Outstanding Scientific and Technological Worker, the first batch of external experts of Center for Drug Evaluation of the National Medical Products Administration, Hosted several international academic conferences on "Quantitative Pharmacology and New Drug Evaluation" and national continuing education projects, and has been invited for many domestic and international academic reports.



Qiang Cao, Dr. Yun Xiao
Bastyr University, WA 98028, USA



Rediscovering Zhang Zhongjing's Lost Legacy: The Wu Zang Lun and Its Journey through History

People who have studied acupuncture and Chinese medicine recognize Zhang Zhongjing as the author of two seminal texts that are among the most influential in Chinese medical history: *the Treatise on Cold Damage Disorders and Essential Prescriptions from the Golden Cabinet*. However, what is less well-known is that Zhang Zhongjing authored several other texts, all of which were lost over time, with the sole exception of the *Wu Zang Lun*. This was discovered in 1900 in a hidden library of China's Mogao Caves of Dunhuang by a Taoist priest named Wang Yuanlu.

The History and Compilation of Zhang Zhongjing's Wu Zang Lun stands as the first comprehensive work in English detailing the history and compilation of Zhongjing's *Wu Zang Lun*. It uses storytelling to illuminate the historical context of Zhang Zhongjing's *Wu Zang Lun*. This book talked about eight versions in total. Five versions found in Dunhuang, and three versions from Zhejiang China, Korea, and Japan respectively. By exploring the origin and development of these versions this book not only delves into traditional Chinese medicine but also intertwines fascinating elements of humanities, history, and geography. The reader is offered insight into the Dunhuang manuscripts' background and the significance of Zhongjing's contributions to medical literature.

Biography:

Professor Cao has over 45 years of experience in traditional Chinese medicine (TCM), beginning his career at Shanghai University of TCM from 1977 to 1987. He later co-founded the acupuncture and oriental medicine program at Bastyr University in the U.S., where he has taught for 37 years. His research on Qingpi extract injection for treating shock and arrhythmias has been published in leading journals. Prof. Cao is also an expert on Zhang Zhongjing's TCM classics, particularly the *Treatise on Cold Damage Disorders*. Since 2011, he has deeply studied Zhang's *Wu Zang Lun* from the Dunhuang manuscripts, presenting his findings at prominent international conferences.

Biography:

Dr. Yun Xiao is an adjunct faculty member at Bastyr University and a skilled acupuncturist and herbalist at Wedgwood Acupuncture & Botanical Medicine. With a doctorate and a master's in acupuncture and East Asian medicine from Bastyr University, as well as a bachelor's in herbal medicine from Shanghai University of TCM, she brings a strong educational foundation to her work. Dr. Xiao is passionate about exploring ancient medical classics, believing they deepen our understanding of medical evolution and foster innovative health solutions. Her collaboration with Professor Cao on Zhang Zhongjing's *Wu Zang Lun* highlights her dedication to enhancing medical theory by connecting historical insights with modern practice.



Catia Soares

Director and Founder of Mindmoodpsychonutrition
Psychologist/Therapist, United Kingdom

How can self-compassion be used to enrich the practitioner-patient relationship and improve therapeutic outcomes?

Compassion can be defined as basic kindness with a deep awareness of the suffering of oneself and others, coupled with the wish and effort to relieve it (Gilbert, 2019), whilst self-compassion can be understood as compassion directed inward or relating to oneself as the focus of care and consideration when faced with the experience of difficulty (Super et al. 2024). Studies have suggested that compassion is not only essential to improve patient care (Super et al. 2024) but also to enhance patient self-care as it promotes engagement and treatment adherence (Debets et al. 2024). However, many studies have been focused on the impact of compassionate care on patient safety and quality in healthcare systems (Ahmet et al. 2024), what does current research have to say about self-compassion and how it can be used to enrich the therapeutic relationship and its outcomes? Studies demonstrate that self-compassion can act as a defending factor against stress, emotional exhaustion and burnout in healthcare professionals (Super et al. 2024). Moreover, self-compassion may reduce self-critical tendencies, enhancing moral resilience and as a result improving practitioner's capacity to empathise with patients (Liu et al. 2025). Thus, educating health professionals in developing their inner self-compassion alongside their compassion can be key to enhance the practitioner-patient relationship and improve therapeutic outcomes.

Key words: compassion, self-compassion, compassionate care, practitioner-patient relationship, moral resilience

Catia Soares

Director and Founder of Mindmoodpsychonutrition GMBPsS Psychologist/Therapist

Dip CNM BANT CNHC Naturopathic Nutritional Therapist Metabolic Balance® Coach

Health & Wellbeing Content Creator/Trainer

Biography:

Catia Soares is a trained psychologist, nutritionist and group facilitator who integrates evidence-based approaches to support optimal wellbeing and mental health for individuals and organisations. She is skilled in personalised one-to-one and group interventions, empowering clients with practical tools grounded in psychological, nutritional and preventive lifestyle science. Her expertise spans brain and gut health, mindful and intuitive eating, addiction, trauma, and other areas of mental health and wellbeing, informed by rigorous academic training and clinical experience. Committed to advancing evidence-based practices, Catia also strives to promote mental and physical wellness and resilience through education and person-centered intervention.



Sue Weston
Relaxing The Mind, UK

T'ai-Chi Ch'uan: Medicine, Meditation and Martial Art

I am a practitioner of many years experience and not an academic. I would like to speak about:

- The Philosophy of Movement
- The subtle benefits of internal and skeletal alignment
- The connection to gesture and psychology

My background is in professional dance and choreography in film, TV and theatre both in the UK and internationally. I am a longterm practitioner of T'ai-Chi Ch'uan and Qigong, since 1986, and a Mindfulness Practitioner and Instructor. Teachers include Dr John Kells, Dr Binkum Hu, Lee Holden, The Venerable Akong Rinpoche, The Venerable Lama Karma Samten and Lama Rinchen. I have a Post Graduate Diploma from Aberdeen University and Samyé College in Mindfulness Studies, an Honorary Doctorate awarded in 2006 in Sri Lanka for services to humanity, and multiple teacher training qualifications in Qigong & T'a-Chi and Mindfulness. My work takes me to prisons, schools, businesses and also the general public both in the UK and internationally. I have run a regular week of residential Qigong & Meditation Retreat on Holy Isle, Scotland since 2003. I also spent a year in retreat on Holy Isle, 1999-2000. My web site is www.sueweston.com.

Biography:

Sue has been practicing and teaching mindfulness, T'ai-Chi and Qigong for many years and has PG Diploma in Mindfulness Studies from Aberdeen University and Samyé College. Formerly a dancer, choreographer and movement teacher she has worked nationally and internationally in film, TV and theatre. Sue was awarded an honorary doctorate in 2006 for her work over several years in Sri Lanka supporting humanitarian causes. In 1999/2000 she spent a year in retreat on Holy Isle to deepen her meditation practice. Her meditation teachers include Akong Rinpoche, Lama Rinchen and Lama Samten. Sue started her T'ai-Chi training 1986 with Dr John Kells and subsequently trained in Qigong with Dr Binkum Hu and more recently with Lee Holden and qualified as a Holden Qigong Teacher in 2020.

Sue is the initiator of Relaxing The Mind activities that offers T'ai-Chi, Qigong and mindfulness courses, classes, workshops and retreats. Most events moved onto Zoom during the pandemic, now a participant's location is no longer an obstacle to attending any of the skills offered. Torfaen Qigong, T'ai-Chi and the Qigong & Meditation Retreat Week on Holy Isle all remain off Zoom. This provision ranges between delivering mindfulness courses at her home, Mill House Farm, in schools, (.b mindfulness in schools), hospitals, prisons, the workplace and for groups in Pontypool and Monmouth. Each year Sue facilitates the annual Qigong & Meditation Retreat on Holy Isle, Scotland. Sue continues to attend retreats and teachings that help to deepen her own practice as well as widen her understanding of the complexities of being human.



Wilson Sabino

Federal University of Western Para (UFOPA), Brazil

Traditional Use Of Medicinal Plants In The Brazilian Amazon

Brazil has vast socio-biodiversity due to its rich ethnic, cultural, social and environmental variety, in addition to the fact that, for centuries, people who make up traditional communities in the country have maintained traditional knowledge, especially associated with the use and management of medicinal plants to treat illnesses. This summary presents results of research that aimed to understand the traditional use of medicinal plants in the context of the Brazilian Amazon. To this end, we sought to evaluate traditional knowledge about the use of plants through a systematic review. And investigate the traditional use of medicinal plants in a traditional community located in a Sustainable Use Conservation Unit, in the Municipality of Santarém, state of Pará, Brazil. The research was descriptive, exploratory with a quantitative and qualitative approach. The Oral History method stands out, a tool used in the search for knowledge and sociocultural particularities of the studied community. As a result, the social, economic, environmental and cultural importance that the cultivation of medicinal species symbolizes for traditional people in the Brazilian Amazon was highlighted, given that the use of this knowledge can enable sustainable models of natural resources and maintenance of biodiversity. In relation to the studied community, it was identified that the cultivation of medicinal plants in backyards due to easy access and dissemination of knowledge among community members as a way of valuing biodiversity and environmental conservation for future generations, which favors the construction of a biocultural memory, enabled by observation and oral transmission. Therefore, biodiversity is responsible for maintaining life and balancing ecosystems, making it essential to record knowledge about medicinal plants, in order to contribute to the importance of the species for the Amazon environment and the protection of its genetic heritage.

Keywords: Traditional Peoples, Traditional Knowledge, Sustainability



Shailendra Vaishampayan

Department of Homoeopathic Materia Medica, D. Y. Patil Homoeopathic Medical College and Research Centre and PG Institute, India

Thyroid disorders, particularly among females, are increasingly prevalent worldwide

Introduction: Thyroid disorders, particularly among females, are increasingly prevalent worldwide. Conventional treatments often fail to provide holistic relief, requiring lifelong medication that burdens healthcare systems. Homeopathy offers a personalized approach, focusing on both clinical outcomes and quality of life, whether as a standalone treatment or integrated with other therapies.

Aim: To assess the efficacy of individualized homeopathic treatment in improving clinical and lifestyle outcomes for female thyroid patients.

Patients and Methods: A retrospective analysis of 120 female patients treated for thyroid disorders over ten years through online and offline consultations at Dr. Vaishampayan's homeopathic clinic in India. Evaluation included clinical symptoms, laboratory tests, and imaging where necessary, supported by homeopathic assessment. Patients were grouped based on treatment response and follow-up outcomes.

Results: Among 120 patients, 20% discontinued treatment within months, while 10% resumed later. Complete remission was achieved in 47% (n=56) and sustained for over five years. Another 13% (n=16) showed significant recovery, while 15% opted for combined homeopathic and modern therapies. Recurrence occurred in 15%, requiring retreatment. The 12–50 age group showed the best outcomes.

Conclusions: This study highlights homeopathy's potential as an effective, individualized treatment for thyroid disorders, reducing strain on healthcare systems. Even without complete remission, homeopathy significantly improves quality of life. The findings offer a structured management protocol for female thyroid patients, particularly in reproductive years, serving as a framework for clinicians. Further multi-center trials are recommended. The 15% choosing an integrated approach underscores the need for holistic treatment.

Keywords: Thyroid Disorders, Homeopathy, Individualized Treatment, Clinical trials

Biography:

Dr. Shailendra R. Vaishampayan (Dr. V) is a homeopathic practitioner, educator, researcher, author, and podcaster with 25 years of experience. He specializes in thyroid disorders, autoimmune diseases, pediatrics (ADD, ADHD, special needs), cancer care, and hospice care. A visiting faculty member, he has taught postgraduate students and presented at major conferences, including the Cleveland Conference on Integrated Medicine (2024), LMHI, and California Homeopathic Medical Society. He has authored three books, published research, and hosts "Dr. V's World of Homeopathy" podcast. Founder of Folk Homeopathy, he promotes clinical excellence in homeopathy worldwide.



Sunita Passi

Tri-Dosha Ltd, United Kingdom

Evaluating the Potential of Neem in Hair Care: An In Vitro Cytotoxicity Study by Tri-Dosha and MTIF.

Tri Dosha Ltd has partnered with the Medical Technologies Innovation Facility (MTIF) to investigate the health benefits of Neem-based products, particularly in hair care formulations. This study aims to evaluate the potential of Neem in enhancing scalp health, focusing on its inclusion in shampoos and conditioners. Initial discussions between Tri Dosha Ltd and MTIF researchers established specific objectives, which led to the development of a structured research proposal.

The study involves an in vitro cytotoxicity assessment to determine how human cells respond to Neem-based formulations. MTIF's cutting-edge facilities and expert team are well-equipped to carry out this research, providing high-quality results without the need for Tri Dosha Ltd to invest in costly equipment.

Over five days, MTIF will treat normal human skin cells—both keratinocytes and fibroblasts—with Neem shampoo, conditioner, and balm. Cytotoxicity will be evaluated using the luminescence-based CellTiter-Glo® 2.0 assay, assessing cell viability under controlled conditions. The study design includes untreated cells and positive controls to ensure the accuracy of results.

This study will generate valuable insights into the biological impact of Neem on scalp health, though it is important to note that the scope is limited to in vitro analysis and does not imply clinical efficacy. The findings will be documented in a comprehensive report, which will aid Tri Dosha Ltd in determining the next steps for product development.

This collaboration highlights the potential of scientific research in validating traditional medicine claims, with Neem's rich history in Ayurvedic healing being rigorously tested in modern cosmetic applications.

Biography:

Sunita Passi is an Ayurvedic Practitioner, entrepreneur, and advocate for holistic wellness. As the founder of Tri-Dosha, she leads the development of natural skincare rooted in Ayurvedic traditions, including research-driven formulations harnessing the power of botanicals like neem. Sunita is also a respected voice in the media, having hosted a BBC radio show and a podcast focused on integrative eastern wellness practices. Her work bridges traditional wisdom with modern science, bringing Ayurvedic solutions to a wider audience.



Niraj Khatri Sapkota

Bishow Ayurvedic Traditional Medicine Pharma, Nepal

Cestone an ayurvedic formulation can effectively treat Ureteric calculi -A Case report

A male of 19 years old came to emergency with complaining of severe pain near to region of the waist on lower abdominal midline radiating to the back, along with nausea and vomiting. He had history of consumption of leafy greens vegetable in huge amount and reluctant in drinking enough fluid and stringently residing in dry hot city.

Investigation: He was immediately admitted in the emergency and for the pain relief injected intravenously, Hyoscine and ondansetron considering that possibility of abdominal spasmodic pain. After an hour his pain didn't subside and the patient complained still the pain is there, alternatively considering renal colicky pain, the cause of distress to the patient, Diclofenac intramuscular was injected and observation was made. The pain was subsided after an hour of injection of diclofenac, further investigation, USG was directed and it showed presence of mild hydronephrosis which led suspicion of calculi in ureter. Further proceeding investigation was done with CT scan and showed 3 mm of Calculi in his ureter.

Treatment: Cestone an ayurvedic formulation was given to the patient for 21 days each capsule per day that is attributed to pulverised the stone and facilitate for its easy passage from the urethra by flushing mechanism to exterior by drinking water or increasing fluid intake tremendously.

Result: Ignorance to drinking water inadequately and habit of eating huge load of leafy greens can have oxalate and calcium deposition in ureter of renal tubules that can lead to ureteric Calculi. However, treatment with cestone can easily manage the small size stone.

Conclusion: Ureter is the passage for urine output, with minor orifice Calculi formed greater than less than 5 mm can stick in ureter can cause colicky pain which can be easily treated in Ayurveda. Furthermore, this case study provides route to investigate efficacy of Ayurvedic formulation in large size Calculi without any adverse effect.

Key words: Calculi, Medicine, Ayurveda

Laxman Ramdam

Research Associate, Bishow Ayurvedic Traditional Medicine Pharma

Cestone an ayurvedic formulation can effectively treat Ureteric calculi -A Case report

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Key words: Calculi, Medicine, Ayurveda

Biography:

Mr. Laxman Ramdam working as Research Manager in this corporate pharma, he is working as researcher and database analyst in the field of traditional medicine.



Marliese Symons

Doctor of Chiropractic & Medical Homeopath

A Retrospective Analysis of Pulsatilla 200c in Breech Presentation: A Case Study

Breech presentation in the third trimester poses challenges for safe vaginal delivery, often leading to decisions between external cephalic version (ECV), planned caesarean section, or vaginal breech birth, each with associated risks. Chiropractic care optimizes pelvic alignment but does not directly influence foetal position. Homeopathy offers an individualized approach that may support optimal foetal positioning.

To retrospectively analyse the effectiveness of Pulsatilla 200c in turning breech babies to the cephalic position, used in conjunction with chiropractic care to facilitate spontaneous vaginal delivery.

This retrospective case study examines a pregnant woman in her third trimester with breech presentation and low back pain. Initially seeking chiropractic care as a non-invasive alternative to ECV, she was introduced to homeopathy and was given Pulsatilla 200c (after reassurance about the safety of homeopathic medicines during pregnancy). Within 24 hours of administration, the baby turned to the optimal cephalic position, leading to a spontaneous vaginal delivery (SVD). Two years later, the same patient presented to Clinic with a similar breech presentation, wanting to avoid an ECV or breech delivery. She sought homeopathic treatment and was given Pulsatilla 200c, resulting in another successful turn to the cephalic position and a SVD shortly afterwards.

Pulsatilla 200c effectively facilitated the turning of the breech baby to the cephalic position in both pregnancies, avoiding the need for ECV or surgical intervention. The integration of homeopathy with chiropractic care demonstrated rapid, gentle, and lasting resolution, with no adverse effects reported. The patient experienced physical and emotional benefits, including reduced anxiety and positive childbirth experiences.

Homeopathy has long been used for the safe and effective treatment during pregnancy and childbirth. This retrospective analysis suggests that Pulsatilla 200c can be an effective adjuvant therapy for breech presentation when combined with chiropractic care.

Homeopathy may offer a safe, non-invasive alternative to conventional interventions. Further studies are recommended to explore its broader application and integration into obstetric care.

Keywords: Breech Presentation, Retrospective Analysis, Homeopathy, Pulsatilla 200c, Chiropractic Care, Cephalic Position, Adjuvant Therapy

Biography:

Dr Marliese Symons is a Doctor of Chiropractic & Medical Homeopath, for more than 30 years.

Awarded a scholarship to study Homeopathic Medicine by the Queen Elizabeth Scholarship Trust (QEST), she continued with post-graduate studies in Homeopathy. She is an Examiner for the Faculty of Homeopathy [Patron: HRH King Charles III] and her roles have included Education Advisor to the Society of Homeopaths.

She practices both Homeopathic Medicine and Chiropractic at Backin2Health, an Integrated Health and Wellness Clinic in Bournemouth, Dorset, UK and teaches homeopathy when time permits.



Sumita Satarkar

Swasthya Santulan Medicare Pvt. Ltd, India

Directing the Future of Healthcare & Humankind through the Power of Acupuncture

Acupuncture, an ancient healing system with roots in Traditional Chinese Medicine (TCM), is revolutionizing modern healthcare by providing a holistic, non-invasive, and patient-centered approach to wellness. As medical science advances, acupuncture is gaining global recognition for its ability to treat a wide range of conditions, from pain management and stress reduction to chronic disease treatment and mental well-being. With its focus on restoring the body's natural energy balance, acupuncture is playing a pivotal role in shaping the future of healthcare.

One of the most significant advantages of acupuncture is its ability to address the root cause of illnesses rather than merely treating symptoms. Unlike conventional medicine, which often relies on pharmaceuticals with potential side effects, acupuncture activates the body's self-healing mechanisms. By stimulating specific points along energy pathways known as meridians, acupuncture enhances blood circulation, regulates hormones, reduces inflammation, and strengthens the immune system. Research has demonstrated its effectiveness in managing conditions such as migraines, arthritis, insomnia, digestive disorders, and hormonal imbalances.

Beyond physical health, acupuncture is profoundly transforming mental and emotional well-being. In today's fast-paced world, stress, anxiety, and depression are becoming widespread concerns. Acupuncture offers a natural and effective solution by balancing neurotransmitters, releasing endorphins, and calming the nervous system. It has been particularly beneficial in addressing emotional trauma, mood disorders, and even addiction recovery. As a result, more mental health practitioners are integrating acupuncture into therapeutic models to offer comprehensive care.

The future of healthcare is shifting towards integrative medicine, and acupuncture is at the forefront of this movement. Major hospitals, wellness centers, and research institutions worldwide are incorporating acupuncture into mainstream treatment protocols. Countries such as China, the United States, and parts of Europe have recognized acupuncture's medical value, leading to its inclusion in national healthcare policies. Moreover, technological advancements like electroacupuncture, laser acupuncture, and AI-driven pulse diagnosis are making treatments more precise, efficient, and accessible.

Preventive healthcare is another area where acupuncture is making a significant impact. With lifestyle diseases such as diabetes, hypertension, and cardiovascular disorders on the rise, acupuncture is being increasingly used to regulate metabolism, improve circulation, and enhance overall vitality. By strengthening the body's internal balance, acupuncture reduces dependency on medication and hospital visits, ultimately decreasing healthcare costs and improving the quality of life for individuals worldwide.

Furthermore, acupuncture aligns with the growing demand for sustainable and patient-centered medicine. Unlike conventional treatments that often focus on short-term relief, acupuncture promotes long-term wellness by addressing physical, emotional, and spiritual health in harmony. Its ability to work in synergy with other medical treatments, including physiotherapy, chiropractic care, and herbal medicine, makes it a vital component of holistic healthcare.

As the world embraces a more integrative and personalized approach to medicine, acupuncture is leading the way by merging ancient wisdom with modern science. By fostering self-healing, enhancing overall well-being, and offering a sustainable alternative to conventional medical practices, acupuncture is not only redefining healthcare but also guiding humankind toward a more balanced, conscious, and healthier future. Its potential to transform lives and reshape global healthcare systems makes acupuncture an indispensable tool in the evolution of medicine.

What will audience learn from your presentation?

Key Takeaways from the Presentation:

1. Understanding the Science Behind Acupuncture and Healthcare Integration

- o Attendees will learn how acupuncture works on the nervous system, enhances circulation, and stimulates the body's natural healing response.
- o This knowledge will help them appreciate the growing role of acupuncture in modern healthcare and integrative medicine.

2. Application of Acupuncture in Treating Physical and Emotional Health Issues

- o The audience will gain insights into how acupuncture is used to address chronic pain, stress, hormonal imbalances, and emotional disorders.
- o Healthcare professionals can integrate these insights into their practice or research to develop holistic treatment approaches.

3. Advancements and Innovations in Acupuncture Techniques

- o The presentation will cover the latest developments, such as electroacupuncture, laser acupuncture.
- o Researchers and practitioners can explore these advancements for improved treatment precision and patient outcomes.

4. Implementing Acupuncture in Preventive Healthcare Strategies

- o Attendees will learn how acupuncture contributes to disease prevention by enhancing immunity and balancing the body's systems.
- o This information can be used in medical research and policy-making to promote preventive healthcare models.

5. Global Trends and Collaborative Opportunities in Acupuncture

- o The presentation will highlight how different countries are integrating acupuncture into mainstream healthcare and medical education.
- o Faculty members and researchers can use this knowledge to expand their studies, develop curricula, and explore international collaboration opportunities.

Practical Benefits and Professional Impact:

- **For Healthcare Professionals:** Enhances their ability to incorporate acupuncture into patient treatment plans, leading to improved patient care and holistic healing approaches.
- **For Researchers & Educators:** Offers new research pathways in integrative medicine, leading to innovative teaching methodologies and expanded academic exploration.
- **For Designers & Practitioners:** Provides practical insights into modern acupuncture tools and techniques that improve accuracy, efficiency, and effectiveness in acupuncture treatments.
- **For Policymakers & Institutions:** Helps in developing strategies for including acupuncture in healthcare systems, promoting its recognition and regulatory advancements.

This presentation will serve as a valuable resource, bridging ancient knowledge with modern science, and empowering professionals with new insights for enhancing healthcare and well-being.

Biography:

Sumita Satarkar is a distinguished acupuncturist, Phd, educator, and healer with over 28 years of expertise in Pulse Diagnosis and holistic healing. As the Founder & Director of Swasthya Santulan Medicare Pvt. Ltd., she has treated thousands globally. She is the first Indian woman acupuncturist to present research on global platforms, including the United Nations in the USA, advocating for the integration of acupuncture into modern healthcare. An international speaker and author, she continues to revolutionize acupuncture education, establishing 17 colleges in Maharashtra, shaping the future of acupuncture, and reinforcing its significance in global healthcare and wellness.



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Traditional & Modern Medicine

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VIRTUAL PRESENTATIONS

DAY 2



Bridget Goodwin

International Integrative Medicine, Australia

The use of bee venom and Sono-Photodynamic therapy in the treatment of various forms of cancer. Towards non-toxic treatment for cancer

The current predominant use of toxic cancer treatments such as chemotherapy and radiation is increasingly questioned. These modalities have the effect of damaging healthy tissue and causing negative impact on the health of the patient which, apart from existing cancer, leads to weakening immunity and the inability to resist the original disease. Powerful economic forces are now established asserting that these modalities persist as the main prescribed treatments for cancer, even though the documented survival rate is low. Increasing research into other modalities such as the use of honey bee venom and sono photodynamic therapy indicates alternatives have encouraging potential. Honey bee venom is now well documented to kill cancerous tumours and at the same time boost the patient's immune system non-toxically and increase their ability to survive cancer. Similarly, sono-photodynamic therapy is also well documented to make use of the interplay between various light forms, including low level laser, and photosensitisers, often with plant-based origins. In addition, the recent development of sonodynamic therapy allows this treatment to occur with the use of sound only, ultrasound. This combination has been repeatedly shown to generate reactive oxygen species known to kill cancer cells. This thesis explores the documented efficacy of both modalities and questions whether they should be more widely adopted in the pursuit of non-toxic treatment for cancer.

There are numerous peer reviewed studies documenting the efficacy of bee venom as an agent for causing apoptosis and they are quoted in this thesis. But not only can bee venom kill cancer cells, it also has an immune boosting role that is thought to be helpful in the fight against cancer. It is proposed in this thesis that a new model of cancer treatment be explored. For simplicity it proposes replacing what we know as "traditional toxic chemotherapy, with non-toxic bee venom as a chemotherapeutic drug. It is further proposed that rather than using conventional toxic radiation, that new methods of sono-photodynamic therapy be explored as a so-called non-toxic form of radiation to support the bee venom drug therapy.

SONODYNAMIC THERAPY IN CLINICAL PRACTICE

In my thesis I include case studies and the research material published behind a treatment currently using sonodynamic therapy in China. In a Guangzhou hospital this is how Dr Lucy Li and her team treat cancer patients. Dr Lucy Li, from the International Medical Department of Foresea Life Insurance Guangzhou General Hospital in Guangzhou, China, have developed a special whole body ultrasound bath that they use to treat cancer. Patients are often given low-dose targeted chemotherapy as part of the treatment. But for the sonodynamic therapy, patients are given a sublingual tincture composed of algae as a natural sonosensitizer and then immersed in the bath My proposal is that bee products could have a place in this treatment regimen as complementary to the sonodynamic therapy. It is possible that bee venom may have a role in place of low-dose chemotherapy and used in combination with sonodynamic therapy may be a potential non-toxic treatment for cancer, yet to be explored.

Increasing research and wider adoption of the use of bee venom for cancer provides encouraging evidence that it can be successfully used as a non-toxic and highly effective treatment for cancer. Studies also into the use of photodynamic therapy indicate its potential to eradicate tumour cells with the combined use of a photosensitiser and a light source.

Both of these methods are non-toxic to the normal cells of a patient and show great promise in a movement toward non-toxic cancer treatments. Growing acceptance of apitherapy and also of innovative use of laser and photosensitive treatments provides positive guidance that in the future wider acceptance of these treatment modalities may occur. The difficulty remains the deeply established use of conventionally adopted chemotherapy and radiation, despite discouraging statistics about its ultimate efficacy and patient survival rate. It is hoped that in the future the non-toxic modalities explored in this thesis will become more widespread in the treatment of cancer. China is well advanced in the use of bee venom for cancer treatment and many other countries are starting to explore Apitherapy as an alternative to toxic chemotherapeutic approaches.

More research is needed and more examples made publicly available to demonstrate how Apitherapy and sono photodynamic therapy could be more widely adopted for the treatment of serious illnesses such as cancer.

Biography:

Bridget Goodwin is an Australian-based Integrative Medicine doctor and researcher who has made a special study of sonodynamic therapy and Apitherapy. She has studied in China, Romania, Canada, Australia and Mexico. She is a Vice President of the International Federation of Apitherapy. As President of the Australian Apitherapy Association she has made several international connections in the field of integrative medicine. In 2023 she completed a post-doctoral diploma in Integrative Medicine on the subject of treating various forms of cancer with bee venom and sonodynamic therapy. Her original PhD and subsequent book, *Keen as Mustard*, documents the WWII field trials with mustard gas that ultimately formed raw research for the introduction of chemotherapy immediately after the Second World War. Bridget Goodwin continues to research non-toxic treatments for cancer and other illnesses. She is also very interested in regenerative medicine using natural medicine and advancing technology such as sonodynamic therapy and stem cells.



Anna Maria Guz

Endeavour Collage of Natural Medicine, Sydney

Crocus sativus (Saffron): From Tradition to Novel Medicinal Applications in Brain Disorders and Psychiatry

Crocus sativus, commonly known as saffron, has a long-standing history in traditional medicine for its diverse therapeutic properties. This presentation delves into the evolution of saffron from its traditional applications to its emerging role in treating brain disorders, particularly in psychiatry.

The discussion begins with a monograph of saffron, highlighting its historical uses and the various forms in which it has been utilised as medicine. The focus then shifts to the phytochemical composition of saffron, identifying its active ingredients, such as crocin, crocetin, and safranal, which contribute to its pharmacological effects.

I will explore the pharmacodynamics and pharmacokinetics of saffron, shedding light on its mechanism of action within the central nervous system. Emphasis will be placed on recent research investigating saffron's potential in treating depression and glioblastoma, a form of aggressive brain cancer. The presentation will cover the current scientific understanding of how saffron interacts with neurotransmitter pathways and its anti-inflammatory and antioxidant properties that may contribute to its neuroprotective effects.

Finally, the safety profile of saffron will be addressed, including potential toxicity and adverse effects, ensuring a balanced perspective on its medicinal use.

This presentation aims to bridge traditional knowledge with modern scientific research, highlighting Saffron's promising applications in brain disorders while acknowledging the need for further investigation.

Biography:

Anna Maria Guz is a Clinical Naturopath, Nutritionist, Medical Herbalist and Lecturer with over 16 years of experience. Anna's childhood passion for science, nutrition, and herbal medicine led her to complete degrees in Chemistry and Physics, Food Technology and Human Nutrition and Naturopathy. She stays current with functional medicine research through extensive reading, webinars, conferences, and lecturing in traditional and evidence-based medicine. She is currently completing her second Master in Mind and Brain Sciences at The University of Sydney. With degrees in both Science and Natural Medicine, Anna draws from her skills and education to find the best solutions for each patient's health and life issues.

¹Aaliya Taiyab and ¹MI hassan

Centre for Interdisciplinary Research in Basic Sciences, Jamia Millia Islamia, New Delhi 110025, India

Investigating the MTH1 Inhibitory Potential of Thymoquinone and Baicalin for Therapeutic Targeting in Breast Cancer

Background: Cancer cells experience elevated oxidative stress due to increased ROS levels, leading to DNA damage, genomic instability, and disrupted epigenetic regulation. MTH1 plays a critical role in protecting cancer cells by preventing the incorporation of oxidized nucleotides into DNA, thereby maintaining genomic and epigenomic stability. Cancer cells rely heavily on MTH1 to survive under oxidative stress, making it a promising target for therapy. Pharmacological inhibition of MTH1 selectively exploits this vulnerability, inducing DNA damage and apoptosis in cancer cells while sparing normal cells. This targeted approach offers a novel and effective strategy for cancer treatment.

Methods: We identified Thymoquinone (TQ) and Baicalin (BC) as MTH1 inhibitors through docking (InstaDock) and 200 ns molecular dynamics simulations. MTH1 was purified via Ni-NTA chromatography, and inhibitory potential of compounds were validated using malachite green-based enzymatic and fluorescence binding assays. Further validation involved in vitro cell-based assays, including MTT, apoptosis (Annexin V-PI), and mitochondrial ROS detection (MitoSOX™), confirming their effectiveness.

Results: Docking and MD simulations studies revealed an efficient binding of TQ and BC to the active site of the MTH1 protein and the resultant complexes are appreciably stable. Fluorescence measurements estimated a strong binding affinity of TQ and BC with K_a 3.4×10^6 and 1.0×10^5 , respectively. The treatment of breast cancer cells with TQ and BC significantly inhibited growth and proliferation of breast cancer cell (IC₅₀ values 28.3μM and 34.8μM), and induces apoptosis as seen by Annexin V and Calcein AM/PI staining. In addition, both TQ and BC increased the ROS production in MCF7 cells imposing substantial oxidative stress on cancer cells, leading to cell death.

Conclusions: Our results highlight Thymoquinone and Baicalin as promising MTH1 inhibitors and valuable scaffolds for designing selective anti-cancer agents. Targeting MTH1 with these natural compounds offers a strategic therapeutic approach to addressing cancer and other MTH1-related pathologies.

Biography:

Aaliya Taiyab is a PMRF Research Fellow at the Drug Design and Discovery Lab, JMI, New Delhi. Her research focuses on structure-based drug design targeting MTH1 for cancer therapeutics. With expertise in protein expression, docking, and cell-based assays, she is dedicated to advancing therapies for cancer and related diseases. She has graduated from Delhi University and now pursuing her PhD from Jamia Millia Islamia, New Delhi, India since 2020. She has 15 publications as of now in highly Peer Reviewed Journals.

Andres Ignacio Nieva

Yunan University, China

The 4 standards" - Systematization in clinical semiology

Through the long history of Chinese Medicine, various semiological methods have been identified according to the needs. The many semiological methods is a problem in the development of research when comparing Chinese medicine with Western medicine, because the semiotechnics is different and this difficult the creation of bridges for the unification of both medical currents.

"The 4 Standar" was developed to define an academic and clinical model of Chinese medicine through the constant comparison and integration, between Western physiology and Chinese medicine physiology. The parameters of biophysics and molecular physiology allow, together with the laws of Yīn

Yáng the physiology of Qì through the Zāng F and the functional anatomy of the channels,

develop a comparative semiology that respects both currents. So, it is a semiological method that disarms and reorganizes the Four Levels of Yè Tiān Shì, placing the multiple syndromic models of Chinese medicine on different levels, but it does according to western physiology. In this way, a unique structure is

achieved, which systematizes the best of both medicines, so at each level the different syndromes will be found in degrees of evolution going from the superficial to the deep and their different combinations according to the explanation by Western physiology.

The method covers the following syndromes of Chinese medicine:

Four Levels of Yè Tiān Shì, the syndromes by the Six Levels of Zhāng Zhòng Jīng, Zāng F syndromes, rheumatic syndromes, the main meridian syndromes and collaterals, Triple Warmer syndromes, energy and blood syndromes, organic fluid syndromes, etc.

This is a real bridge between both medicines.

Biography:

Trained in Chinese Medicine in Argentina, Brazil, Spain and China. Currently as professor and therapist in Chinese Medicine. Master in Bioenergetic Acupuncture for Yunan University of China.

Director of the Institute of Training in Chinese Medicine and Outpatient Clinic "La Casa del Ser", and the Postgraduate Course in Chinese Medicine, at the Faculty of Medical Sciences of the National University of Rosario, Co-author of three books on Energetic Acupuncture, Author of the book The Great Order of Changes (Wonderful Vessels), President of the Ibero-American Association of Oriental Medicine and Acupuncture (AIMOA). Editor of the Korean medicine book Dongui bogam in Spanish.



Michele Horn Tomic

Traditional Chinese Medicine Physician, Switzerland

Children's nutrition and related pathology from a Chinese medicine perspective

Despite the widespread use of Chinese medicine globally, children's nutrition is a topic that is an underutilised resource in today's society. In an age where children's obesity, pathology and mental health / behavioural issues have increased steadily over the last 50 years, most parents could reap substantial benefits by being coached on the topic and understanding that their child has individual needs. Aside from the difficulties of getting children to eat or eat the right foods, diet and how it can be regulated to maintain health is poorly understood. Many western dietary ideas are mostly not compatible with Chinese medicine ideas and furthermore not at all suitable for children. Furthermore, schools and daycares are from a Chinese medicine perspective vastly missing the mark when it comes to offering a child-friendly diet

In order to regulate a child's digestive issues and support their organs, it is important to understand the differences in their digestive capacity and how to cater for them with suitable diets. Besides from the constitutional factors, there are many external factors that constrain a child's digestive capacity. This lecture will take a look at these factors including

appropriate food quantities and qualities, common mistakes and misconceptions, the most common Chinese medicine patterns associated with digestive issues and the related pathology. We will also take a look at a few Chinese medicine regulatory ideas.

Diet affects not only the physical development of children, but also their cognitive health. By employing the age old knowledge of Chinese medicine we can help children and their families live healthier and happier lives.

As Children's organs Yin and Yang are underdeveloped until the age of 7 years old, they easily suffer from digestive complaints including.... These further cause complications

Reducing factors:

stress (Liver)

Academic studies (Spleen)

Emotional imbalances (Heart-Small intestine)

Supporting:

eating warm (cold foods)

Eating smaller quantities (large portions on plates)

Nutritionally related diseases:

Several diseases and conditions in children are closely related or supposedly linked to diet. These include:

1. **Childhood Obesity**: A diet high in processed foods, sugars, and unhealthy fats can lead to excessive weight gain. Obesity increases the risk of developing type 2 diabetes, heart disease, and high blood pressure later in life.
2. **Type 2 Diabetes**: Poor diet, particularly one high in sugars and refined carbohydrates, can lead to insulin resistance, eventually resulting in type 2 diabetes. This condition, once rare in children, is now more common due to rising obesity rates.
3. **Iron-Deficiency Anemia**: Insufficient intake of iron-rich foods (like red meat, beans, or fortified cereals) can result in low red blood cell production, causing fatigue, weakness, and developmental delays.
4. **Dental Cavities (Tooth Decay)**: Diets high in sugars, especially from sugary drinks and snacks, contribute to dental cavities in children. Poor oral hygiene combined with high sugar intake increases the risk of tooth decay.
5. **Vitamin D Deficiency and Rickets**: Lack of vitamin D, either from insufficient sunlight exposure or poor dietary intake (in foods like fortified dairy products or fish), can lead to rickets, which weakens bones and causes skeletal deformities in children.

Nutritional concerns:

From a Western medicine perspective, children's nutrition focuses on ensuring proper growth, development, and long-term health. Major topics include:

1. **Balanced Diet and Nutrient Requirements**: Ensuring children receive the right balance of macronutrients (proteins, fats, and carbohydrates) and micronutrients (vitamins and minerals) is essential. Key nutrients include calcium for bone development, iron for blood health, and vitamins like vitamin D for immune function.
2. **Childhood Obesity**: This is a significant concern in many countries. A focus on reducing high-calorie, low-nutrient foods (like sugary snacks, sodas, and fast foods) is important to prevent obesity and related issues like diabetes and heart disease.
3. **Growth and Development**: Monitoring children's growth is vital. This includes tracking height, weight, and developmental milestones to ensure proper physical and cognitive development. Poor nutrition can lead to stunted growth or developmental delays.
4. **Breastfeeding and Infant Nutrition**: Breastfeeding is recommended for at least the first six months, providing essential nutrients and antibodies. As children transition to solid foods, introducing a variety of healthy options is key for long-term health.
5. **Food Allergies and Intolerances**: Identifying and managing common food allergies (like dairy, nuts, or gluten) is critical. Early exposure to potential allergens in a controlled way can also help prevent allergic reactions in some cases.

These topics reflect a focus on both the immediate nutritional needs of children and the prevention of long-term health issues through proper dietary habits.

Chinese medicine patterns:

1. ****Spleen Qi Deficiency****: This is a common issue in children, as their spleen (which governs digestion) is still developing. Symptoms can include poor appetite, bloating, fatigue, loose stools, and a pale complexion. It can also lead to weak immunity.
2. ****Food Stagnation****: Overeating or consuming difficult-to-digest foods (like sweets, fried, or processed items) can overwhelm a child's digestive system. This can result in abdominal pain, nausea, vomiting, bad breath, bloating, or constipation.
3. ****Dampness and Phlegm Accumulation****: Dampness can arise from consuming too many cold or greasy foods, or due to spleen weakness. It can cause symptoms like sluggish digestion, loose stools, mucus in stools, and a tendency toward respiratory issues like coughs with phlegm.
4. ****Stomach Heat****: This condition may occur when children consume too many hot or spicy foods. Symptoms include bad breath, excessive hunger, mouth ulcers, constipation, and sometimes irritability or thirst.
5. ****Indigestion or Weak Digestion****: This is often tied to spleen deficiency and may be seen in children who frequently have poor digestion, bloating, or food sensitivities. This can lead to chronic loose stools, fatigue, and a failure to thrive.

Alisa Connan
Nourish + Power, UK

There wasn't a category that perfectly suited - Holistic Medicine and Therapy?

Hormones, Stress, and ADHD: Tools to Calm the Mind and Body

How can a holistic approach to hormone health, stress management, and ADHD improve the wellbeing of midlife women?

This talk explores the intricate relationship between hormones and mental health, highlighting how hormonal imbalances during perimenopause can worsen ADHD symptoms like anxiety, overwhelm, and difficulty focusing, and why it's essential to address both physical and emotional health.

How different types of stress—physical, environmental and emotional — can impact hormone regulation, emphasising the role of balanced nutrition, detoxification, effective stress management tools and alternative therapies.

Functional testing, such as hormone panels, will be discussed as an important tool for tailoring individual treatment plans. And how collaboration with other health professionals can create comprehensive, patient-centered care.

Alisa is passionate about sharing how integrative therapies and lifestyle changes can promote hormonal balance, along with having tools and ability to regulate the nervous system, balance blood sugars and ultimately ease perimenopause and ADHD symptoms with or without other medical interventions. She will share practical strategies for supporting midlife women in managing the complex interaction of hormones through a holistic lens.

Biography:

Alisa is a certified Hormone Health Coach and Women's Health Practitioner (dipCNM, mANP) with over 10 years experience in holistic healthcare. As the founder of Nourish+Power, she offers science-based, holistic 1:1 programs tailored to clients' individual needs, focusing on hormone balance, gut and immune health, weight management, sleep, stress, and anxiety. An intuitive and compassionate coach, Alisa creates a safe environment for clients to explore the reasons behind their choices while providing empowering education around nutrition and lifestyle. Her mission is to create a village of support for midlife women, helping them reclaim their power through sustainable habit change.



Carmen Catalano

Hartford Healthcare, United States

A Possible Interpretation of the Concept of Jing

In Traditional Chinese Medicine, jing has numerous meanings, whether one is describing pre-natal or post-natal jing. This talk will only address some possible interpretations of what may be considered post-natal jing. As this is such a vast topic well beyond the scope of this venue, the talk will address the microbiome in only one of its numerous locations in the body, as bacteria, beneficial or pathogenic, can reside in the digestive tract, the brain, as well as the dermis. The focus will be on the intestinal arena and the microbiome's influence on issues ranging from mental health to cardiology, as well as equating various strains' benefits on post-natal jing and the relationships that may be compatible with herbal medicine. We will look at a few examples of various compounds in some herbs, such as saponins and polysaccharides. I will suggest how those compounds, and therefore the herbs that contain them, may affect the bacterial environment of the intestinal tract and thus the traditional definitions of jing.

Biography:

Carmen Catalano, MMus, MS, LAc, Dipl OM, is a 1999 graduate of The NY College for Health Professions, Syosett, NY. She has been in private practice since 1999 and is also on the medical staff of Hartford Healthcare, Hartford, CT, where she works in the Chase Family Movement Disorders Clinic, a part of The Ayer Neuroscience Institute. She is a preceptor at Middlesex Health, Middletown, CT where she teaches the concepts of Traditional Chinese Medicine to MD and DO residents as part of the family medicine tract.



Madeline Marchell

National Qi Gong Association Professional Member, USA

Staying Healthy Through the Seasons – Food As Medicine

Greeting Qi Friend! I invite you to join me in a series of classes on: Staying Healthy Through the Seasons – Food As Medicine. It is being held as a Zoom OSHER course. You can sign up here.

My years of training with Qi Gong Masters and Macrobiotic Chefs has led me to create an informative series for you. It will clearly give you the information to stay healthy in every season. The course will cover the following:

Why is food medicine and what are healing foods

How are we affected by season and weather

What are Yin/Yang foods and how do they affect our organs

Comprehensive food list for each season includes: protein, vegetables, fruits, grains, nuts, teas, seasonings, and cooking methods

Guided Meditation for every season

Nutritional Gems: lemon water, about: fat, protein, sugar, fiber, raw foods

Acupoints for Digestion

Herbs for: stress, anxiety, depression, immunity

Qi Blessings to you – Madeline

I decided to be happy because it is good for my health. (Voltaire)

Biography:

My years of training with Qi Gong teachers and Macrobiotic Chefs has led me to create an informative series for you. It will clearly give you the information to stay healthy in every season. The course will cover the following: Why is food medicine and what are healing foods How are we affected by season and weather How do they affect our organs Comprehensive food list for each season and cooking methods Guided Meditation for every season Nutritional Gems Herbs for: stress, anxiety, depression, immunity Acupoints for Digestion Syllabus Reading/Supply List Bio Madeline has been a student of "How to stay healthy in the second half of your life" for many years. And now she is there. Her desire is to help others age in longevity with good health. Food is the original medicine. Her training in Traditional Chinese Medicine and her credentials as a Medical Qi Gong Therapist has brought her to teach in medical centers and private practice. Learn how to stay healthy in every season.

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