

TRADITIONAL
MEDICINE
JUNE 22-24 | 2026

9th Edition of
International Conference on
Traditional Medicine
and
Integrative Health

June 22-24, 2026
Barcelona, Spain

Theme: Health for All: Using Traditional Methods in Today's Healthcare

Hotel Alimara
Carrer de Berruguet, 126,
Horta-Guinardó, 08035 Barcelona, Spain

9TH EDITION OF

International Conference on

TRADITIONAL MEDICINE AND INTEGRATIVE HEALTH

HYBRID EVENT

22-24
JUNE 2026

TRADITIONAL
MEDICINE
JUNE 22-24 | 2026

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Keynote Speakers

Keynote Speakers



Kenneth R Pelletier

University of California School of Medicine,
United States



Mary Jo Bulbrook

Akamai University, United States



John Downes

Life University, United States



Gene Bruno

Nutraland, United States



Kevin KF Ng

MD Natural Care LLC, United States



Girish Momaya

Stichting Maharishi European Research
University, Netherlands

Keynote Speakers



Bruno Renzi

Maharishi College for Perfect Health
International, Netherlands



Lothar Pirc

Maharishi Ayurveda, Germany



Sweta Vikram

NimmiLife, LLC, United States



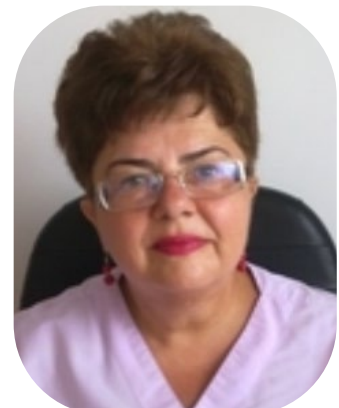
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Lotus Holistic Health Institute,
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Zhenhuan LIU

University of Chinese Medicine, China



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Romanian TCM Society, Romania



Shu-Yuan Chen

China Medical University, Taiwan



Anton Keppel

EATCM-Austria, Austria



Mary Elizabeth Wakefield

Chi-Akra Center for Ageless Aging,
United States

Keynote Speakers



Laure Le Corroller

Dr. & Master Sha Tao Academy, Canada



Sunita Teckchand

The Holistic Alternatives FZ LLC,
United Arab Emirates



Amadio Bianchi

European Yoga Federation, Italy



Martine Negro

Nature Care College, Australia



Iuliana Vintila

University "Dunarea de Jos" Galati,
Romania



Elizabeta Popova Ramova

MIT University Skopje,
Republic of North Macedonia



Robert Kempenich

AREMA, France



Bernd Blobel

University of Regensburg, Germany

Welcome Message



Amadio Bianchi

European Yoga Federation, Italy

I am Amadio Bianchi, Swami Suryananda Saraswati from Italy, President of the European Yoga Federation. I invite everyone to participate in the "9th edition of the International Conference on Traditional Medicine and Integrative Health", scheduled to take place in Barcelona, Spain, and online on June 22 to 24, 2026, because it will be a great opportunity for knowledge and change in the modern view of medicine. Modern medicine, with its advances, offers extraordinary tools, but it is essential to integrate natural traditions such as Ayurveda, which I practice, which promote a holistic approach to health based on the balance of mind, body, and spirit.

Welcome Message



Angela Sanda Tudor

Romanian TCM Society, Romania

On behalf of the Scientific Committee,

It is my privilege to welcome you to the "9th Edition of International Conference on Traditional Medicine and Integrative Health", hosted this year in the vibrant city of Barcelona, Spain, June 22-24, 2026. This edition brings together leading minds, dedicated researchers and passionate professionals.

Throughout the event, we will explore new perspectives, exchange knowledge and strengthen collaborations that drive our field forward. We encourage you to take full advantage of the sessions, discussions and networking opportunities prepared for you. Your contributions, experiences and insights are what make this conference meaningful and impactful.

The Scientific Committee looks forward to meeting you, learning from your work and supporting the connections and ideas that will emerge over the coming days. We wish you a productive and inspiring conference experience, as well as an enjoyable stay in this remarkable city. May you find time both for professional growth and for discovering the cultural richness around you.

Thank you for your participation and enthusiasm. Enjoy the conference!

Welcome Message



Girish Momaya

Stichting Maharishi European Research University,
Netherlands

On behalf of the Scientific Committee,

I'd like to extend a warm welcome to you at the "9th Edition of the International Conference on Traditional Medicine and Integrative Health", which will be held in the beautiful city of Barcelona from June 22-24, 2026.

The conference will be a unique gathering of renowned scholars and researchers from various countries who have dedicated their lives to gaining wisdom and proficiency in ancient traditional medicines to provide integrative health to society. They will present this invaluable knowledge and practice, which has stood the test of time and remains equally relevant in the present scientific age, to empower people to prevent diseases and live a healthy, happy, long life.

We, the Scientific Committee members, eagerly anticipate your arrival at this wonderful Conference. We hope you enjoy your time at this global event. We also encourage you to take some time to explore and experience the beauty of Barcelona, a city known for its unique architecture and vibrant Catalan culture.

Welcome Message



Iuliana Vintila

University "Dunarea de Jos" Galati/Global Harmonization
Initiative Nutrition WG Chair, Romania

On behalf of the Scientific Committee,

I take great pleasure in welcoming you to our "9th edition of the International Conference on Traditional Medicine and Integrative Health", June 22-24, 2026, Barcelona. The theme of Traditional Med-2026 international conference, "Traditional medicine and integrative health", creates a collaborative scientific forum for addressing global health challenges and advancing dietary research. I invite you to join us in our international conference to take advantage of this great scientific opportunity of exchanging knowledge and sharing your significant scientific insights with all participants including young and senior researchers, scientists, clinicians and academicians.

Welcome Message



John Downes

Life University, United States

On behalf of the Organizing Committee,

I am delighted to invite you to the "9th edition of the International Conference on Traditional Medicine and Integrative Health", taking place June 22–24, 2026, in Barcelona, Spain. This year's theme, "Health for All: Using Traditional Methods in Today's Healthcare", brings together global experts to share insights, foster collaboration, and explore innovative solutions for holistic health care.

We look forward to welcoming you to Barcelona for an enriching experience of learning, networking, and cultural exchange. Your participation will help shape the dialogue on advancing integrative health worldwide.

Welcome Message



Martine Negro

Nature Care College, Australia

On behalf of the Scientific Committee,

I take great pleasure in welcoming you to the "9th edition of the International Conference on Traditional Medicine and Integrative Health", in the beautiful city of Barcelona in Spain. The theme of this year's conference is "Health for All: Using Traditional Methods in Today's Healthcare," connecting traditional healing wisdom with modern healthcare innovation.

It will focus on improving patient health and experience and expanding our understanding and abilities to embrace the new challenges of our modern world and advance the profession.

While you are here, I sincerely hope that you take the opportunity to network, learn, share and collaborate with the international experts. All of us on the Scientific Committee would take great pleasure in meeting you in person and learning more about your amazing work.

I wish you an enjoyable and productive conference. I hope you enjoy your stay in this wonderful city I was privileged to visit a few years ago and use pre- and post-conference times to enjoy the sights. We are enthusiastic about your attendance and participation. Enjoy the conference!

Welcome Message



Mary Jo Bulbrook

Akamai University, CEO, President Emeritus, Reg. Nurse,
Dean College of Integrative Health, Durham, NC, USA

The Scientific Committee for the "9th edition of the International Conference on Traditional Medicine and Integrative Health", is a winner in embracing "Health for All: Using Traditional Methods in Today's Healthcare." Our goal is focusing on improving treatment, patient health and expanding the role of nurses to add new challenges and advance a holistic innovative nursing practice spiritually guided to capture the essence of what we have to offer. Please take advantage of connecting, networking, learning, and collaborating with your peers. Have a wonderful time socializing as well and explore what Barcelona, Spain has to offer! Open fully to new possibilities that add to who you and what you do in service of others.

Welcome Message



Sunita Teckchand

The Holistic Alternatives FZ LLC, United Arab Emirates

On behalf of the Scientific Committee, it is my great pleasure and privilege to warmly welcome you to the "9th edition of the International Conference on Traditional Medicine and Integrative Health", held in the vibrant and beautiful city of Barcelona, Spain.

This year's theme, "Health for All: Using Traditional Methods in Today's Healthcare," reflects the growing importance of integrating time-honoured healing traditions with modern healthcare practices. It serves as a bridge between centuries of accumulated wisdom and contemporary scientific innovation, fostering meaningful dialogue, collaboration, and discovery.

We are delighted to bring together distinguished researchers, practitioners, educators, and healthcare professionals from around the world. This conference provides a unique platform to exchange knowledge, share expertise, and explore new perspectives that can help shape the future of integrative healthcare.

During your time here, I encourage you to take full advantage of the opportunities to network with colleagues, engage with leading experts, and showcase your valuable contributions to the field. We, the members of the Scientific Committee, look forward to meeting you personally and learning more about your work and research.

I wish you a productive, inspiring, and rewarding conference experience. I also hope you enjoy a comfortable and memorable stay in Barcelona, with its rich culture, remarkable architecture, and outstanding culinary delights.

Thank you for being part of this important gathering. We are honoured by your presence and excited about the insights and collaborations that will emerge over the coming days.

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About Magnus Group

About

Magnus Group, a distinguished scientific event organizer, has been at the forefront of fostering knowledge exchange and collaboration since its inception in 2015. With a steadfast commitment to the ethos of Share, receive, grow, Magnus Group has successfully organized over 200 conferences spanning diverse fields, including Healthcare, Medical, Pharmaceuticals, Chemistry, Nursing, Agriculture, and Plant Sciences.

The core philosophy of Magnus Group revolves around creating dynamic platforms that facilitate the exchange of cutting-edge research, insights, and innovations within the global scientific community. By bringing together experts, scholars, and professionals from various disciplines, Magnus Group cultivates an environment conducive to intellectual discourse, networking, and interdisciplinary collaboration.

Magnus Group's unwavering dedication to organizing impactful scientific events has positioned it as a key player in the global scientific community. By adhering to the motto of Share, receive, grow, Magnus Group continues to contribute significantly to the advancement of knowledge and the development of innovative solutions in various scientific domains.

About Traditional Med 2026

About

The “**9th Edition of International Conference on Traditional Medicine and Integrative Health**” (**Traditional Med 2026**), taking place from **June 22–24, 2026** in **Barcelona, Spain** and **virtually**, will serve as a global platform for advancing interdisciplinary dialogue in integrative healthcare. Centered on the theme “*Health for All: Using Traditional Methods in Today’s Healthcare*,” the conference highlights the growing relevance of traditional healing systems within modern medical practice.

Bringing together researchers, clinicians, herbal specialists, ethnobotanists, policy experts, and cultural practitioners, the event will explore evidence-based applications of traditional medicine, including traditional Chinese medicine, naturopathy, yoga, meditation, homeopathy, and plant-based therapeutics. Through keynote presentations, scientific sessions, workshops, and collaborative discussions, participants will exchange innovative research findings, promote culturally informed healthcare approaches, and strengthen international cooperation aimed at improving patient care, preventive medicine, and global health outcomes.

About CPD Accreditation

About

Continuing Professional Development (CPD) credits are valuable for Traditional Med 2026 attendees as they provide recognition and validation of their ongoing learning and professional development. The number of CPD credits that can be earned is typically based on the number of sessions attended. You have an opportunity to avail **1 CPD credit for each hour of Attendance.**

Some benefits of CPD credits include:

Career advancement: CPD credits demonstrate a commitment to ongoing learning and professional development, which can enhance one's reputation and increase chances of career advancement.

Maintenance of professional credentials: Many professions require a minimum number of CPD credits to maintain their certification or license.

Increased knowledge: Attending Traditional Med 2026 and earning CPD credits can help attendees stay current with the latest developments and advancements in their field.

Networking opportunities: This conference provides opportunities for attendees to network with peers and experts, expanding their professional network and building relationships with potential collaborator.

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KEYNOTE PRESENTATIONS





Amadio Bianchi

European Yoga Federation, Italy

Biography: Amadio Bianchi is the Founder of the World Yoga and Ayurveda Community, President of the World Movement for Yoga and Ayurveda, of the European Yoga Federation, of the International School of Yoga and Ayurveda C.Y. Surya, Vice President of the International Yog Confederation of New Delhi, a Founding member of the European Ayurveda Association, Advisor of the United Consciousness Global, Member of Global Council of Hindu Leaders, National Coordinator for Italy of the Hindu Acarya Saba. In January

2014 in Dubai for an important international conference, Bianchi was awarded the title of Ambassador of Yoga and Ayurveda. Amadio Bianchi operated in Italy, India, Greece, France, Latvia, Lithuania, Slovenia, Spain, Switzerland, Croatia, Portugal, Argentina, Romania, Poland, Brazil, Bulgaria, Germany, U.S.A., Slovakia etc. Bianchi is often present in major congresses as a speaker. Bianchi has numerous books dedicated to yoga and Ayurvedic disciplines are widespread and used in many schools and associations.

Health in our current civilization

The aim of Ayurveda, like that of yoga, is to free humanity from the identification of subject and object through discrimination. This identification, among other things, has, in practice, also caused significant damage to public health. Today, as was demonstrated at a conference where the results of authoritative statistics revealing disturbing data were examined, the majority of people are ill and therefore unhappy. This high percentage, of course, includes all ailments, from the most serious to the most minor, as even these can produce a state of pathological distress adverse to well-being and happiness. From this assumption, therefore, it follows that humanity currently finds itself "globalized" in its malaise.



Angela Sanda Tudor

Romanian TCM Society, Romania

Biography: Angela Sanda Tudor graduated in 1986 with a Medical Doctor degree from UMF Targu Mures, Romania. Ten years later, in 1996, Angela completed her specialization in acupuncture at the National Center for Health Training in Bucharest, Romania. By 2002, Angela had further advanced her medical career by becoming a Family Medicine Specialist, certified by the Ministry of Health in Bucharest, Romania. In 2007, Angela received a certificate qualifying her as an acupuncture teacher from the National Center for Health

Training, Bucharest. In terms of professional memberships, Angela served as the Vice President of the Romanian Society of Acupuncture from 2006 to 2008, and in 2008, Angela was appointed as the President of the Romanian Society of Traditional Chinese Medicine. Additionally, in 2016, she took on the role of Director of the Complementary Medicine Department at the Romania Medical Association.

The importance of integrating Traditional Chinese Medicine (TCM) with conventional medicine in the diagnosis and treatment of physical and mental exhaustion due to excess or lack of professional activity

The purpose of the discussion is to create bridges of connection and understanding between ancient TCM concepts and the findings of modern medicine. The approach is made in the firm belief that it has become absolutely necessary for allopathic physicians to acquire a minimum amount of TCM diagnostic knowledge. Burn-out and bore-out syndromes are the consequence and reflection of realities of the modern world. They demonstrated that after a while, the emotional stress can cause organic diseases. Direct link between signs and symptoms of a specific organ and persistence of an emotion can be achieved only by Traditional Chinese Medicine diagnostic methods. That's why the most effective treatment must be chosen from the therapeutic arsenal of TCM.

Keywords: Burn-Out, Bore-Out, Emotional Causes-Pathologic Changes of Organes, Integration, TCM, Conventional Medicine.



Anton Keppel

EATCM Austria, Austria

Biography: Anton Keppel has been a doctor for 44 years and has devoted himself to acupuncture for more than 20 years. Pulse-controlled acupuncture (according to Nogier) is at the centre of his work and has motivated him to continue his education. This further training includes areas such as frequency-based ear acupuncture and laser medicine. Keppel lecturing activities in German-speaking countries and related publications led to him being awarded a doctorate in TCM from the Swiss TCM University in Bad Zurzach in 2023.

The further development of frequency auriculomedicine

Over the last 20 years, there has been a rapid increase in knowledge about the interaction of laser frequencies, psychological and somatic points in the field of auriculomedicine. All meridian frequencies, extraordinary vessels, somatic body points such as large and small joints, anti-frequencies, as well as the superordinate energy meridian according to Prof. Bahr and many others have been repeatedly tested and verified. This has opened up a wide range of possibilities in both diagnostic and therapeutic terms, which have a positive effect on all diseases, including carcinoma. In the following, all important frequency groups are discussed, which are all found by means of the dynamic pulse reflex via certain points (e.g. point of health, Yin Tang, KG 9 and LG 20) and are used accordingly. After determining the organ to be treated with the associated psychological blockage point and a pair of cardinal points, a memory point can be found and stimulated. Finally, an active point on the energy meridian with a frequency of 136.1Hz is sought and the corresponding flower with instructions for use is given to the patient. A new, important energetic reference point has also been verified (according to DDr. Manfred Reininger), namely the "moving qi between the kidneys". Starting from the life frequency of 36Hz, corresponding resonance can be found at octave intervals (=doubling) from 72Hz to 4608Hz, and pathogenic qi can be dissipated or qi built up by means of organ pairing and cardinal point pairs. This technique has proven effective for all lumbar complaints and significantly improves the conservative therapeutic spectrum. The frequency therapy approach will be significantly improved in the coming years and will become indispensable in the medicine of the future.



Prof. Dr. Habil Bernd Blobel FACMI, FACHI, FHL7, FEFMI, FIAHSI

University of Regensburg, Medical Faculty, Regensburg, Germany

Charles University Prague, First Medical Faculty, Prague, Czech Republic

Faculty European Campus Rottal-Inn, Deggendorf Institute of Technology, Deggendorf, Germany

University of Genoa, DIBRIS, Genoa, Italy

Biography: Dr. Bernd Blobel received a multi-disciplinary education, covering mathematics, physics, systems engineering, electronics, medicine, informatics and medical informatics, including habilitations in medicine and informatics. He was Head of the Institute for Biometrics and Medical Informatics at the University of Magdeburg,

and thereafter Head of the Health Telematics Project Group at the Fraunhofer IIS in Erlangen. Thereafter, he acted until his retirement as Head of the German National eHealth Competence Center at the University of Regensburg. Dr. Bernd was leadingly involved in many countries health digitalization as well as electronic health record strategy. He was and is still engaged in international standardization at ISO, CEN, HL7, OMG, IEEE etc. Furthermore, he still engaged in international higher education. He is Fellow of several international academies.

Enabling knowledge-driven communication and cooperation in intelligent and ethical transformed health ecosystems

For meeting the financial, quality and safety challenges as well as expectations of the patients, health and social care systems around the globe currently undergo a transformation towards Personalized, Preventive, Predictive, Participative Precision Medicine (5PM), supported by technology. It considers individual health status, conditions, genetic and genomic dispositions in personal social, occupational, environmental and behavioral context. For enabling the necessary communication and cooperation between all ecosystem actors, we shall understand and formally and consistently represent the multidisciplinary, highly complex and dynamic 5PM ecosystem at the required level of granularity from the perspective of all actors from different domains including the subject of care, using different methodologies, knowledge, language and experiences. Thereby, they have to advance from data to knowledge focus. The solution is a system-theoretical, architecture-centered, ontology-based and policy-driven approach, developed by the author over the last 30 years and meanwhile standardized as ISO 23903 Interoperability and Integration Reference Architecture. The approach has been defined as mandatory for any specification or project at ISO, CEN, IEEE, etc., addressing more than one domain. The Keynote introduces the underlying principles and methodologies including relevant standards for designing and managing intelligent and ethical 5P medicine ecosystems as well as practical examples.



Prof. Bruno Renzi

Maharishi College for Perfect Health International,
Netherlands

Biography: Dr. Bruno Renzi holds a Degree in Medicine and Surgery with a specialization in Psychiatry and has served as Former First Level Manager at the Department of Mental Health, Hospital–University Centre L. Sacco, Psychiatry I. Also served as Former Responsible for the Centre for Integrated Psycho-somatic and Functional Medicine–Psychiatry I, Former Responsible for the Smoking Cessation Center at Hospital–University Centre L. Sacco, and Former Coordinator of the Stress-Related Disorders Center at Hospital–University Centre L. Sacco, Psychiatry II. Served as Professor a.c. in Psychiatric

Rehabilitation General I at Psychiatry II, Polo Universitario L. Sacco, and as a Lecturer at Maharishi Ayurvedic University. In 1982, completed a stage at the Cathexis Institute, Oakland, California, focusing on rehabilitative treatment of patients with schizophrenia using reparenting methodology. Between 1984 and 1985, completed full-time internship assignments at Maharishi International University, Iowa, USA; Natural Law University, Washington, USA; and Gujarat Ayurvedic University, Jamnagar, India, studying integration between the basic principles of traditional medicine and neuroscience. In 1985, inaugurated eight centers of Ayurvedic Medicine and conducted courses on prevention and health education in multiple locations including Honolulu (Hawaii), San Diego, Orange County, Los Angeles, Santa Barbara (USA), and Victoria, Vancouver, and Edmonton (Canada). Served as President of the Italian Society of Maharishi Ayurveda from 2003 to 2006 and, since 2008, has been responsible for teaching the three-year course for Maharishi Ayurveda doctors. Became a Provisional Trainer in Neuro-Linguistic Programming at the NLP Institute, Italy in 1991 and completed an Advanced Ayurvedic Course for Physicians in Psychiatric Diseases in 1991 at Maharishi Ayurveda International, Laag Soeren, Holland. Is a Psychotherapist oriented in Transactional Analysis and has completed eight years of personal developmental training. Holds a Master's in Neuro-Linguistic Programming, a Master's in Hypnosis from the Bandler and Grinder Association, and a Master's in Hypnosis from the Academy of Coach. Dr. Bruno has been involved in previous teaching at AMIA (Italian Antiaging Medical Association) since 2007 and has delivered numerous lectures in regional and para-university structures. Currently serves as Responsible for Maharishi Ayurveda in Italy, Director of the Maharishi Ayurveda Health and Prevention Center in Milan, Responsible for the creation of the Maharishi College for Perfect Health in Italy, and Co-Director of Maharishi College for Perfect Health International in Vlodrop, Holland.

The mind in Maharishi Ayurveda

In the tradition of Vedic Knowledge, Consciousness is not a dimension consequent to the peculiar phylogenetic development of the human being, nor is it a configuration that emerges in relation to the organization of the Central Nervous System, but it is considered, on the contrary, a basic dimension of nature. It is an original nucleus at the base of existence, “a

vast and unlimited unified field that originates and pervades every phenomenon expressed in nature.” (Maharishi Mahesh Yogi, 1966).

Experience teaches us that the Self has already existed for a long time and is more ancient than the ego, which represents the secret spiritus rector or guiding spirit of our destiny.

Therefore, like every other archetype, it cannot be located, confined within the area of ego consciousness, but it behaves as if it were an atmosphere surrounding man without well-defined spatial or temporal limits... (C.G. Jung).

Within the vision of the mind in Vedic Science, the author highlights the importance of crucial preconceptional quantum factors that make up the “olographic memory”, that morphogenetic field which, at the level of DNA, determines temperamental phenotypical expression, and the existential project of the individual within a well-defined flow of consciousness.



Elizabeta Popova Ramova

MIT University Skopje, Republic of North Macedonia

Biography: Elizabeta Popova Ramova is a Doctor of medical sciences and a specialist in Physical medicine and Rehabilitation. Elizabeta works as a professor at the College for medical cosmetology and physiotherapy at present, with 17 years of experience as an educator for physiotherapists at a few universities. Elizabeta is a member of ISPRM, Cochrane rehabilitation and International Reha Forum. Elizabeta has published more than 255 publications in PM&Reha, physiotherapy and cosmetology. Research Interests:

Spine deformity, pain management, osteoporosis, alternative medical methods based on science, rehabilitation, exercise, health & wellness.

Treatment with pneumo massage-cupping as evidence-based medicine therapy

Guided by the experience over the centuries, shared through Internet communication, and the use of medical databases, I will create a habit for you to use alternative methods according to scientific experiences, indications, contraindications and scientifically guided evaluations of their effectiveness. Venuses have been traditionally used by many peoples around the world for more than 2 millennia. The development of technology today replaces the classic glass cups with plastic ones, although they are also used. The cupping is applied in a modern way, while the bloodletting treatment requires strictly aseptic conditions. There are papers that confirm the effect of this method on pain, limitations in movement, improvement of circulation and reduction of blood pressure. There are also the papers that precisely defined the contraindications, which are mainly the same as those we use in conventional medicine when applying heat, namely blood diseases, tendency to bleed, venous thrombosis and acute specific diseases. Cupping is traditionally used in our spaces, and the fact that conventional medicine accepts them is encouraging. It is worth mentioning that PM manual therapies may have great potential for being applied as immediate interventions under urgent conditions of urticaria and angioedema to increase the survival and recovery rate in patients. Future experimental and clinical efforts could be spent on PM research and then applied in emergency medicine. As a general conclusion, we would state that the application of cups increases the local circulation at the application site by raising the temperature. The effects have a prolonged effect on pain, and wet bandages can be used in urgent anaphylaxis conditions when medical treatment is difficult or impossible, but also in chronic allergic

conditions. As an alternative method, it can be used by knowing the exact contraindications for its application, looking at each patient individually.

Keywords: Cupping Massage, Conventional Medicine Guide.



Dr. Gene Bruno, DBM, MS, RH(AHG)

Chief Scientific Officer, Nutraland, USA

Biography: Gene Bruno doctorate is in botanical medicine (DBM) from National University of Medical Sciences (USA), his Master of Health Science (MHS) in herbal medicine from University of New England (Australia) and his Master of Science (MS) in nutrition from Huntington University of Health Sciences (USA). Dr. Bruno is the Chief Scientific Officer for Nutraland USA, and Professor Emeritus of Nutraceuticals Sciences with Huntington University of Health Sciences. He has written hundreds of articles for trade and scientific

journals, and written textbook chapters on nutraceutical science related topics. He also hosts “The Vitamin Professor” and “The Bioactive Nexus” podcasts.

Akkermansia muciniphila 001 (AKK001™) postbiotic for body morphology and metabolic indicators in an overweight population: A randomized, controlled trial

A 90-day randomized, placebo-controlled intervention study was conducted to examine the differences in body morphology, metabolic indicators, liver and kidney function and thyroid function of 60 overweight and obese people after 1 month and 3 months of intervention with one capsule daily containing 1.5×10^{10} TFU pasteurized *Akkermansia muciniphila* 001 postbiotic (AKK001™) and an undisclosed amount of amount of butyrate (tributylin), compared with the placebo-control group. Results were that one and three months after intervention, the intervention group showed statistically significant differences ($P < 0.05$) compared to the control group in weight, body fat percentage, BMI, waist circumference, hip circumference, abdominal subcutaneous fat thickness, abdominal visceral fat thickness, glucose, total cholesterol, triglycerides, HDL-cholesterol, LDL-cholesterol, and insulin, as well as ALT, AST, total bilirubin, creatinine and urea nitrogen, thyroid-stimulating hormone, free triiodothyronine and free thyroxine. In conclusion, a pasteurized *Akkermansia muciniphila* 001 postbiotic product was effective for improving anthropometric measures, body morphology, metabolic indicators as well as liver, kidney and thyroid function.



Dr. Girish Momaya

Director, Stichting Maharishi European Research University, MERU, Station 24, 6063 NP Vlodrop, Netherlands

Biography: Dr. Momaya is a director of Maharishi European Research University, a Dutch foundation providing training and services in education, Ayurveda health care, and social well-being. Dr. Momaya is a director at the International Maharishi Ayurveda Foundation in the Netherlands. This global organisation serves as a platform to integrate and bring all aspects of Ayurveda into the mainstream. Furthermore, he is also a director at Maharishi AyurVeda Europe B.V., a Dutch company that manufactures and distributes herbal health

food supplements. Dr. Momaya spent many years working under the guidance of Maharishi Mahesh Yogi, the great scientist of consciousness and the founder of the Transcendental Meditation programme. Has received extensive education and training in all aspects of Vedic Science under Maharishi's guidance.

Pure consciousness and lifestyle practices in Ayurveda- Positive epigenetic transformations

Ancient texts of Ayurveda, such as Charak Samhita and Sushrut Samhita, describe the essence of life as a continuum of consciousness. It is defined as the essence of the self, *Atma*, that is at the basis of all our perceiving, knowing, experiencing, and interacting. It forms the basis of all physiological structures and functions. It is the essence that continues through our waking, dreaming and sleeping states of consciousness.

Vedic Sciences, such as Ayurveda, Yoga, and Vedanta, describe this state as *Samadhi* or a State of Yoga. It is experienced as the field of pure consciousness, *Atma* (Self), or *Samadhi*. This is a natural state of consciousness and is a tangible and experienceable phenomenon. This is the state of Yoga—a state of perfect wholeness, balance and harmony.

Maharishi Mahesh Yogi's Vedic Science teaches the simple, effortless technique of Transcendental Meditation, allowing the mind to settle easily and effortlessly into progressively more refined levels of thinking, until it experiences its quietest state at the source of thought. This is experienced as a pure internal awareness that is calm, wakeful, and relaxed.

During Transcendental Meditation, research on the EEG brainwave shows enhanced brainwave coherence across multiple frequency bands, affecting all regions of the brain, which

contributes to improved mental calmness, emotional stability, and cognitive functioning. This is interpreted as the brain entering a highly integrated state. This is distinctly different from EEG activity in the normal waking state, where EEG activity can be disorganised.

This state of coherent consciousness starts to behave as a field with its profound harmonising effect. We can compare this phenomenon to an iron bar being transformed into a magnet when its molecules become coherent and align in North-South directions. Or scattered photons of normal light get aligned, and the light transforms its quality into laser light.

The holistic effect of consciousness, combined with the preventive lifestyle practices of Ayurveda, has a transformative impact on gene expression at the physiological level. Reduce harmful stress, inflammation, and cardiovascular risk at the genetic level. Boost immune defence and slow cellular ageing.



Iuliana Vintila

Department of Food Science, Food Engineering, Biotechnology and Aquaculture, University “Dunarea de Jos” Galati, Romania

Biography: Vintila Iuliana is actually Associate Professor, PhD in Food Science and Engineering. Iuliana is author of 23 books and book chapters in international and national publishing houses (Elsevier, Wiley, Lambert, etc.), first author and co-author for 19 articles in ISI journals and relevant ISI proceedings, 107 BDI scientific papers indexed in recognized international databases, articles presented in national & international conferences and published articles revues. Also, member of prestigious international organization

such European Federation of Food Science and Technology (2009), Co-Chair (since 2013) and Chair (since 2022) of Nutrition WG in Global Harmonization Initiative, International Society of Food Engineering (2010), Balkan Environmental Association (2008), Global Environmental Standard (GES) Community of Interest (2011), European Academy for Education and Social Research (2012). Vintila Iuliana acts as international projects Expert for European Science Foundation, Eurostar Program, EC «Expert area in the Participant Portal» and «Connecting Europe Facility», Horizon Europe Program, EU TAIEX, COST, EACEA, Erasmus Mundus (2010). She is Guest Associate Editor and Research Topic Editor for “Frontiers in Food Science and Technology”, Regional Editor “Advance Journal of Food Science and Technology”, Academic Editor “European Journal of Nutrition & Food Safety”, Editorial Board Member SciEdTech, Editorial Board Member “African Journal of Water Conservation and Sustainability”, “EC Nutrition” Editorial Board, Editorial board “Clinical Journal of Nutrition and Dietetics”, Editorial Board “Discoveries in Food Technology and Nutrition Sciences”, etc.

Harmonization of nutrition claims in medical catering

The nutrition claims regarding the medical catering products formulation need to be easy-to-understand by the final consumer and to reflect the reality of the catering production system which is different from a classical food industrial routine of production. The harmonization of nutrition claims in all global catering industry, especially in medical catering, need to be science-based on proved evidences well-accepted by the global scientific community and taken in consideration by the policy makers in order to create a fair global market of catering products and convenience ingredients.



Dr. John Downes

Life University, United States

Biography: Dr. John Downes serves as Vice President for Global Initiatives at Life University, where he leads strategic partnerships and international programs to advance chiropractic education and global health initiatives. With extensive experience in academic leadership and cross-cultural collaboration, Dr. Downes has played a pivotal role in expanding Life University's presence worldwide, fostering educational innovation, and supporting the development of chiropractic programs across diverse regions. His work emphasizes

building sustainable global networks that promote excellence in health sciences and holistic care.

Functional integration of chiropractic into the traditional medicine paradigm

Healthcare is undergoing a profound transformation—shifting toward integrative, collaborative, and patient-centered models of care. Chiropractic, once positioned on the periphery of traditional medicine, is now increasingly recognized as a vital contributor to musculoskeletal health, nervous system function, and whole-person wellness.

This keynote will highlight the growing body of evidence supporting chiropractic's integration into the traditional medical paradigm. Research demonstrates that incorporating chiropractic into interdisciplinary care models can lead to reductions in opioid use, improvements in functional outcomes, cost savings, and enhanced patient satisfaction. Beyond musculoskeletal management, chiropractic contributes to preventive care, rehabilitation, and performance optimization, expanding its role within population health strategies.

At the same time, this presentation will cast a vision for the future of healthcare in which chiropractors, physicians, and allied health providers collaborate seamlessly in hospitals, primary care clinics, and sports medicine teams. Emphasis will be placed on communication pathways, coordinated care strategies, and interprofessional education that foster trust and alignment across disciplines.

By reframing chiropractic not as an alternative, but as an essential partner within the medical continuum, this keynote will challenge healthcare leaders to embrace functional integration as a pathway to improved outcomes, greater efficiency, and a more resilient, patient-centered healthcare system.



Kenneth R. Pelletier PhD, MD

Clinical Professor of Medicine, Department of Medicine, Department of Family & Community Medicine, Department of Psychiatry, University of California School of Medicine, San Francisco, United States of America

Biography: Kenneth R. Pelletier, PhD, MD is a Clinical Professor of Medicine, Department of Medicine; Department of Family and Community Medicine; and Department of Psychiatry at the University of California School of Medicine, San Francisco (UCSF). At the UCSF School of Medicine, he is Director of the Corporate Health Improvement Program (CHIP) which is a research program between CHIP and 15 of the Fortune 500 corporations including Apple, Cisco, American Airlines, IBM, Dow, Prudential, Cummins, Ford, NASA, and

Pepsico. Kenneth R. Pelletier also serves as a Vice President with American Specialty Health (ASH).

Change your genes-change your life: Sorting the hope from hype of human longevity

Biology is no longer destiny. Our DNA doesn't determine our health and disease prospects, as geneticists once believed. According to the new science of epigenetics, the vast majority of our genes are fluid and dynamic-and their expression is shaped by what we think and what we do. Our genetic profile may signal an inherited vulnerability to a disease, but our choices and behaviors determine whether these genes will be switched on or off. Each of us can influence our genes to create optimal health and longevity. Dr. Pelletier will discuss the latest epigenetic research, including progress on the \$101 Million X Prize, and share timely media coverage including details of the "Blue Zone" communities around the world and its potential impact on science. He will also cite the cutting-edge technologies that will forever change the landscape of optimal aging and longevity. We encourage you to attend and to engage with Dr. Pelletier in learning how to incorporate these new findings into your own lives.



Kevin KF Ng, MD, PhD

Former Associate Professor of Medicine, University of Miami, MD
Natural Care LLC, USA

Biography: Dr. Kevin KF Ng, a distinguished pharmacologist, began his career in Singapore in 1962. His early research uncovered emetine's neuronal blocking effects, earning him an MD in 1967. Working with Nobel Laureate Sir John R. Vane, he discovered angiotensin-converting enzyme (ACE) in the lungs and an ACE inhibitor in snake venom, paving the way for drugs like captopril. Dr. Kevin received his PhD from the University of London in 1968. After moving to the U.S. in 1981, he conducted over 150 clinical trials.

Since 2008, he has focused on "Food as Medicine," exploring phytochemicals' roles in pain relief and disease prevention.

Rationale for an adaptogenic diet

Modern humans live in a biological environment our ancestors never faced—constant oxidative stress, chronic inflammation, metabolic overload, circadian disruption, and emotional stress that collectively exceed the body's natural adaptive capacity. Traditional diets supply calories and nutrients, but they do not activate the deeper cellular pathways responsible for resilience. An adaptogenic diet is introduced to address this gap.

An adaptogenic diet is not merely "healthy eating." It is a strategic nutritional framework designed to strengthen the body's adaptive defense network—Nrf2, FOXO, AMPK, autophagy, mitochondrial biogenesis, HPA-axis stability, microbiome balance, and inflammation-resolution. These pathways govern how well the body tolerates stress, repairs damage, and maintains youthful function.

Why it is Needed: Adaptogenic foods—cruciferous vegetables, berries, herbs, spices, teas, omega-3 sources, and medicinal mushrooms—act as molecular signals. Their polyphenols, glucosinolates, terpenoids, and flavonoids gently stimulate cellular hormesis, upregulating endogenous antioxidant enzymes while suppressing excessive inflammation. This dual modulation is crucial in an era where oxidative and inflammatory pressures are constant.

With Age, Core Protective Pathways Decline: Nrf2 activity weakens, autophagy slows, mitochondrial efficiency drops, and telomerase activity decreases. Adaptogenic foods counter these trajectories by activating gene programs that enhance detoxification, energy production, DNA repair, and immune balance. They transform food from passive nourishment into active biochemical instruction.

Moreover, adaptogenic nutrition supports metabolic flexibility—the ability to switch between glucose and fat as fuel—by stabilizing AMPK and mTOR rhythms and improving insulin sensitivity. This reduces the risk of metabolic syndrome, fatty liver, and cardiovascular disease.

Consequences of Not Adopting an Adaptogenic Diet

When adaptogenic foods are absent, the consequences accumulate silently:

- Oxidative stress rises, overwhelming weakened endogenous defenses and accelerating aging.
- Chronic low-grade inflammation (inflammaging) persists, elevating IL-6, TNF- α , and CRP, and driving chronic disease.
- Mitochondrial function declines, leading to fatigue, cognitive slowing, and poor stress recovery.
- Metabolic flexibility is lost, increasing insulin resistance, weight gain, and postprandial inflammation.
- The HPA axis becomes dysregulated, contributing to sleep disturbance, anxiety, and cortisol overload.
- Inflammation-resolution weakens, prolonging pain, swelling, and immune dysregulation.
- Biological aging accelerates, as Nrf2, FOXO, TERT, and autophagy pathways remain under-activated.

In short, a non-adaptogenic diet leaves the body operating with diminished resilience, reduced repair capacity, and greater vulnerability to chronic disease and early aging.

The Core Insight

In a high-stress world, nutrition must become adaptive—not just nourishing—to preserve vitality, resilience, and healthy longevity. The adaptogenic diet answers this need by engaging the body's built-in defense systems, supporting both immediate stress tolerance and long-term biological youth.



Laure Le Corroller Dr. & Master Sha, World Renown Healer, Speaker, Author, Tao Grandmaster, and Humanitarian

Founder of Universal Soul Service Corporation and Love Peace Harmony foundation, Toronto, Canada

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

since then. She offers free introductions, workshops, courses on intuitive development, spiritual channels, soul wisdom & healing, Tao wisdom & healing.

Shen medicine using tao healing arts for chronic and life-threatening conditions

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

He founded Soul Mind Body Medicine by combining the essence of western medicine with ancient Tao wisdom. He applies the Universal Law of Shen Qi Jing: "Heal the soul first, healing of the heart, mind and body will follow". A powerful information system to help bring transformation. He created Tao Science, in collaboration with Dr. Rulin Xiu, bridging science and spirituality at a fundamental level, and he contributed to the culmination of quantum physics scientists work on the Grand Unification Theory.

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

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

Laure Le Corroller trained with Dr. & Master Sha for 15yr, and is now one of his leading teachers. People testimonials are Dr. & Master Sha technique's report card. Many reported transformations in health, relationships, and more. There is no promise of result or any guarantee. Soul Medicine is not a replacement of modern medicine or traditional Chinese medicine, but it can complement powerfully through the power of guided meditation in a powerful transformative field.

Soul Medicine with Tao transformative field is empowering everyone to reconnect with the power of the soul. Soul is the warehouse of information that goes through the emotional body, mental body and physical body.

Beyond Mindfulness: Soulfulness. Soul can make things happen.



Lothar Pirc

Founder & CEO, Maharishi Ayurveda Health Center, Bad Ems, Germany

Director, International Maharishi Ayurveda Foundation, Vlodrop, Station 24, The Netherlands

Professor of Practice, Dr. D. Y. Patil Vidyapeeth, Centre for Online Learning, Sant Tukaram Nagar, Pimpri, Pune-411018, Maharashtra, India

Biography: Lothar Pirc has dedicated his life to the study and global promotion of Vedic knowledge. For many years, he worked closely with Maharishi Mahesh Yogi, who revitalized and systematized this ancient tradition in a scientific framework. Since 1984, Mr. Pirc has focused intensively on Ayurveda, the Vedic system of natural

healthcare. A certified teacher of Transcendental Meditation (TM) since 1978, he has personally instructed several thousand individuals. In 1992, together with his wife, Dr. Karin Pirc, he founded the Maharishi Ayurveda Health Centre in Bad Ems, Germany. The clinic has treated over 30,000 patients and received multiple national and international awards for excellence in holistic medicine. Mr. Pirc is a founder and board member of several key organizations, including the International Maharishi Ayurveda Foundation (Netherlands) and ADAVED, the Ayurveda umbrella association in Germany. He also established the Foundation for the Promotion of Vedic Heritage, which supports 90 Pandit schools in Nepal. As an internationally recognized speaker, he regularly presents at conferences on Ayurveda and Vedic science. He serves as a Professor of Practice at Dr. D. Y. Patil Vidyapeeth (DPU) in Pune, India, where he has taught approximately 12,000 students through the Centre for Online Learning. Mr. Pirc has received numerous international awards in recognition of his decades of dedicated service to holistic healthcare and his efforts to promote Ayurveda as a comprehensive, integrative medical system.

Maharishi Ayurveda: Reviving the ancient science of life for modern healthcare - A consciousness-based approach to disease prevention, rejuvenation, and collective health

Ayurveda, meaning “science of life,” is one of the world’s most ancient holistic healthcare systems. Revived in its full and authentic form by Maharishi Mahesh Yogi in the late 20th century, Maharishi Ayurveda offers a consciousness-based approach that addresses disease prevention, rejuvenation, and the promotion of individual and collective health.

Objective: This paper aims to present the core principles, preventive methodologies, and public health implications of Maharishi Ayurveda, highlighting its relevance for modern healthcare systems.

Methods: The approach of Maharishi Ayurveda is rooted in restoring natural balance within four domains: Mind, body, behavior, and environment. Diagnostic and treatment methods focus on early identification of imbalances, particularly through pulse diagnosis—a technique that detects disorders before physical symptoms manifest. Therapeutic strategies include individualized herbal formulations, Panchakarma detoxification, dietary and seasonal routines, Yoga, and Transcendental Meditation. Panchakarma, in particular, is a gentle purification method known to remove fat-soluble toxins such as pesticides.

Results: Research on Maharishi Ayurveda has shown improvements in sleep quality, brain coherence, stress reduction, vitality, and immune function. These outcomes indicate its effectiveness in both preventing and reversing disease processes. Furthermore, studies suggest that group practice of consciousness-based techniques can yield measurable benefits in collective health, supporting its applicability in public health policy.

Conclusion: Maharishi Ayurveda represents a scientifically validated, cost-effective, and holistic healthcare model. Unlike conventional medicine, which typically detects disease at later stages, this system facilitates earlier intervention without negative side effects. Its integrative approach restores balance to the fundamental regulatory principles of physiology—the three Doshas: Vata, Pitta, and Kapha. By aligning individual health with natural law, Maharishi Ayurveda promotes longevity, mental clarity, emotional resilience, and societal well-being. Given its depth, clinical potential, and sustainability, it merits serious consideration by healthcare policymakers and institutions worldwide.

Keywords: Maharishi Ayurveda, Consciousness-Based Healthcare, Disease Prevention, Panchakarma.



Martine M.L. Negro

Nature Care College, NSW Sydney, Australia

Biography: Martine Negro is an Australian energetic health practitioner, author, and educator with over 40 years of experience in oriental medicine and mind-body health. As a senior trainer at Nature Care College in Sydney and co-founder of its Energetic Healing Diploma, Martine mentors clients to actively engage in their healing journey using acupuncture, EFT, imagery, and stress management. She promotes a shift from “disease care” to genuine health care through energetic intelligence—helping people decode

symptoms and build resilience. Author of *Hacking the Wellbeing Code through Energetic Intelligence*, Martine regularly speaks at international conferences, inspiring others to live with peace, joy, and vitality.

Healing beyond borders: A holistic approach to human and planetary health

Health is no longer a concept confined to the human body—it is an interconnected system that includes the well-being of our planet. Human health and Earth’s health cannot be separated, and this understanding signals a paradigm shift in how society approaches wellness. This presentation introduces a holistic framework that redefines health by integrating ecological and personal dimensions.

We will explore the essential components of health and outline three practical strategies to stay well or recover when illness occurs. Healing, in this context, is not just a physical process but a transformational journey that involves mind, body, and environment. Alongside conventional medicine, there are numerous underused and accessible “medicines” that can empower individuals and communities—ranging from lifestyle interventions to nature-based solutions.

However, two underestimated drivers of disease in the modern world demand urgent attention: Environmental degradation and lifestyle-related stressors. Addressing these root causes is critical for sustainable health outcomes. Decades of escalating pollution have profoundly impacted human health, contributing to chronic conditions and reducing resilience. Ignoring this link between planetary health and human health is no longer an option.

This session advocates for a comprehensive, forward-thinking approach that combines ecological responsibility with personal well-being. By embracing preventive strategies, diverse healing modalities, and transformative thinking, we can create a sustainable health model that benefits both humanity and the earth. The time for this shift is now—because healing the planet and healing ourselves are part of the same story.



Mary Elizabeth Wakefield* L. Ac, M.S, M.M; Michel Angelo M.F.A, C.T.M

Chi-Akra Center for Ageless Aging, New York, NY, USA

Biography: Mary Elizabeth Wakefield L. Ac., M. S., M. M., is an internationally recognized author of the book, *Constitutional Facial Acupuncture* (Elsevier UK, 2014). She is an acclaimed teacher, an acupuncturist, herbalist, Acutonics® and Zen Shiatsu practitioner, cranio-sacral therapist and a professional opera singer. Mary Elizabeth is acknowledged to be a leading international authority on facial acupuncture, and has created 22 educational seminars that present her unique philosophy and treatment protocols. For her

contributions as a teacher, author and practitioner of her own system of facial acupuncture, Mary Elizabeth was selected for the prestigious publication Marquis Who's Who in America.

An introduction to alchemical facial acupuncture: “Sparking the Shen”

Facial acupuncture offers to the prospective patient and practitioner a practical approach to the treatment of the visible signs of aging. In its engagement with the psycho-emotional landscape of the face, it also presents the potential for patients to experience a profound transformation, not only of their faces, but in their lives.

The revitalization of the face through facial acupuncture treatments provides the practitioner with unmistakable outward evidence of changes occurring within our patients. The face, the most emotive part of the body, provides eloquent testimony as to the benefits of healthy aging.

The purpose of alchemy, one of the most venerable spiritual technologies, is to liberate the spirit from matter; in Taoist alchemical practices, the practitioner seeks to promote longevity, even immortality. In the context of what we can refer to as “facial” alchemy, facial and constitutional needling liberates Shen spirit from within the body, which manifests as increased radiance in the face. The face thereby provides a “window” into the alchemical retort, allowing us to witness the transformative process as it takes place. We refer to this process as “sparking” the Shen.



Dr. Mary Jo Bulbrook

Akamai University, CEO, President Emeritus, Reg. Nurse,
Dean College of Integrative Health, Durham, NC, USA

Biography: Dr. Bulbrook is an internationally renowned master teacher, practitioner, spiritual/medical intuitive, mystic, shaman, co-creative healing medium, expert energy specialist, health care professional and psychotherapist with over 50+ years practicing, teaching energy based family care worldwide. Dr. Bulbrook has worked extensively with traditional healers from South Africa, Australia, New Zealand, & Peru blending their wisdom in her spiritually guided life's work. Currently Dr. Bulbrook is President

Akamai University and Dean, College of Integrative Health, combining science, spirituality, family focused health care and energy therapies. Dr. Bulbrook is a specialist in psychiatric mental health nursing and a family psychotherapist capturing Virginia Satir's process for "Becoming More Fully Human" innovated Family Care Model of Communication.

Restore hope – Promote healing worldwide: Holistic family care to achieve wellness for all

Step up! Step out! Step forward! Innovations in health care are needed now to deal with the worldwide crisis impacting all—physically, emotionally, mentally, spiritually, financially, culturally, environmentally and holistically for all nations, worldwide. Hands on care and caring are needed now to slow the intense melting of hope to deal with the worldwide crises we are all facing as individuals, family members, caretakers, health care professional and organizations. All must be served from the energy of love and light vs. self-serving agendas!

My heart cries out in desperation as I witness in the USA the abuse of power and democracy-killing nurses and poets who come forward to protect the democratic approach to stepping up, stepping out and stepping forward to offer a peaceful way of providing Wellness for All. As a member of the American Holistic Nurses Association Practice Committee at our Jan. 28, 2026 meeting the outrage and call for action by nurses to collaborative planning to support a revolution of innovations in academia, health care industry to change the trajectory of pain, suffering, abuse and self-serving agendas spearheaded by money agendas. My presentation will provide action taken per submission and over the coming months. May the energy of caring for all inspired through meditative practice ignite wisdom throughout the world now and going forward. Tools to achieve that goal will be provided.



Professor Dr. Mohammad Kamil

Director General Lotus Holistic Institute Abu Dhabi, UAE

Biography: Professor Dr. Mohammad Kamil, M.Sc.; M.Phil.; Ph.D.; D.Sc.; Chartered Chemist (U.K.) and Fellow Royal Society of Chemistry (London), has worked in various capacities. As In-charge Drug Standardization lab. CCRUM, Ministry of Health-India, Associate Professor at Hamdard University, India; Professor & Head Department of Pharmacognostic Science, Zayed Complex for Herbal Research & Traditional. Medicine, Ministry of Health, UAE (1996-2010); Head TCAM Research at Department of Health,

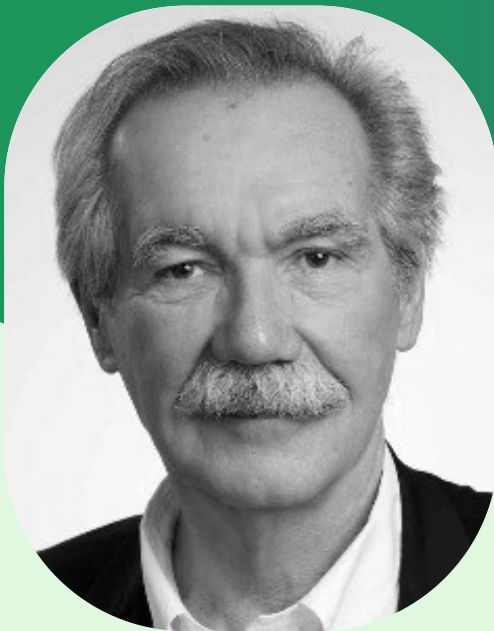
Abu Dhabi (2010-2020). Dr. Mohammad Presently working as Director General, Lotus Holistic Healthcare Institute, Abu Dhabi, UAE since 2021. Dr. Mohammad is heading the Scientific Committee for the Sheikh Zayed International TCAM Awards. Recipient of many honours and awards lastly received Sheikh Zayed International Award in Traditional Herbal Research in 2020. Produced 20 Ph. D. and M.Phil. students besides guiding a huge number of M. Sc. dissertations and 40 Interns. More than 700 research papers.

Role of natural products in obesity prevention - Pros and cons

Since the World Health Organization (WHO) described obesity as an epidemic hazard worldwide, incidence has increased at an alarming rate and is becoming a major public health concern. Natural products play an important role, especially in the pharmaceutical industry. Besides medicament, plants have always been a common source of food and nutrition, either as such or as dietary supplements. The unique nutrient richness of every whole, natural food can be showcased in a variety of ways.

Many herbs and natural products are significant in the treatment of obesity through bulk-producing activity that produces a sense of fullness, thereby reducing appetite. Fibers act by slowing the movement of food and acidic fluid from the stomach to the intestines. They may help people with duodenal ulcers by reducing the exposure of the small intestine to stomach acids. Dietary fibers lower cholesterol, reduce elevated blood levels of triglycerides, and protect against cancer and digestive disorders. Polyphenols, terpenoids, and steroids play an important role in obesity prevention. An example of a natural appetite suppressant is *Hoodia gordonii*. It regulates appetite and significantly reduces calorie intake, and boosts weight loss. Natural (-)-Hydroxycitric Acid (HCA) from *Garcinia cambogia* is a potential natural appetite suppressant.

In this talk, the anti-obesity potential of diverse plants such as *Aloe vera*, *Camellia sinensis*, *Hibiscus sabdariffa*, *Hypericum perforatum*, *Phaseolus vulgaris*, *Capsicum annum*, *Rosmarinus officinalis*, *Citrus limon*, *Punica granatum*, and some other common plants will be discussed. Also, the adulteration of anti-obesity pharmaceutical drugs in herbal dietary supplements will be dealt with in detail to save the community's health.



Robert Kempenich

AREMA, France

Biography: Dr. MD Robert Kempenich is a physician specialist in general medicine with a University Diploma in Oncology, a University Diploma in “Medicine, Meditation and Neurosciences,” a Diploma from the French School of Homeopathy, and a University Certificate in “HIV Infection.” Dr. Robert serves as the President of AREMA (Association for Research and Teaching in Anthroposophic Medicine) and is a member of the Board of Directors of GETCOP (Evaluation Group for Complementary Therapies and Innovative

Practices) as well as the SNMHF (French National Union of Homeopathic Doctors). Dr. Robert is also a former member of the Board of Directors of the IVAA (International Federation of Anthroposophic Medical Associations), a former member of the advisory board of the European CAMbrella project, and a former President of the ECPM (European Council of Doctors for Plurality in Medicine).

Presentation of anthroposophic medicine

Anthroposophic medicine is an integrative, multi-professional medical system which emerged in Europe in 1920 and is now widespread throughout the world. It is taught in several universities (reference to the "criteria for training in anthroposophic medicine" published by the WHO in 2023), and is practiced in 12 hospitals and private practices. It is based on a specific image of the human being and nature, of disease and therapy, and on solid pre-clinical and clinical research into the quality, safety, efficacy and cost of its treatments (HTA).

Anthroposophic medicine proposes a broadening of the art of healing. It expands conventional medicine with a holistic vision of the human being and nature, of illness and treatment, based on scientific investigation of the supra-sensible aspects of the human being and nature. In addition to specific drug therapies, it also offers non-drug treatments (biographical work and psychotherapy, art therapy, eurythmy, etc.) which involve the active participation of the patient.

As a conclusion, anthroposophic medicine, with its integrative approach based on an innovative scientific approach to the human being and nature, offers a multi-modal therapeutic approach which should open up new perspectives for the healthcare system.

Keywords: Anthroposophic Medicine, Integrative Medicine, The Whole Human Being.



Shu-Yuan Chen*, Guan-Jhong Huang

China Medical University, Taiwan

Biography: Shu-Yuan Chen was dedicated to integrating Eastern and Western academic paradigms to explore innovative pathways in predictive medicine. She earned her Master's degree in Fine Arts from the Complutense University of Madrid (1996), establishing a foundation for transdisciplinary thinking. In recent years, her focus has turned toward merging life sciences with traditional wisdom, completing a Master's in Applied I-Ching Studies at Weixin Shengjiao College in Taiwan (2023) and another in Food Nutrition and Health

Biotechnology at Asia University in Taiwan (2024). Currently pursuing a Ph.D. in Pharmacy at China Medical University, her research integrates dynamic models from I-Ching, Feng Shui, and religious energy systems with empirical approaches in herbal and nutritional sciences. The ultimate goal is to develop a personalized, time-sensitive health risk early-warning system—scientifically advancing the traditional Chinese concept of “preventive treatment of disease” and demonstrating the potential of cross-cultural knowledge integration.

The convergence of traditional I Ching studies and modern predictive medicine: From fate hexagrams to life cycle for early warning of disease risk

This study proposes an innovative "Early warning model for Qi strength and weakness pattern". It integrates the traditional I Ching hexagrams (static constitution) with the astrological concept of the Twelve Stages of Life (dynamic Qi movement) from numerology to predict an individual's susceptibility to diseases at critical turning points in their life cycle. While disease prevention in conventional traditional medicine is often limited to a static assessment of body constitution, this proposed model incorporates the dynamic dimension of time. Methodologically, the person's static fate hexagram is first calculated to determine their inherent five element dominant energetic field. Subsequently, by aligning the life cycle with the Twelve Stages of Life (including 長生 Chángshēng (Birth), 帝旺 Dìwàng (Climax), 病 Bìng (Sickness), 入墓 Rùmù (Storage), 絕 Jué (Demise), etc.), the model precisely defines the degree of Qi strength and weakness in their annual earthly branches. This study examines the dynamic interactions—mutual generation, mutual conquest, and comparison—between the five-element changes during the passing years and the inherent five elements present in the corresponding hexagram.

The core of the model lies in quantifying the resulting degree of five-element Qi imbalance and connect it to the physiological functions of the Zàng-Fu organs, emotional tendencies, and corresponding diseases (e.g., Qi +stagnation in the liver, fire excess in the heart, excess of humidity in the spleen).

This research aims to provide a preventative tool for TCM's core principle of "treating the disease before it manifests" (治未病 Zhì Wèi Bìng), one that is specific to the individual, precise in its timing, and quantifiable in its assessment of Qi strength. This significantly deepens the application potential of traditional medicine within the field of integrative health.

The results are expected to accurately identify the most vulnerable Zàng-Fu organs and disease types when an individual enters critical junctures such as adolescence, mid-life crisis, or menopause. Beyond offering precise, time-and organ-specific preventative advice, this model provides integrative medicine's philosophy with a quantifiable tool that carries cultural depth and practical value, thereby elevating the application and scientific rigor of traditional medicine in modern preventive healthcare.

Keywords: I Ching Fate Hexagrams, Twelve Stages of Life, Qi Vigor-Decline Dynamic Model, Five-Element Imbalance, Predictive Medicine, Integrative Health.



Sunita Teckchand

The Holistic Alternatives FZ LLC, United Arab Emirates

Biography: Sunita Teckchand completed her clinical aromatherapy education in 1998 from Hong Kong, and presently lives and works in Dubai, UAE. Sunita is the owner and principal tutor of The Holistic Alternatives, where she teaches the IFPA accredited curriculum on a digital platform. Sunita also markets her own brand of essential oils 'eSSensuals'. Sunita has personally tutored and mentored students that have graduated on to become successful therapeutic massage therapists and clinical aromatherapists. Sunita has been interviewed

on radio, television and magazines. Sunita has published several articles. Currently, she is a member and an external examiner for IFPA (the International Federation of Professional Aromatherapists) and a member of NAHA (National Association of Holistic Aromatherapists). Sunita has also written a chapter in a book 'She is Remarkable' which was published in February 2023 and is a best seller.

Fibromyalgia – The role of aromatherapy and alternative medicine

Fibromyalgia is a chronic pain disorder characterized by widespread musculoskeletal pain, extreme fatigue, sleep deprivation and unfortunately cognitive dysfunction. Although its exact cause remains unclear, it is certainly associated with abnormal central nervous system processing that amplifies pain perception.

Conventional treatment approaches primarily focus on symptom management through medications, physiotherapy, and lifestyle modifications.

In recent years, there has been a growing interest in complementary and alternative therapies, particularly aromatherapy and holistic medicine, as supportive approaches to managing fibromyalgia symptoms.

Aromatherapy which involves the use of essential oils such as lavender, peppermint, chamomile has shown to promote relaxation, reduce stress and improve sleep quality. These effects may indirectly alleviate pain and enhance overall well-being.

Similarly, alternative medicine practices including acupuncture, yoga, meditation and herbal therapy aim to address both the physical and psychological aspects of this condition. These therapies focus on reducing stress, improving body awareness and restoring balance. This presentation explores the effectiveness of aromatherapy and other alternative medicines in

managing fibromyalgia, highlighting their potential as complementary approaches alongside conventional treatment. While these therapies are not cures, they offer promising benefits in improving quality of life for individuals living with fibromyalgia.



Sweta Vikram

CEO-Founder NimmiLife, LLC, United States

Biography: Sweta Vikram is an award-winning entrepreneur, Ayurvedic Doctor, certified grief coach, trauma-informed yoga teacher, adjunct professor, and international speaker based in New York City. A bestselling author of 15 books and Founder of NimmiLife, her work bridges traditional wisdom with modern wellbeing, focusing on resilience, burnout, grief, nervous system regulation, and sustainable leadership. Sweta has facilitated workshops and talks for global audiences, integrating Ayurveda, mindfulness, and

evidence-informed wellness practices into practical, accessible strategies for everyday life. Sweta's work has been featured in major media outlets including The New York Times, NPR, and NBC.

Grief without a funeral: How unresolved loss drives chronic illness

Grief is often narrowly understood as a response to death, yet many individuals silently carry unresolved losses that are never formally acknowledged or mourned. The loss of identity, health, relationships, stability, or anticipated life paths can create what may be described as “grief without a funeral”—an invisible emotional burden frequently overlooked in both clinical and wellness settings. Emerging research across integrative medicine, neuroscience, and psychophysiology suggests that unresolved grief can significantly influence long-term physical and psychological health.

In this keynote, Sweta Vikram—an Ayurvedic doctor, certified grief coach, trauma-informed yoga teacher, international speaker, adjunct professor, award-winning entrepreneur, and author of 15 books—explores grief through an integrative and culturally informed lens. Drawing from Ayurvedic wisdom, modern medical understanding, and lived clinical observations, she examines how disenfranchised grief—losses society does not openly validate—can dysregulate the nervous system, impair sleep and digestion, increase inflammatory burden, and contribute to chronic stress-related illness.

Attendees will gain a deeper understanding of how unresolved emotional experiences often manifest physically through burnout, anxiety, fatigue, metabolic imbalance, immune dysfunction, and persistent health concerns. The session also explores how hidden grief silently shapes resilience, behavior, leadership, and overall quality of life.

In addition to theory, this keynote offers practical, culturally sensitive, and clinically relevant approaches to recognizing and addressing hidden grief within patient care and wellness practices. By reframing grief as both a physiological and systemic experience—not solely an emotional one—this talk highlights a critical and often overlooked link between emotional health, chronic illness, prevention, and healing.



Zhenhuan Liu

Nanhai Maternity and Children Hospital, Affiliated to Guangzhou University of Chinese Medicine, China

Biography: Zhenhuan Liu professor of pediatrics, Pediatric acupuncturist Ph.D. tutor. Has been engaged in pediatric clinical and child rehabilitation for 40 years. Led the rehabilitation team to treat more than 40,000 cases of children with intellectual disability, cerebral palsy and autism from China and more than 20 countries, more than 26800 childrens deformity returned to school and society and became self-sufficient. The rehabilitation effect ranks the international advanced level. Vice-chairman of Rehabilitation

professional committee children with cerebral palsy, World Federation of Chinese Medicine Societies. Visiting Professor of Chinese University of Hong Kong in recent 10 years. Zhenhuan is most famous pediatric neurological and rehabilitation specialists in integrated traditional Chinese and Western medicine in China. Has edited 20 books. Has published 300 papers in international and Chinese medical journals.

Painless scalp electroacupuncture therapy for Autism Spectrum Disorders (ASD)

Background: Autism Spectrum Disorders (ASD) are a series of neurodevelopmental disorders characterized by social disorders, rigid behaviors and narrow interests. The World Health Organization (WHO) estimates that the prevalence of ASD has been increasing over the past 50 years. With one in 48 children, ASD has become a global public health problem. Currently, there is no effective drug treatment for children with ASD, and there is no effective medical treatment. Education of these ASD children by special education methods alone has a poor outcome, with 75% of ASD children failing to achieve normal or cure. And 80% of ASD children suffer from mental retardation, ADHD, epilepsy, emotional sleep disorders and so on. It can cause pain and suffering for ASD children and their parents. The effects may persist into adulthood.

Objective: The purpose of this study was to investigate the effect of scalp acupuncture of painless therapy on core symptoms, quality of life and communication ability of children with ASD. Our team conducted a controlled study of scalp acupuncture therapy in 198 children diagnosed with ASD. The clinical diagnostic criteria of children with ASD who were selected for met the DSM-5 criteria. Each child and parent signed an informed consent form.

Methods: 198 children with ASD were randomly divided into two groups. One group 89 cases received painless scalp electroacupuncture therapy and the other group 89 cases received Pediatrics rehabilitation care and special education for 6 months. Clinical evaluation methods were ATEC, ABC,CARS and Gesell developmental scales. Pre-and post-treatment assessments were performed. The age of the two groups was 3-7 years old, and the gender, degree of illness, comorbidities, family education and rearing methods, course of disease and other factors were statistically analyzed. There was no significant difference between the two groups, and there was a certain comparability between the two groups. Painless scalp electroacupuncture therapy method, acupuncture and precise scalp surface projection in functional language area of cerebral cortex were selected for scalp acupuncture. Broca and Wennicken area were simultaneously stimulated by acupuncture. Painless scalp acupuncture is performed every other day. After Painless scalp acupuncture acupuncture, electrical acupuncture was given to stimulate the language area for 15 minutes, every 10 times of acupuncture, rest for 15 days. A second clinical evaluation was conducted 6 months after painless scalp acupuncture.

Results: The improvement of core symptoms in the painless scalp electroacupuncture treatment group was better than that in the control group. The initial clinical improvement was in abnormal visual communication, improvement of sleep and mood, and the following clinical effects were alleviation of rigid behavior, improvement of attention, and improvement of verbal and social communication ability. Assessment of these scales reflects a gradual improvement in these core symptoms. But these changes were not significant in the control group.

Conclusion: The research results showed that painless scalp acupuncture therapy could significantly improve the core symptoms of ASD children, such as extreme loneliness, eye contact disorder, language repetition, compulsive agreement, and indifference, significantly regulate the abnormal EEG of ASD children, and positively promote the cognitive level of low-functioning ASD children. The clinical efficacy of the treatment of ASD was not closely related to age. Painless scalp electroacupuncture can be used as an effective supplement and alternative medicine therapy in the clinical treatment of ASD. The popularization and application of painless scalp acupuncture therapy can improve the quality of life of ASD children and reduce the economic burden of society and family.

Since 2004, Nanhai Women's and Children's Hospital Affiliated to Guangzhou University of Chinese Medicine has applied our original pediatric neurorehabilitation scalp acupuncture therapy to treat ASD and achieved good clinical efficacy. In order to further promote the application, our research group obtained the exact clinical effect confirmed by scientific evaluation through the clinical validation study and clinical follow-up of 1000 cases of ASD. We also receive pediatricians from all over the world who come to our hospital in China to study head acupuncture therapy for ASD. Doctors and rehabilitation therapists from Switzerland, Australia, the United States, Germany, Egypt, Russia, Kazakhstan and other countries have come to our hospital to study the clinical application of head acupuncture therapy in ASD.

Keywords: Autism Spectrum Disorder, Electroacupuncture, Scalp, Painless.

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TRADITIONAL
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ORAL PRESENTATIONS





Dr. Aditi Bhinda^{1*}, Dr. Prastuti Jaiswal¹,
Dr. Komal Yadav², Dr. Isha Thakur³

¹Dr. Madan Pratap Khutenta Homoeopathic Medical College, Hospital and Research Centre, Jaipur, India, Govt. Shri Durgaji Homoeopathic Medical college and Hospital, Azamgarh, India

²Dr. Madan Pratap Khutenta Homoeopathic Medical College, Hospital and Research Centre, Jaipur, India

³Parul Institute of Homoeopathy and Research, Parul University, Vadodara, India

Homoeopathic treatment of Lichen Simplex Chronicus (LSC): A case report

Introduction: Lichen Simplex Chronicus (LSC) also known as neurodermatitis, is a skin condition which is considered a localized lichenification along with severe itching that lasts long and is an extension of atopic eczema. Conventional management focuses on symptom control only without preventing recurrences, resulting in great patient dissatisfaction. Moving towards a promising solution this case study assesses neurodermatitis treatment with homoeopathy.

Aim: The aim of this case report is to evaluate the role of Homoeopathic medicine, Sepia succus 200C, in achieving remission and preventing recurrence in a patient with LSC.

Patients and Methods: A 60-year-old male patient presented with complaints of dry, papular lesions as shown in image (a) and (c) since 1.5 years suggesting LSC. Case was treated using an individualized approach using a homoeopathic remedy. Sepia succus 200C was prescribed after appropriate assessment of patient features and patient's clinical conditions. Patient showed gradual improvement in his condition after 4 months and then in 8 months no episodes of relapse were recorded. Modified Naranjo criteria (MONARCH) was used as an assessment tool to track clinical developments after the medicine was given.

Results: Patient was presented with gradual changes in lesions on the skin, as well as peeling accompanied by some signs, and at the end of 4 months, the complications resolved and his skin appeared clear with all symptoms gone as shown in image (b) and (d). The clinical evaluations performed during next 8 months did not display any symptoms for recurrence as well.

Conclusions: This case report demonstrates the efficacy of Homoeopathy in treating LSC, wherein Sepia succus was used as an individualized Homoeopathic remedy, yielding significant beneficial outcomes. Hence it is concluded that, Homoeopathy, as a holistic approach in this case study, indicates an efficient treatment method for LSC.

Images



Biography

Dr. Aditi Bhinda is an Assistant Professor in the Department of Homoeopathic Materia Medica at Dr. Madan Pratap Khutenta Homoeopathic Medical College, Hospital & Research Centre, Jaipur. With over five years of experience as a clinician, teacher, and researcher, Dr. Bhinda holds a BHMS and an MD in Homoeopathy and is currently pursuing her Ph.D. from Homoeopathy University, Jaipur. Her key interests lie in dermatological conditions, case-based research, and holistic healing. Dr. Bhinda actively contributes to evidence-based homoeopathic practice and has presented at national and international conferences, remaining committed to advancing homoeopathic education and research through continuous learning.



Adrijana Todeska MD

Specialist for Traditional Chinese Medicine, and Rehabilitation, QI HOLISTIC, Skopje Macedonia, Republic of North Macedonia

Combination of acupuncture, moxibustion and breathing techniques against panic attacks and anxiety

Panic attacks and anxiety disorders are among the most widespread psychological conditions globally, significantly affecting quality of life. The combination of acupuncture, moxibustion, and breathing techniques offers a holistic, non-pharmacological strategy aimed at regulating physiological and emotional imbalances. This presentation is based on the theoretical background and practical integration of these three modalities as a complementary approach for anxiety management. The synergistic application of acupuncture for energetic regulation, moxibustion for vitality enhancement, and breathing techniques for autonomic control may restore homeostasis between the body and mind. The conceptual foundation of the method, practical applications, and observed benefits, concluding that this integrative model provides a valuable adjunct to conventional anxiety treatment, are all in this presentation.

Keywords: Acupuncture, Moxibustion, Breathing Techniques, Anxiety, Panic Attacks, Traditional Chinese Medicine, Integrative Therapy, Mental Health Regulation.

Biography

Adrijana Todeska was born on October 26, 1981, in Prilep, Republic of Macedonia and currently lives and works in Skopje. Has graduated with a Doctor of Medicine degree from the Medical University in Sofia, Bulgaria, in 2004 and served as an assistant during her studies. In 2006, Adrijana specialized in Traditional Chinese Medicine in the People's Republic of China. Since then, has been running her own holistic center in Skopje, where she and her team practice Traditional Chinese Medicine and Physiotherapy, treating more than 80 patients daily. In 2022, Adrijana Todeska obtained her master's degree from the Medical University in Plovdiv,

Bulgaria, focusing on "Rehabilitation, Wellness, and Spa and Bath Treatment." She is currently pursuing her Ph.D. at the Medical University in Sofia with a thesis titled "Kinesitherapy and Acupuncture in Disc Disease." In addition to her clinical work, Adrijana is actively involved in education, serving as a lecturer for online Traditional Chinese Medicine courses in Bulgaria.



Amrita Sharma

GRDU, India

Mantra Chikitsa and vibrational medicine: Reintegrating Ayurvedic sound therapy into contemporary biomedical science

Sound has been recognized across civilizations as a therapeutic modality influencing physiological, psychological, and environmental processes. In Ayurveda, *Mantra Chikitsa* (sound-based therapy) is described as a specialized healing approach rooted in vibrational principles, with classical texts such as the Sushruta Samhita identifying mastery of mantra (*Mantra Kovida*) as a professional qualification for physicians, and the Sama Veda systematizing tonal precision in primordial chants. This review critically evaluates the theoretical foundations, classical references, experimental evidence, and translational potential of Mantra Chikitsa within an integrative biomedical framework. Drawing upon classical Ayurvedic literature, contemporary music therapy research, neurophysiological studies, and experimental investigations on sound-induced cellular and systemic modulation, the analysis explores conceptual correlations with systems biology and resonance models, while maintaining interpretive caution regarding quantum theoretical extrapolations such as Bell's Theorem proposed by John S. Bell. Preliminary in vitro findings suggest modulation of cancer cell proliferation following exposure to Vedic chanting, and clinical trials in music therapy demonstrate improvements in neurodevelopmental, psychiatric, and stress-related conditions. Neuroimaging studies of mantra chanting reveal autonomic and limbic regulation, supporting biological plausibility. Collectively, the evidence indicates that Mantra Chikitsa represents a historically grounded yet scientifically underexplored modality, warranting rigorous interdisciplinary research to establish standardized sound-based interventions within preventive and integrative medicine.

Keywords: Mantra Chikitsa, Vibrational Medicine, Ayurveda, Sound Therapy, Neurophysiology, Music Therapy, Acoustic Resonance, Integrative Medicine, Systems Biology.

Biography

Dr. Amrita Sharma did her Bachelors in Ayurvedic medicine and surgery (BAMS) and MD (Ayurvedic Materia medica). Her interest in studies took her back to explore alternative medicine, acupuncture, Alternative therapies, naturopathy, and courses on food and nutrition. Later Dr. Amrita opted for MBA, in human resources. Amrita is registered with Yoga Alliance for e-500 hrs and YACEP. Has trained thousands of students from the USA, Canada, Brazil, Australia, Europe, Russia, Chile, Israel, Argentina, Bolivia, Uganda, South Africa, UAE, Dubai, Thailand, Philippines, Poland, and India has more than fifteen years of clinical and teaching experience in the field of yoga, Ayurveda and holistic healing therapies. Writing is one of her hobbies Dr. Amrita has written articles in different holistic health magazines, Amrita has contributed chapters in various books, and research articles in national and international journals. Presented papers and moderated numerous national and international conferences. Through her radio talks and podcasts, has shared her experiences, well-being tips, and lifestyle leads in day-to-day life through yoga, Ayurveda, and holistic health care. Presently, Amrita is working as an Assistant professor at Ayurvedic College, in India. Dr. Amrita is a diligent social worker and assiduous environmentalist associated with NGO's offering well-being programs for community service.



Mrs. Anandi Ravinath

PG/Masters in Biotechnology, Trustee and Meditation counsellor with Inner Light Foundation, Mumbai, Maharashtra, India

Journey into mind- DNA - Consciousness

Scientists and spiritual seekers are searching for the “Truth”. Scientists use gadgets to probe deep into the physical matrix of the manifest universe, while spiritual seekers search for answers from within oneself and use the human mind & body as the laboratory.

It is important to appreciate the science in spirituality because spiritual growth or self-liberation is a scientific process. Despite scientific advancement, the intricate workings of human brain, mind & consciousness is still a mystery.

Epigenetic changes have been attributed to various diseases in the recent past and reversal of these epigenetic changes have also been reported by various scientific studies through relaxation techniques like meditation. Thus, there is a scientific proof that stress impacts the DNA negatively, while meditation impacts the DNA positively. It is also a well-known fact that stress is felt by the mind before the physical body feels its impact; same goes with meditation where the relaxation and clarity is first felt by the mind before positive changes are noticed in the physical wellbeing. This is a clear scientific proof that mind indeed is in our DNA. Mind is closely associated with our Consciousness and so needless to say that DNA, mind and consciousness are in constant communion.

Biography

Anandi is an alumna of IIT Bombay, where she earned a Post Graduate degree in Biotechnology, who embarked on a successful decade long career in Pharma multinationals and clinical reference labs, where Anandi excelled in several roles including Marketing Management, Product Management, Market research & analysis, Brand-positioning, Bench-marking strategizing, Key-account management. Anandi has authored the book, “MIND your DNA-

Fusion of Science and Meditation, after a decade long research effort, which combined her scientific training with insights from deep meditation. Anandi explores the relationship of DNA with Mind, and offers theories on potential impact of Cosmic meditation on DNA.



Andrea Darsana

Darsana Medicina Ayurveda Integrativa, Spain

Ayurvedic monodiet as a microbiota-modulating strategy: Bridging traditional medicine and modern integrative science

In recent years, growing scientific evidence has highlighted the central role of the gut microbiota in regulating metabolic health, immune function, and neuroendocrine balance. However, many modern approaches to gut health remain reductionist, focusing on isolated interventions rather than systemic restoration.

Ayurveda, the traditional medical system of India, offers a comprehensive model centered around the concept of Agni (digestive and metabolic intelligence), which closely parallels emerging understandings of microbiota functionality and host-microbe interactions. Within this framework, the Ayurvedic monodiet represents a powerful yet underexplored therapeutic strategy.

This presentation explores the Ayurvedic monodiet as a microbiota-modulating intervention that supports digestive reset, reduces inflammatory burden, and promotes systemic homeostasis. Unlike conventional “detox” trends or restrictive fasting protocols, the monodiet provides nourishment while facilitating metabolic efficiency, microbial balance, and improved gut-brain communication.

Drawing from both traditional Ayurvedic principles and contemporary insights in microbiome science, this integrative model highlights how simplified, digestible, and rhythm-based nutrition can positively influence microbial diversity, intestinal permeability, and metabolic signaling pathways.

Additionally, this approach addresses the psychophysiological dimension of health, recognizing the bidirectional relationship between stress, the nervous system, and gut function. By combining dietary intervention with lifestyle regulation, the Ayurvedic monodiet offers a sustainable and clinically applicable tool for restoring internal balance.

This work aims to bridge traditional wisdom and modern science, providing a practical and evidence-informed framework for practitioners seeking holistic and effective strategies in integrative medicine.

Biography

Andrea Darsana is a pharmacist and specialist in Integrative Ayurveda with over 10 years of experience bridging traditional medicine and modern science. Andrea is the author of a book published by Planeta, holds a Master's degree in Nutritional Supplementation, and is certified under Government of India ISO standards to provide Panchakarma. Andrea is the creator of an integrative methodology focused on restoring internal balance through gut health, microbiota modulation, and metabolic regulation. Andrea work combines Ayurvedic principles with psychoneuroimmunology and nutrition, helping individuals address root causes and achieve sustainable health.



Andreia Castilho

Maharishi College of Perfect Health International, Netherlands

Maharishi ayurveda aroma therapy: A holistic approach for mental, emotional and physical health

Originating in India and introduced to the West by Maharishi Mahesh Yogi, the ancient Vedas offer natural, holistic and universal principles for health and well-being. Maharishi AyurVeda Aroma Therapy builds on this wisdom, providing a profound and effective approach to balancing the body, mind, and emotions by relieving many common health concerns of our time.

This lecture will show evidence that by awakening the body's innate self-healing mechanisms, this unique integration of ancient knowledge and modern science delivers holistic, evidence-based aroma therapy solutions. It is particularly effective for today's widespread challenges, including anxiety, depression, and panic attacks, as well as physical symptoms such as low immunity, indigestion, constipation, and chronic fatigue. At the same time, it promotes emotional stability by directly influencing the limbic system—the brain's center for emotion and memory.

Biography

Andréia Castilho with an MBA in People Management, training as Transcendental Meditation teacher and as advanced aroma therapist, as well as in several other modalities of Maharishi AyurVeda, along with extensive management experience in health-related areas such as Vedic organic agriculture, Andréia specializes in holistic therapies, following a multi-modality approach. Andréia has trained more than 400 aroma therapists from all over the world, and is the Head of the Department of Maharishi AyurVeda Aroma Therapy at the Maharishi College of Perfect Health International.



Dr. Andy Patterson

Principal of The Hippocratic Institute, United Kingdom

Artificial Intelligence (AI) in nutrigenetics

Advances in Artificial Intelligence (AI) are accelerating the evolution of nutrigenetics toward clinically actionable personalized medicine, enabling individualised dietary recommendations based on genetic variability. Nutrigenetics examines how genetic differences influence nutrient metabolism, dietary response, and disease risk, challenging the effectiveness of population-level dietary guidelines for individual care. Evidence from precision nutrition research demonstrates that genetic, metabolic, and environmental factors interact to shape dietary needs, providing a scientific rationale for individualized nutritional therapy (Ordovas et al., 2018).

AI technologies offer new capabilities for analyzing complex, high-dimensional datasets generated by genomic, dietary, and phenotypic assessments. Machine-learning approaches can identify non-linear gene-nutrient interactions, stratify individuals by metabolic response, and support adaptive nutritional recommendations that evolve over time. Within nutritional therapy practice, AI has the potential to enhance practitioner decision-making rather than replace it, supporting integrative approaches that align modern data science with traditional dietary principles and patient-centred care (Topol, 2019).

Direct-To-Consumer (DTC) genetic testing labs have increased public access to nutrigenetic information, yet these services raise concerns regarding analytic validity, clinical utility, and appropriate interpretation. Reviews of DTC nutrigenomics highlight variability in test quality, limited evidence for sustained behaviour change, and the risk of over-simplified dietary advice when genetic results are delivered without professional guidance (Guasch-Ferré et al., 2018). These limitations underscore the importance of practitioner-mediated interpretation within evidence-based nutritional therapy frameworks.

Ethical considerations are central to the responsible integration of AI into nutrigenetics. Issues of data privacy, informed consent, algorithmic bias, and equitable access must be addressed to ensure that AI-driven nutritional recommendations do not exacerbate existing health disparities. Ethical models of AI in healthcare emphasize transparency, accountability, and the preservation of human judgement in clinical decision-making (Topol, 2019). AI-enabled nutrigenetics represents a promising frontier for personalized nutrition within traditional and integrative medicine. Its successful implementation depends on rigorous scientific validation, ethical governance, and skilled practitioner involvement to translate genetic insights into safe, culturally sensitive, and effective nutritional therapy.

Keywords: Artificial Intelligence, Nutrigenetics, Personalized Medicine, Precision Nutrition, Direct-To-Consumer Genetic Testing, Ethics, Nutritional Therapy, Data Privacy.

Biography

Andy Patterson has been a natural health practitioner since 1998. He is a Doctor of Naturopathy, Medical Herbalist and Clinical Acupuncturist; an Executive member of the International Practitioners of Holistic Medicine (IPHM) and the UK Acupuncture Society (MAcS). Andy has postgraduate diplomas in Advanced Nutrition (Research & Practice), Nutritional Therapy, Translational Nutrigenomics, Functional Medicine and Homeobotanical Therapy. He has been a teacher for almost 25 years, and is Principal of the Hippocratic Institute natural medicine college. Andy is currently a doctoral student researching Nutritional Therapy Education at the University of Derby, UK.



Angela Romero

Ground Roots Health Collective, United States

The emotional load women carry and its impact on the body: From survival mode to balance

Women across the globe are experiencing rising rates of chronic stress, anxiety, burnout, sleep disturbances, digestive dysfunction, hormone imbalance, and emotional fatigue. Research suggests that women are significantly more likely than men to experience chronic stress and burnout, yet many continue to function at a high level while silently struggling with exhaustion, overwhelm, and nervous system dysregulation. Over time, survival mode can become so familiar that many women no longer recognize what it feels like to be truly calm, rested, or at ease. While modern healthcare often focuses on symptom management, traditional healing systems such as Ayurveda recognize the interconnected relationship between the mind, body, environment, and daily lived experience. This presentation explores how the emotional load many women carry can influence the nervous system, hormones, digestion, inflammation, sleep quality, and overall well being.

Through the lens of Ayurveda and integrative holistic health, attendees will examine how chronic stress, sensory overload, environmental influences, relationship dynamics, and the pressures of modern life can contribute to imbalance within the body. Special attention will be given to the role of the five senses and how daily sensory experiences may either contribute to dis-ease or support healing, resilience, and harmony. Participants will gain insight into how the body responds when stress becomes a way of life and why many women remain stuck in patterns of over-functioning, people pleasing, emotional exhaustion, and self-neglect. The presentation will also introduce three natural approaches that help support mental wellness and guide the body from chaos to calm while offering practical ways to cultivate greater balance through simple daily practices rooted in ancient wisdom. By bridging traditional Ayurvedic principles with contemporary holistic health approaches, this session offers a fresh perspective on women's wellness and provides practical inspiration for supporting nervous system regulation, emotional resilience, and whole person health.

Biography

Angela Romero is an Ayurveda & Integrative Holistic Hormone Practitioner and Herbalist based in California, USA. She completed her Ayurvedic training through the Southern California University of Health Sciences and received advanced training in hormone health, digestive health, and integrative nutrition through the Institute for Integrative Nutrition. Her Ayurvedic education includes study under classically trained Ayurvedic physicians Vaidya Anupama Kizhakkeveetil, Vaidya Jayarajan (Jay) Parla, Dr. Sivarama Prasad Vinjamury, and Vaidya Manjusha Vinjamury. Her herbal medicine studies include training through the Chestnut School of Herbal Medicine, the Southern California University of Health Sciences, the American College of Healthcare Sciences, and Dr. Judith Thompson. Angela has also studied integrative health and nutrition under Patricia Kaufman, PhD, LDN, CNS, MS, MBA, herbalist Juliet Blankespoor, and Joshua Rosenthal, founder of the Institute for Integrative Nutrition. As the founder of Ground Roots Health Collective, Angela specializes in helping women address hormone imbalances, digestive concerns, chronic stress, fatigue, inflammation, and weight-related challenges. Her work bridges ancient Eastern healing traditions with contemporary Western holistic health approaches, integrating Ayurveda, herbal medicine, nutrition, lifestyle medicine, functional wellness strategies, and laboratory-based assessments to support personalized, root-cause wellness. Through coaching programs, educational workshops, speaking engagements, and community wellness initiatives, Angela is passionate about making traditional healing practices accessible and practical for modern women. Her mission is to help women reclaim their health through ancient wisdom and modern holistic healing.



Anil Jauhri

Freelance, India

Leveraging global standards to promote traditional medicine

India has centuries old tradition of medicine—Ayurveda, yoga, unani, siddha and homeopathy are considered as traditional medicine, are given a name Ayush, have formal education and practice systems and have a dedicated Ministry to promote the sector. It is a significant part of India's healthcare ecosystem and is duly regulated as medicine globally is— products, education and practice.

In order to strengthen the sector further, the Government of India, through the Ministry of Ayush, embarked on a pioneering initiative to recognize Ayush products and services which meet global standards. The programme christened Ayush Quality Mark Programme was finally launched in Dec, 2025 by the Hon'ble Prime Minister of India.

The programme currently covers 7 sectors—Ayush Medicinal Products, Botanicals, Medicinal Plants, Hospitals/Day Care Centres/Clinics, Wellness Centres, Medical Value Travel Facilitators and Product Testing Laboratories. It is set to cover Education and Training in due course for which pathways have been identified. The programme has been housed for the time being in the Ayush Export Promotion Council (Ayushexcil).

The Working Group for developing the programme set up by the Ministry of Ayush in Jan 2025, studied the available standards and systems which could be deemed to be considered global, laid down the criteria for each of the categories of products and services generally providing multiple options for the industry to demonstrate compliance and specified the procedure for the grant of the Ayush Quality Mark. In the process, it also laid down requirements for the certifiers or accreditors, some times over and above the identified international standards or systems.

The paper describes the experiences of development of the Programme and provides an insight into the considerations that determined the choice of global standards or systems in various sectors.

Biography

Anil Jauhri has a master's degree in civil engineering from the Indian Institute of Technology, Kanpur, one of India's top most engineering schools. However his entire professional career has been in the field of standards, certification, accreditation and technical regulations across various sectors-first in the Bureau of Indian Standards (BIS), the national standards body of India, then the Export Inspection Council (EIC), the official regulator and certifying agency for exports and finally the National Accreditation Board for Certification Bodies (NABCB), India's national accreditation body and a constituent Board of the Quality Council of India (QCI) where he was the CEO from 2013 to 2019. Anil has spearheaded several certification programs in India for products, processes, management systems and personnel including those for traditional medicines, medicinal plants, traditional healers, yoga professionals and Ayurveda education. Anil Jauhri was chair of the Working Group set up by the Government of India to develop the Ayush Quality Mark Programme to recognize Ayush products and services which meet global standards and was launched in Dec, 2025. Anil continues to provide advisory services to several international and national organizations and among other things is currently a Visiting Fellow at the Research and Information Systems for Developing Countries, an official think tank.



Dr. Anita Vestal* Ph. D, Adam Lacey C. Psychol

T'ai Chi Chih Research Group, International T'ai Chi Chih
Foundation, United States

Open demonstration of T'ai Chi Chih and report of research linking the practice to mind body health

Our proposal for a hybrid session will provide both movement and brief lecture to address several conference themes including:

- Alternative and complementary medicine
- Integrative medicine in healthcare
- Mind body therapies

T'ai Chi Chih (TCC) consists of 19 movements and one pose and is taught by accredited teachers with standardized training. T'ai Chi Chih has been used as the preferred intervention for several RCT's due to its simplicity, ease of learning and standardization around the world. Studies primarily from UCLA and affiliate institutions have demonstrated significant benefits in RCTS showing shingles immunity, reduction of cellular inflammation, sleep quality, geriatric depression, decrease in sympathetic nervous system, and more.

Our intention in this session is to introduce participants to several movements and invite the group to practice with us while viewing videos of TCC teachers and students doing TCC, including seated practice for non-ambulatory participants. The movement portion will be led in person by Adam Lacey, with various TCC teachers around the world on video.

Adam will continue to lead the participatory demonstration as long as the audience is receptive to moving. Simultaneously there will be a brief oral review of the literature citing health and well-being research from TCC studies which will be given virtually with summary slides citing a literature review by virtual presenter Anita Vestal. (Marilyn Anita Vestal. T'ai Chi Chih-An Evidence-Based Mindfulness Practice: Literature Review. *Alternative and Complementary Therapies*. Aug 2017:132-138.

Biography

Anita Vestal Ph.D. is primarily an adult educator having worked for numerous universities as adjunct faculty, training specialist and author/researcher. Vestal practiced T'ai Chi Chih (TCC) since 2001, and taught it in Spanish and English in Costa Rica and the U.S. As a researcher, Dr. Vestal designed and conducted two observational studies involving TCC teachers and students investigating how practitioners relate the practice to their personal mind-body development. In addition, Vestal authored a Literature Review of all medical studies using TCC as the intervention prior to 2017. Vestal studies are available for free download on SSRN and Research Gate.



Ashot Khachatryan

New Hydrogen Technologies RPC, Yerevan, Armenia
National Academy of Sciences of the Republic of Armenia,
Yerevan, Armenia

Hydrogen medicine: A new direction in modern and alternative medicine

Modern healthcare faces the challenge of chronic and degenerative diseases, often linked to oxidative stress and cellular dysfunction. Hydrogen medicine emerges as an innovative integrative approach, bridging advanced scientific research with holistic therapeutic principles.

Active hydrogen acts as a selective antioxidant due to its minimal molecular size and high bioavailability, allowing it to penetrate cellular membranes, mitochondria, and the blood brain barrier. It neutralizes harmful reactive oxygen species while preserving essential signaling molecules, thereby reducing oxidative damage, inflammation, and supporting cellular energy metabolism.

Since establishing the world's first hydrogen medicine clinic in 1993, we have treated over 70,000 patients with chronic conditions, observing significant improvements in all cases and full recovery in over 90%. Our multimodal protocol includes hydrogen inhalations, hydrogen infusion therapy, hydrogen baths, hydrogen activated mud applications, hydrogen duodenal intubation, hydrogen colon hydrotherapy, and transplantation of hydrogen conditioned microbiota. These methods collectively enhance detoxification, tissue regeneration, and systemic homeostasis.

For daily use and prevention, we have developed and patented the first ever household hydrogen generators (electronic, 2009; metal alloy based, 2015) and the world's first dietary supplement for food hydrogenation (2018). In 2025, we launched a production facility in Armenia manufacturing the world's first hydrogen enriched foods.

Hydrogen therapy represents a safe and scientifically validated modality that aligns with the principles of both modern biomedicine and alternative medicine. It offers a practical pathway not only to extend lifespan but to promote sustained vitality, resilience, and quality of life.

Biography

Ashot Khachatryan, MD, PhD, Professor, is an Active Member of the European Academy of Natural Sciences, the New York Academy of Sciences, and the Russian Academy of Medical and Technical Sciences. Ashot is an Honorary Professor of the Oxford Academic Union and an Honored Inventor of Russia and Europe. A pioneer of the new field of hydrogen medicine, Ashot founded the world's first hydrogen medicine clinic (1993) and an international clinic network (2016). Ashot innovations include internationally patented, first-of-their-kind household hydrogen generators (electronic, 2009; metal-alloy based, 2015) and the first dietary supplement for hydrogenating food products (2018). Ashot is the author of over 60 patents, 10 monographs, and the recipient of numerous international awards and medals.



Biswajit Dash

Reader, Dept. of Panchakarma, Govt. Ayurvedic College and Hospital, Balangir, Odisha, India

An umbrella view on *Abhyanga* (Ayurvedic massage)

Abhyanga is one of the most valued therapeutic procedures described in Ayurveda. The term “Abhyanga” refers to the systematic application of warm medicated oil over the body with gentle and rhythmic strokes. It is considered an essential part of daily health maintenance as well as therapeutic care in Ayurveda, especially within Panchakarma practices.

According to Ayurvedic principles, Abhyanga helps balance the body’s doshas, particularly Vata dosha, which is associated with movement, nervous system activity, dryness, and aging. Regular oil massage nourishes the skin, muscles, joints, and deeper tissues while improving circulation and promoting relaxation. It is widely recommended for individuals experiencing stress, fatigue, insomnia, stiffness, weakness, and age-related degeneration.

The procedure generally begins with the selection of suitable medicated oils based on an individual’s body constitution and health condition. Warm oil is then gently massaged over the entire body in a synchronized manner. This process supports better absorption of herbal properties through the skin and stimulates vital energy channels. Following the massage, mild sweating or steam therapy is often advised to enhance detoxification and tissue rejuvenation.

Modern research also highlights the potential benefits of massage therapies in reducing stress hormones, improving sleep quality, enhancing blood circulation, and supporting mental well-being. In Ayurvedic practice, Abhyanga is not merely a physical massage but a holistic healing approach that integrates body, mind, and spirit.

Thus, Abhyanga serves as both a preventive and curative therapy, contributing significantly to healthy aging, improved vitality, and overall wellness when practiced regularly under proper Ayurvedic guidance.

Biography

Dr. Biswajit Dash is a distinguished Ayurveda Panchakarma specialist and academician currently serving as Reader and Head of the Department of Panchakarma at Government Ayurvedic College & Hospital, Balangir. With more than 15 years of clinical and teaching experience, Dr. Dash has developed expertise in Panchakarma therapies, Yoga, Geriatric Healthcare, and the management of Neurological Disorders. Dr. Dash has presented several research papers and participated in International and National seminars, workshops, and Continuing Medical Education (CME) programs related to Ayurveda and Panchakarma. He is also a recognized Ph.D. supervisor and examiner for different Universities.



Carmen Catalano

Carmen Ciarcia, LLC, United States

Mitigating the negative effects of MTHFR polymorphisms C677T & A1298C using the principles of the preservation of Jing according to TCM

According to current research, between 30-50% of the population has some form of polymorphism of the MTHFR gene. This gene is mainly responsible for the methylation of folate and B12. The mutations of MTHFR are the source of numerous health conditions seen today in the general population. Although these diseases were virtually unknown in the past, the current state of food production and consequent diets have contributed to the explosion of conditions such as type 2 diabetes, Alzheimer's disease, hypertension, Cardiovascular events, depression, and many more. The ancient wisdom of TCM has linked poor lifestyle and poor dietary choices to the depletion of post-natal jing, as well as the reduction of pre-natal jing, shortening life span. Many herbs had been discovered, as well as dietary/lifestyle choices, to counteract the loss of jing, and protect and preserve precious pre-natal jing. Ultimately, although pre-natal jing is essentially immutable, it is possible to protect it, and prevent chronic disease from developing through lifestyle and smart food choices aimed at preventing the disease state.

Biography

Carmen Catalano is a 1999 graduate of The New York College for Health Professions, in NY, where she received a Master Degree in Oriental Medicine. Carmen has diplomate status in Oriental Medicine and is certified in medical micro-needling for facial rejuvenation. Carmen holds a Master of Music from the University of Connecticut and has been in private practice in Cromwell, CT since 1999. Carmen serves on the medical staff of Hartford Healthcare, Hartford, CT as clinician at the Chase Family Movement Disorder Clinic, a part of the Ayer Neuroscience

Institute. Carmen is a preceptor in family medicine at Middlesex Health, Middletown, CT, working with family medicine MD and DO residents, and is vice-president of the National Guild of Acupuncture and Oriental Medicine. Carmen was a presenter in 2025 at the 2nd International Conference on Traditional & Modern Medicine in London, speaking about the Chinese Medicine concept of Jing and its relationship to the gut microbiome. Carmen specializes in pain management for a variety of conditions.



Cecile Ellert

Subtil Academy, United States

Essential oils, meridians & quantum fields: The future of aromatherapy was always ancient

Aromatherapy is among the oldest documented healing practices, with evidence of essential oil use spanning ancient Egyptian, Chinese, Ayurvedic, and Greek medical traditions. Despite millennia of empirical application, its mechanisms have long been framed in reductionist terms—isolated active molecules, receptor binding, and biochemical pathways. Yet a deeper reading of traditional systems reveals that practitioners were consistently working with dimensions of healing that transcend the purely biochemical: Energetic resonance, informational transfer, and the interaction between aromatic compounds and the whole human field. Contemporary quantum biology—including research on quantum coherence in photosynthesis, avian magnetoreception, and the vibrational theory of olfaction—now provides a scientific language to revisit these observations.

Objective: This presentation proposes a cross-paradigm framework that bridges traditional aromatherapy, Traditional Chinese Medicine (TCM), and emerging quantum biology—arguing that the future of integrative aromatherapy does not represent a departure from its roots, but rather the formal articulation of what traditional systems always intuited: That healing operates simultaneously at molecular, energetic, and informational levels.

Approach: Drawing on over 20 years of clinical practice combining essential oils with TCM principles—including meridian-based application protocols and the use of symbolic diagnostic tools (oracle card systems) as informational interfaces—this presentation traces the historical continuity of aromatherapy across civilizations and maps it onto current understanding of quantum biological processes. Essential oil molecules are examined not only as pharmacological agents but as quantum-scale messengers capable of influencing coherence patterns within biological systems. Clinical cases illustrating the synergy between

aromatic medicine, meridian theory, and subtle diagnostic approaches are presented to ground the framework in observed outcomes.

Results: Clinical observations across a diverse client population demonstrate consistent and reproducible outcomes when essential oils are applied within a TCM-informed, multi-level framework-including improvements in stress-related presentations, emotional regulation, and systemic imbalances as defined by TCM diagnostics. The integration of informational tools (oracle cards) as a projective and resonance-based assessment method has shown utility in enhancing therapeutic focus and patient engagement, consistent with principles of mind-body coherence.

Conclusion: The ancient roots of aromatherapy were never merely empirical-they were quantum- intuitive. As integrative medicine seeks to build evidence-informed bridges between traditional wisdom and modern science, aromatherapy stands as a particularly compelling model: A practice whose tools (volatile aromatic molecules) operate at the threshold between matter and field, and whose traditional frameworks (TCM, energetic medicine) anticipated the multi-level complexity that quantum biology is only beginning to formalize. This presentation invites the integrative health community to reconceive traditional aromatherapy not as a historical artifact, but as a living, evolving system at the frontier of next-generation medicine.

Biography

Dr. Cécile Ellert is a Franco-American holistic aromatherapist, author, educator, and researcher holding a Ph.D. in quantum healing therapy applied to aromatherapy. Founder of AromaSoulTherapy and International Director for the National Association for Holistic Aromatherapy (NAHA), Dr. Ellert is a pioneer in bridging traditional aromatic medicine, Traditional Chinese Medicine, and quantum biology. Currently completing studies in Sustainability at MIT, Dr. Ellert advocates for essential oils as a transformative tool at the frontier of integrative and preventive healthcare.



Chenchen Sun*, Mei Hong

China Institute for History of Medicine and Medical Literature,
China Academy of Chinese Medical Sciences, Beijing, China

“Bawraq Armānī” in the huihui yaofang: Provenance labels and material identity in a silk road ophthalmic prescription

Alkaline substances played an important role in premodern ophthalmic therapies, yet their names, material identities, and therapeutic applications often changed during cross-cultural transmission. This paper focuses on an ophthalmic prescription in the Yuan-period huihui yaofang 回回药方, a Chinese medical text translated and compiled from Arabic-Persian medical sources. The prescription treats a fistula-like lesion at the canthus and records a key ingredient transcribed in Chinese as “Bola yi A’ermani” 博刺亦阿而马尼, here interpreted as bawraq Armānī. By examining this term, the paper explores how alkaline drugs were transmitted, renamed, and materially reinterpreted across Arabic, Ayurvedic, and Chinese medical traditions.

In Arabic pharmacology, bawraq could denote borax, but it was also used more broadly for alkaline salts and mineral substances. From Avicenna’s Canon of Medicine onward, “Armenian borax” became a recognized category. However, this name should not be read simply as a mineralogical indication of provenance. Compared with better-attested premodern sources of borax in Tibet, northern India, and Persian saline regions, “Armenia” may have functioned as a geographical or qualitative label, or as a marker associated with circulation through Caucasian and northwestern Iranian trade networks.

The Huihui Yaofang prescription further complicates this identification. The text describes the drug as an “alkali from the Armenian region,” a phrase that may refer either to a provenance label or to alkaline substances obtained from saline soil. It is mixed with ash water made from Western acorn tree and fig tree, together with the urine of a young boy, for external application. This suggests that the material identity of bawraq Armānī in this prescription should not be

reduced to purified borax crystals. At the same time, the use of plant ash water resonates with Ayurvedic methods of preparing kṣāra through burning, lixiviation, filtration, and concentration of plant ash. Chinese materia medica also records shifting identities of mineral and plant-derived alkalis, especially in relation to lujian 鹵碱 and shijian 石碱.

This paper argues that bawraq Armānī in the Huihui Yaofang reveals the complex interaction between drug names, provenance labels, material substances, and therapeutic techniques in Silk Road medical exchange. The case demonstrates that the transmission of traditional medicine was not merely the movement of drugs, but a process of translation, substitution, and material reclassification.

Keywords: Huihui Yaofang, Bawraq Armānī, Borax, Alkaline Drugs, Traditional Ophthalmology, Silk Road, Materia Medica.

Biography

Chenchen Sun is a PhD candidate at the China Institute for History of Medicine and Medical Literature, China Academy of Chinese Medical Sciences. Her research focuses on the history of traditional Chinese medicine, materia medica, and the cross-cultural transmission of medical knowledge across Eurasia. Chenchen is particularly interested in ophthalmic drugs, medical terminology, and the transformation of materia medica along the Silk Road.



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Virtual nature promotes stress recovery and attention restoration: Psychological and physiological evidence from the TSST

Background: While the benefits of physical nature exposure are well-documented under Stress Reduction Theory (SRT) and Attention Restoration Theory (ART), the multidimensional recovery trajectories facilitated by brief virtual nature interventions remain underexplored. This study aimed to evaluate the psychophysiological and cognitive restorative impacts of digital nature exposure following acute social stress.

Methods: A between-subjects randomized controlled trial was conducted with 110 participants. Following baseline assessments (including nature connectedness and resilience), acute psychosocial stress was induced using a 10-minute Trier Social Stress Test (TSST). Participants were then randomized to a 5-minute intervention: Natural video (n=39), urban video (n=36), or a blank sitting control (n=35). State anxiety (SSAI), positive affect (PANAS), and sustained attention (Cancellation Test) were measured pre-stress (T1), post-stress (T2), and post-intervention (T3). Heart Rate Variability (HRV) and Electrodermal Activity (EDA) were continuously recorded. Additionally, video group participants completed the Perceived Restorativeness Scale (PRS) and Igroup Presence Questionnaire (IPQ) to evaluate stimulus qualities.

Results: The TSST successfully induced significant psychological and autonomic stress at T2 across all groups. Post-intervention (T3), stimulus evaluation checks revealed that the natural video scored significantly higher on both Perceived Restorativeness (PRS) and spatial presence/immersion (IPQ) than the urban video. Analyses of recovery trajectories indicated a significant Time×Condition interaction. Although a general recovery trend was observed

across conditions, virtual nature exposure facilitated a significantly superior restorative effect. Compared to urban and control conditions, the natural video prompted a faster return to physiological baseline (HRV/EDA recovery), a more pronounced reduction in state anxiety, and a stronger restoration of positive affect and attentional capacity.

Conclusions: Brief exposure to virtual nature significantly accelerates multidimensional recovery from acute psychosocial stress. The enhanced efficacy of the natural intervention is closely associated with its higher perceived restorativeness and immersive capacity, offering robust empirical support for implementing digital nature as a rapid stress-buffering tool in modern, high-stress settings.

Biography

Cheng Chen is a second-year direct-track Ph.D. candidate at Zhejiang University, having previously earned her B.S. in Psychology from the same institution. Her research explores the intersection of natural therapies and mental well-being, specifically focusing on the restorative mechanisms of virtual nature. Grounded in established psychological theories, Cheng Chen integrates immersive technologies with behavioral and psychophysiological measures to investigate how simulated environments facilitate emotional regulation and stress recovery. Ultimately, she aims to provide robust experimental evidence for the application of accessible, nature-based interventions in urban mental health.



Christina J Barea

5 Phases Health Center, United States

Beyond the diagnosis: Reclaiming autonomy in chronic illness through targeted qigong and physical conditioning

This presentation introduces a multi-layered, experiential framework that synergizes the principles of Traditional Chinese Medicine, 5 Element Theory, with targeted physical conditioning to address chronic medical conditions. Attendees will explore how the structural foundation of muscle and tendon health provides the essential framework for effective Qigong practice and the results of full body-breath-mind integration.

Biography

Christina Barea is an author, clinician, and practitioner with three decades of studies regarding the human condition. Christina focuses on the intersection of experiential movement and medicine. Christina has multiple credentials including: Master Qigong Instructor, Certified Personal Trainer, Medical Qigong Doctor, ordained Daoist Priest in two lineages and the author of the award-winning Qigong Illustrated (Human Kinetics). Christina multi-disciplinary expertise integrates clinical application, physical conditioning, and spiritual cultivation. Currently, she is synthesizing her clinical experience into a comprehensive health system that bridges Traditional Chinese Medicine's Five-Phase Theory targeting metabolic health, nutrition, and mind-body integration.



Dr. Cloe Couturier

CranioSacralQigong, United States

Bridging vital rhythms: The primary respiratory mechanism in cranial osteopathy and its parallels in Qigong practices

The Primary Respiratory Mechanism (PRM), a cornerstone of cranial osteopathy, represents an intrinsic, involuntary rhythmic motion that permeates the body, influencing cellular function, Cerebrospinal Fluid (CSF) dynamics, and overall physiological harmony. Proposed by William Garner Sutherland in the early 20th century, PRM encompasses five key elements: The inherent motility of the brain and spinal cord, CSF fluctuation, mobility of dural membranes, subtle cranial bone articulations, and sacral movement. This mechanism operates at a frequency of 8–14 cycles per minute, distinct from pulmonary respiration, and is palpated by practitioners as the Cranial Rhythmic Impulse (CRI). Disruptions in PRM are theorized to contribute to various health issues, including pain, neurological imbalances, and reduced vitality, with cranial Osteopathic Manipulative Treatment (OMT) aimed at restoring equilibrium for enhanced self-healing.

In parallel, Qigong, an ancient Chinese practice rooted in Traditional Chinese Medicine (TCM), emphasizes the cultivation and circulation of qi (vital life force energy) through coherent breath activation via gentle movements, moving and non-moving meditation. Unlike conventional breathing, Qigong's Qi, "inner breath" focuses on innate and subtle energy flows, fostering rhythmic oscillations that align body, mind, and breath of life, PRM. Practices such as CranioSacralQigong induce slow, deep respiratory patterns that enhance autonomic nervous system activity, improve microcirculation, and promote extracellular matrix fluidity—elements that echo PRM's biomechanical and fluidic components. Both approaches share a holistic paradigm: PRM's rhythmic tissue motility resonates with Qigong's concept of Dantien breathing, where abdominal rhythms propagate energy waves throughout the fascial network, potentially linking to CSF pulsations via neural and vascular pathways.

Emerging interdisciplinary insights highlight synergies between these modalities. For instance, Craniosacral Therapy (CST), derived from cranial osteopathy, has been integrated with medical Qigong in therapeutic workshops, demonstrating complementary effects on stress reduction, pain management, and emotional regulation. Studies suggest that Qigong's bioelectric modulations at acupuncture points may align with OMT techniques like Compression of the Fourth Ventricle (CV4), which balances the autonomic nervous system. This convergence underscores a common thread: The body's innate rhythmic intelligence as a pathway to health.

Understanding PRM through the lens of Qigong offers a transcultural framework for integrative medicine, bridging biomechanical models with energetic paradigms. Future research could explore combined interventions, such as Qigong-enhanced OMT, to validate clinical outcomes in conditions like chronic pain or anxiety. By harmonizing these traditions, practitioners can foster deeper self-awareness and resilience, promoting a unified approach to wellness that transcends cultural boundaries and bridges the focus of eastern and western medical sciences.

Biography

Dr. Cloe Couturier is a distinguished integrative health practitioner and published author who bridges ancient healing wisdom with modern therapeutic practices. As a world-award-winning Medical Qigong Master and Doctor of Medical Qigong (DMQ), she brings exceptional expertise to the field of holistic medicine. Dr. Couturier holds multiple national certifications as an Advanced Qigong Instructor and Integrative Qigong Practitioner, combining this mastery with her credentials as a Craniosacral Osteopath and Craniosacral Diplomate (CST-D, CO). Her innovative contributions to the field include developing CranioSacralQigong, a unique modality that synthesizes these powerful healing traditions. Recognized for her outstanding contributions to healthcare, Dr. Couturier has been named in The Marquis Who's Who, the prestigious biographical reference established in 1898. As an EHPC-certified practitioner, she continues to advance integrative medicine through her practice, teaching, and writing. Dr. Couturier shares her expertise and services through her websites.



Cynthia Husted Ph.D

Science and Spirit Institute, United States

The integration of Tibetan and functional medicines with applications to the clinical care and research of neurological disorders

Current concepts in Tibetan medicine have been in practice for over 1500 years. We have previously shown that Tibetan medical theories are consistent at the microscopic molecular level and macroscopic whole-body level for the understanding of myelin lipids and multiple sclerosis. We have since added functional medicine system biology theories and approaches for an integrative approach in the clinic and find that the use of functional labs provides an optimal outcome for assessing the effects of Tibetan medicine in the clinic and in clinical research. This includes evaluations of the gut microbiome, genetics, and gene expression. We share the overlap of Tibetan and functional medicines as relates to nervous system disorders by comparing and contrasting multiple sclerosis, amyotrophic lateral sclerosis, and Parkinson's disease. We share how the use of functional labs correlates with Tibetan medical theories to provide optimal outcomes for monitoring the effects of Tibetan medicine. Similarly, the theories of Tibetan medicine can help simplify complex laboratory data into meaningful patterns and we provide examples of a variety of functional labs that are utilized to help determine Tibetan herb and herb/mineral formulations. This also allows targeting of nutritional supplements to help stabilize nervous system imbalance. In addition, we review the integration of the Neubie direct current device for helping to restore nerve conduction and function in amyotrophic lateral sclerosis and atrial fibrillation. The integration of Tibetan and functional medicines and the Neubie direct current electrical stimulation device provide a synergy that optimizes clinical healing outcomes. We believe this approach is also beneficial for other Traditional medicines.

Biography

Dr. Cynthia Husted PhD, is a medical researcher and the founder and president of the Science and Spirit Institute. Cynthia obtained a Ph.D. in physical chemistry with a focus on nuclear magnetism and quantum mechanics as a possible link to the energy concepts of traditional medicines. Cynthia has had a varied and integrative approach to university scientific research of neurological disorders during the past 40 years with approaches in physics, neuroscience, traditional, integrative, and functional medicines, including longstanding interests in the concepts of energy as relates to healing from perspectives in physics and traditional medicines, particularly from the view of Tibetan medicine. The recent formation of the 501(c)3 non-profit the Science and Spirit Institute is the culmination of her lifelong interests in physics and research with a focus on healthy longevity and restoring balance in neurological disorders and other chronic illness, including autoimmunity, mood disorders, cardiovascular disease, cancer, and atrial fibrillation. Cynthia approach is on the mind, body, spirit connection to all through better understanding of the universal unlimited energy.



Debrah Nadler

Aromatherapy Registration Council-(RA), The HEARTS Process, Institute for Music and Neurologic Function, Music & Memory®, National Association of Aromatherapy, Aromahead Institute, Alzheimer's Support, LLC, United States

Bringing calm to chaos: Empowering caregivers through the Alzheimer's wake-up-the-brain processSM

Alzheimer's disease and other dementias affect not only the individual but also the family and caregivers who navigate the challenges of daily care, emotional exhaustion, and financial strain. Alzheimer's Support, LLC developed the Alzheimer's Wake-Up-the-Brain ProcessSM, a gentle and effective non-pharmacological approach designed to improve quality of life for both individuals living with dementia and their caregivers. This unique program integrates three complementary therapies: Personalized music, aromatherapy, and relaxation techniques.

The personalized music component draws on the world-renowned Music & Memory[®] Program, which has shown that individualized playlists can evoke memories, reduce agitation, and reawaken communication. Aromatherapy, applied under the guidance of a Registered Aromatherapist (RA) and Certified Clinical Aromatherapist (CCA), enhances emotional balance, supports sleep, and provides sensory comfort. The HEARTS Process developed by Anne Carter for cancer patients has been adopted as a proven relaxation technique for Alzheimer's patients. This technique calms both caregiver and care recipient, forming a connection even when words are lost.

This integrative model provides caregivers with practical tools to bring moments of peace and engagement into daily life. Research and real-world practice have demonstrated that these techniques can reduce anxiety, improve mood, and delay the need for costly facility placement. Families often report renewed hope, deeper connection, and relief from the relentless stress of caregiving. By supporting home-based care, the program enables families to preserve financial stability while maintaining their loved one's dignity and comfort in a familiar environment.

This presentation will explore the science, methods, and success stories behind the Alzheimer's Wake-Up-the-Brain ProcessSM, offering an accessible, affordable, and compassionate approach that bridges clinical evidence with heartfelt human care.

Biography

Debrah Nadler is a Certified Clinical Aromatherapist, Registered Aromatherapist, Hearts Process Practitioner, and Senior Care Music Specialist through the Institute for Music and Neurologic Function. As founder of Alzheimer's Support, LLC, she created The Alzheimer's Wake-Up-the-Brain ProcessSM, a non-pharmacological program combining aromatherapy, music, and relaxation techniques to reduce agitation and restore connection for individuals with Alzheimer's/dementias. Her program is certified by the internationally recognized Music & Memory[®] organization and reflects her mission to unite traditional healing with modern neuroscience. Debrah will share how sensory-based care can bring comfort, awaken memories, and transform daily caregiving into moments of peace and joy.



Democracy Thulasizwe Ratlou*, Polo-Ma-Abiele Hildah Mfengwana

Central University of Technology, Faculty of Health and
Environmental Science, Department of Health Science, South
Africa

Phytochemicals in skin disease: Mechanistic insights and translational applications

Skin diseases represent a major global health burden driven by complex interactions between oxidative stress, inflammation, microbial imbalance, barrier dysfunction and dysregulated cell proliferation. In response to growing concerns regarding the safety, tolerability and long-term use of synthetic dermatological agents, interest in phytochemicals derived from medicinal aromatic plants has increased substantially. This chapter reviews the therapeutic potential and application of major phytochemical classes, including polyphenols, flavonoids, carotenoids, polysaccharides, anthraquinones and tannins in the management of inflammatory, infectious, pigmentary, photochemical and neoplastic skin disorders. Emphasis is placed on mechanistic pathways through which phytochemicals exert dermatological effects, such as modulation of oxidative stress, inhibition of pro-inflammatory cytokines, antimicrobial activity, enhancement of wound healing and regulation of melanogenesis and keratinocyte proliferation. While substantial preclinical and in vitro evidence supports these biological activities, clinical validation remains variable and is often limited by poor bioavailability, formulation instability and inconsistent standardisation of botanical extracts. In addition, this chapter explores sustainable sourcing, conservation strategies for great demand medicinal plants and emerging formulation approaches aimed at improving phytochemical delivery and safety. This review highlights both the promise and current limitations of phytochemical interventions by integrating ethnobotanical knowledge with modern dermatological science. Future research priorities include rigorous clinical evaluation, advanced delivery systems and regulatory frameworks to support the responsible translation of bioactive botanicals into safe and effective skin disease management strategies.

Keywords: Phytochemicals, Bioactive Compounds, Skin Disease, Plant-Derived Antioxidants, Medicinal Plant, Skincare.

Biography

Ratlou Democracy Thulasizwe is a junior lecturer in Somatology at the Central University of Technology, Bloemfontein, South Africa. Ratlou's research focuses on the application of phytochemicals and bioactive botanicals in skin health and disease management with a keen interest in their mechanistic roles in dermatological conditions. Ratlou is actively involved in teaching and emerging research in cosmetology and skin science, with a growing emphasis on integrating traditional medicinal knowledge with modern scientific approaches for safe and effective skin innovations.



Dijeng Euginiah Rampana-Moleleki

Department of Health Sciences, Faculty of Health and Environmental Science, Central University of Technology, Bloemfontein, South Africa

Centre for Quality of Health and Living, South Africa

Cell cycle arrest and apoptosis induced by *Searsia rehmanniana* extracts in DU145 prostate cancer cells

This research examined the impacts of *Searsia rehmanniana* extracts on the progression of the cell cycle and apoptosis in DU145 prostate cancer cells, utilizing Melphalan as a reference chemotherapy drug. Different mechanistic reactions were noted among the extracts. Melphalan caused G2/M arrest and apoptosis, aligning with cytotoxicity mediated by DNA damage. Bark methanolic and leaf aqueous extracts induced significant apoptosis without any cell cycle arrest beforehand, indicating a mechanism that is independent of checkpoints. In comparison, dichloromethane extracts from bark and root induced mitotic (M-phase) arrest, suggesting spindle disruption. The aerial methanolic extract exhibited a Melphalan-like pattern, causing G2 arrest and apoptosis, whereas certain leaf extracts demonstrated minimal effects. In summary, *S. rehmanniana* exhibits various anticancer effects that are specific to different mechanisms, highlighting its potential as a source of new therapeutic agents for prostate cancer.

Biography

Ms. D.E. Rampana-Moleleki pursued Biomedical Technology at the Central University of Technology in Free State, South Africa, and earned a National Diploma in 2006. She subsequently became part of the research team led by Prof. Makhoahle at the same university, within the Centre for Quality Health and Living (CQHL). In 2021, obtained her master's degree from the same university. At present, Ms. Rampana is working on her PhD at the Central University of Technology, Free State, while serving as a lecturer and researcher. She has authored research papers in SCI(E) journals, making a substantial impact on her discipline.



Erin Maurer

Erin Maurer Nutrition C Health Consulting, Switzerland
(Founder and Director) Nuvia Association for Nutrition and
Health (non-profit), Switzerland (Vice President) Ongoing
Research Collaboration, University of Basel, Switzerland

Integrative nutrition therapies: A systems-level framework for chronic health conditions

Integrative nutrition therapies offer a systems-level approach to chronic health issues that increasingly burden individuals and healthcare systems worldwide. Rather than positioning nutrition as a supplemental intervention, this presentation frames nutritional therapy as a foundational input influencing metabolic, inflammatory, and neurobiological regulation over time. Chronic conditions are rarely the result of isolated dietary factors; instead, they reflect complex interactions among nutrition, lifestyle, stress physiology, environmental exposures, and social determinants of health.

The presentation outlines a concise, systems-oriented framework for applying integrative nutrition practices within time- and resource-constrained clinical and community settings. Drawing on both traditional nutritional principles and contemporary evidence-based research, it highlights how nutrient-dense dietary patterns, metabolic stabilization, and individualized strategies can support resilience across interconnected physiological systems. Particular attention is given to identifying key leverage points (such as metabolic flexibility, inflammatory burden, and nutrient sufficiency) that allow practitioners to prioritize interventions with the greatest systemic relevance.

The framework itself emphasizes assessment before intervention, personalization over standardization, and sustainability as a core clinical variable rather than a secondary consideration. It is designed to be adaptable across disciplines and care models, supporting integration rather than replacement of existing therapeutic approaches.

By positioning nutrition as a component of health system design rather than an adjunct to care, this session aims to provide practitioners, researchers, and health professionals with a coherent conceptual model for applying integrative nutrition therapies to chronic health

conditions. The focus is on enabling informed, scalable, and system-aware nutritional strategies that contribute to durable health outcomes at both individual and population levels.

Biography

Erin Maurer is the founder of Erin Maurer Nutrition & Health Consulting, providing integrative nutrition coaching to individuals and system-level consultation and related services to organizations. Her work focuses on chronic health conditions, their management and prevention, and sustainable health system design. Erin Maurer works actively with the Nuvia Association for Nutrition and Health and collaborates in academic research contexts, including ongoing work with the University of Basel. Her professional interest in nutrition was shaped in part by personal and family experiences with chronic health challenges that improved through nutrition and lifestyle interventions.



Farah Ganjei Gron CCH, RSHom (NA)

Certified Classical Homeopathy, Registered with the North American Society of Homeopaths, New Life Homeopathy, Inc., United States

The misunderstood individuals on the autism spectrum and how to help them with a multi-modality holistic process

This presentation will include not only a body of research on methods of healing, but also offers a process of self-care and inner development for the special children. It offers a multi-modality approach for these children and adults to heal and to creatively express themselves. These special children and adults are here as teachers.

Classical homeopathy is a holistic method that works on the many and varied root causes of autism and goes far beyond attempts to detox or eliminate particular symptoms. It recognizes each person as a unique individual. The remedies are chosen so they match the child on the physical as well as the emotional level. My method will be described in broad strokes for practitioners that use homeopathy as an adjunct.

The presentation will include information on how to provide the best educational settings for their high level of intelligence, how the family can create an environment to support creativity, information on nourishment, grounding, EMF, and more.

I will share the results of a retrospective study of 23 children with a formal diagnosis of autism in my practice. Each of them on average has improved 46.5% based on the autism evaluation checklist provided by the Autism Research Institute. Other children with various challenges that are either undiagnosed or have other diagnoses such as PANS/PANDAS are evaluated separately in this study.

Biography

Farah Ganjei Gron has a bachelor's degree in Computer Science. Farah found her calling in 1996 when she attended an introductory talk on homeopathy by the world-renowned homeopath, Dr. Luc De Schepper, M.D. From that point on, Farah studied with him for 14 years and wrote her post-fellowship thesis in 2011 on her particular method of using homeopathy to help the children with a diagnosis of autism. In 2009, Dr. De Schepper asked her to become his successor when he retired. In the past 20 years, she has been helping the general population and children on the autism spectrum and others with special needs.



Florent Pirot

Independent Researcher, France

Interactions between internal α -radiation, pharmacological agents, and Sister-Chromatid Exchanges (SCEs) A mechanistic synthesis made with support from ChatGPT

Sister-Chromatid Exchanges (SCEs) are a sensitive indicator of DNA damage and homologous recombination. Alpha particles (high LET radiation), particularly from internal sources such as radon progeny and ^{210}Po , induce SCEs at extremely low doses that are orders of magnitude more effective per Gray than low-LET radiation such as X-rays. Pharmacological drugs, especially psychotropics, alter cellular conditions including ion balances, metabolism, and repair pathways, which may modify the biological processing of alpha-particle-induced DNA damage. Traditional Chinese Medicine (TCM), with different systemic interactions, may lack such modifying effects. This paper synthesizes existing research on alpha-particle genotoxicity, SCE induction, and drug-mediated modulation of DNA damage responses, proposing a mechanistic framework connecting internal radiation physics, pharmacology, and cytogenetic endpoints. Specific epidemiological implications are discussed, and testable predictions are outlined.

Biography

Florent Pirot is an independent researcher with many special skills and independent knowledge of physics. Having started with a thorough study of the effects of depleted uranium on public health, he has accumulated a long knowledge of biophysics and of biomathematics as well as general health and other disciplines including geophysics (besides the anti-DU commitment) and other subjects altogether.



Gwendolynn Diaz MAS (AyD) Ayurvedic Doctor and Integrative Medicine Practitioner

Origins Health, Center for Vitalogy, USA

The origins theory: An 8-layer integrative Ayurvedic framework for Rajonivrutti (menopause) and root sovereignty

In contemporary Western medicine, menopause is frequently pathologized as a clinical hormone-deficiency disease. This reductionist view often leaves modern women feeling biologically abandoned, treating a natural transition as a clinical crisis. This presentation introduces the Origins Theory, an innovative, 8-layer diagnostic and therapeutic framework designed to reposition menopause as rajonivrutti—the sacred Ayurvedic transition from outward-directed action to inward-focused stillness and sovereignty.

Organized into three distinct energetic planes—Gross, Subtle, and Causal—the Origins Theory reconciles ancient Ayurvedic principles with cutting-edge biometrics:

- 1. The Gross Bucket (Physical & Material Ecology):** This plane addresses individual physiology and ecological stress. We examine how dynamic endocrine transitions and the modern exposome—specifically Endocrine Disrupting Chemicals (EDCs)—accelerate and aggravate vasomotor symptoms.
- 2. The Subtle Bucket (Relational & Energetic Landscape):** This plane analyzes the "invisible weather" affecting the nervous system. It examines cultural demands of utility over identity, the systemic inflammation born from the isolation of the "severed pod," and the physical friction caused by keeping on rigid "masculine survival masks" of performance.
- 3. The Causal Bucket (Blueprint, Heritage & Essence):** This plane focuses on deep-seated stress-response patterns, including inherited ancestral trauma via DNA methylation, the biological promotion of the menopause brain outlined by the Grandmother Hypothesis, and the quantum biology of refined consciousness.

To bridge the gap between traditional wisdom and modern validation, each of the eight layers is mapped to concrete clinical biometrics, such as Heart Rate Variability (HRV), allostatic load, and heart-brain coherence. By shifting the clinical therapeutic goal from simple symptom suppression to 'Root Sovereignty,' this framework equips practitioners of Integrative Ayurvedic Medicine with a holistic, evidence-based strategy to guide women from physical crisis to spiritual and biological initiation.

Biography

Gwendolynn Diaz is an Integrative Ayurvedic Medicine practitioner and the founder of Origins Health. Specializing in women's health and nervous system sovereignty, she developed the 'Origins Theory' to bridge ancient Vedic wisdom with modern clinical biometrics. Her work focuses on transforming the menopausal transition from a pathologized crisis into a biological and spiritual initiation. Through her clinical programs, Gwendolynn empowers women to navigate Rajonivrutti by addressing the physical, relational, and epigenetic layers of health, guiding them toward true physiological and emotional sovereignty.



Harpinder Kaur Bhohi

Komal Herbals, Inc., United States

Mind, dosha, and the modern epidemic: An Ayurvedic framework for stress management and mental wellbeing in contemporary practice

With global screen time averaging 6 hours 37 minutes daily and 58% of workers reporting digital burnout, technostress has become one of the defining health crises of our time-yet conventional stress management offers no constitutional framework for understanding why the same digital overload manifests as anxiety in one patient, inflammatory burnout in another, and emotional withdrawal in a third. This presentation argues that technostress is, in Ayurvedic terms, a systematized aggravation of vata dosha, and that each feature of the modern digital environment maps precisely onto the vata-disrupting inputs described in classical texts including the charaka samhita. Drawing on 15 years of clinical practice and peer-reviewed evidence across stress physiology, chronobiology, and gut-brain axis research, Harpinder Kaur presents a tridoshic differentiation framework-identifying distinct vata, pitta, and kapha technostress profiles-alongside a validated 90-second practitioner assessment tool and the digital sunset protocol, a dosha-specific evening reset intervention supported by published RCT data on cortisol reduction, HRV improvement, and sleep quality. Attendees will leave with an immediately applicable clinical framework and a one-page patient protocol grounded in both ancient wisdom and modern science.

Biography

Harpinder Kaur is an Ayurvedic practitioner, speaker, educator, and the Co-Founder and Vice President of Komal Herbals, Inc., a company dedicated to Ayurvedic herbal wellness and traditional botanical education. Her work focuses on integrating classical Ayurvedic wisdom with emerging scientific research in stress management, gut health, brain health, and preventive healthcare. Harpinder has participated in and presented at educational and professional

conferences related to Ayurveda, herbal medicine, GMP compliance, herbal identification, and integrative wellness. She is passionate about advancing evidence-informed Ayurveda through practitioner education and cross-disciplinary collaboration between traditional medicine systems and contemporary biomedical science.



Izabella Natrins

UK & International Health Coaching Association, British Society for Integrative Oncology, United Kingdom

From wisdom to action: Whole health and wellbeing coaching as a catalyst for integrative health in traditional medicine

The traditional medicine and integrative health 2026 conference offers a unique forum to explore how time-honoured, healing traditions can intersect with modern health strategies to improve holistic wellbeing. Within this context, whole health and wellbeing coaching emerges as an essential, yet often underrepresented, component, translating traditional knowledge into actionable, sustainable lifestyle and self-care practices.

Whole health and wellbeing coaching is a person-centred, evidence-informed methodology that empowers individuals to set meaningful health goals, adopt behaviours aligned with their physical, mental, emotional, and spiritual health, and navigate complex treatment pathways, including cancer and oncology care (Daniel, Bach C Natrins 2025).

Unlike conventional practitioner-led interventions, this coaching emphasises collaborative partnership, behavioural science, and practical goal setting, enabling individuals to translate insights from traditional therapies—such as herbal medicine, acupuncture, or mind-body practices into tangible, long-term health and wellbeing outcomes.

Globally, the World Health Organization's framework on Traditional, Complementary, and Integrative Medicine (TCIM) emphasizes integrating traditional practices into broader health systems while supporting safe, effective, and person-centred care. Whole health and wellbeing coaching operationalizes this framework by guiding individuals in applying traditional and complementary practices in daily life, reinforcing adherence, safety, and sustainable outcomes (WHO TCIM Framework, 2025). Research also indicates that many traditional modalities inherently involve lifestyle, self-care, and behaviour guidance, highlighting the natural synergy

between whole health and wellbeing coaching and traditional medicine disciplines (Pinto et al., 2022). By formalizing this support, coaching ensures that individuals can implement the therapeutic principles of traditional practices consistently and meaningfully.

Evidence further demonstrates that structured guidance enhances engagement with integrative health approaches, maximizing perceived benefit and long-term behaviour change (Umbrella Review on TCIM Use, 2024). Embedding whole health and wellbeing coaching into conference discussions and practice sessions will not only enrich participant experience but also demonstrate a practical, scalable pathway for integrating traditional wisdom with modern self-management and whole-person wellbeing strategies.

Conclusion: Whole health and wellbeing coaching is a critical bridge between knowledge and action. Its inclusion as a formal component in the Traditional Medicine and Integrative Health 2026 Conference will advance the conference's mission of holistic, person-centred care, fostering collaboration across disciplines and catalysing the translation of traditional practices into sustainable, measurable wellbeing.

Biography

Izabella Natrins is CEO & Director of Ecosystem Growth at the UK & International Health Coaching Association (UKIHCA), the world's first professional body for credentialed health and wellbeing coaches. With over 35 years' cross-sector experience spanning nursing, health research psychology, NHS programme leadership, and organisational development, she leads UKIHCA's global drive to professionalise whole-health and wellbeing coaching. A UKIHCA Registered Health Coach with a special interest in integrative and traditional medicine, Izabella has benefitted from several modalities. She is a member of the BSIO Council and co-chairs the Health Coaching Special Interest Group of the Society for Integrative Oncology, advocating for person-centred, evidence-informed care.



Jayashree V Joshi^{1*}, Neerja Rastogi², Shobha A Udipi³, Nutan Nabar⁴, Prajakta Paradkar⁵, Ashish Phadke⁶, Sujata Jagtap⁷, Gangaprasad Asore⁸, Sujata Sawarkar⁹

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⁹Professor and HOD, Research Consultant, Pharmaceutics, SVKM's Dr. Bhanuben Nanavati College of Pharmacy, Sion, Mumbai, India

Integrative research in selected areas of women's infections and nutrition

Traditional medicine is not always obsolete medicine. In reality the original texts describing time - tested enduring practices are a rich source of ideas for research and innovation. We will demonstrate this feasibility of research in selected areas of women's health and nutrition. We have utilized our experience of research in modern sciences to explore selected areas where the knowledge base of Indian Traditional Medicine, Ayurveda, was explored and researched to identify effective Ayurvedic therapy for common medical problems. This will be exemplified briefly in 2 areas i) Lower Genital Tract Infections (LGTIs) in women ii) Iron Deficiency Anaemia

(IDA). Management of different types of women's diseases and guidelines for anaemia like disease have been described in ancient texts including Charak Samhita (3000BC). Some of these practices are live till today and commonly used by traditional Ayurvedic physicians.

LGTIs in Women: Earlier study on genital infections in women carried out in the National Institute of Indian Council of Medical Research for Women's Health, Mumbai, had found a high prevalence of LGTIs in women of reproductive age. Cervicovaginitis was studied using multiple diagnostic methods like wet vaginal smear, papanicolaou smear, gram smear, aerobic and anaerobic culture, Immunofluorescence, and serology and correlated with symptomatology. This experience was used along with the co-investigators at KIHS-MRF (former KHS-MRC) to investigate the therapeutic potential of an Ayurvedic therapy, panchvalkala, administered as a vaginal douche or as a new gel.

Iron Deficiency Anemia (IDA): IDA is a common problem today despite several national nutritional programs. It is known that discontinuation rate of treatment with fersolate tablets as iron supplement was high. The commonest reason is a side effect of fersolate. Recently at KIHS-MRF (former KHS-MRC) we had the opportunity to investigate an Ayurvedic iron supplement, Mandur Bhasma (MB), in an experimental and in-vitro study. MB is safe and effective as reported by current Ayurvedic practitioners and well tolerated. It was very interesting for our team to be able to prepare Traditional classical MB in-house and to record the changes in physico-chemical characteristics of original iron ore during the sequential pharmaceutical stages as well as to demonstrate the ancient quality tests. We have used methods like electron microscopy, dynamic light scattering, nanoparticle analysis etc for assessments and are in the process of analysing data. The pharmaceutical process was complex and purely manual without the use of grinding or any other machine. It was possible to convert raw iron ore into a fine powder containing nanoparticles with the ancient classical method with common purification (Samaanya shodhan) and purification specific for iron ore (Mandur). The role of purifying liquids will be discussed.

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Biography

Dr Jayashree Joshi is (MD in Obstetrics/Gynecology) and (PhD in Biochemistry-Clinical Pharmacology/Pharmacokinetics) with trained in gynecologic cytology and colposcopy. She was earlier Deputy Director, Indian Council of Medical Research-National Institute for Research in Women's Health, (ICMR-NIRWoH), Mumbai. She has designed and conducted clinical studies on efficacy, and bioavailability of different drug delivery systems of contraceptives and hormone-drug interactions. Now with Kasturba Integrative Health Sciences-Medical Research Foundation (KIHS-MRF ie. Former KHS-MRC), she has participated in many research projects including three ongoing projects on Non- Alcoholic Metabolic Liver Disease, complementary chemotherapy for cancer and an experimental and in vitro study of Mandur Bhasma.



Julieta Andico Songco MS, MEd, RDN, FAND

JAS Consulting Services, Livingston, New Jersey, USA

Food, nutrition and diet in traditional medicine and integrative health

Have you had the experience of having a lot of questions that need answers, but others think they are trivial and silly questions?

What do you do then? Would it be a waste of time to pursue and get answers for these questions, or would you wait for someone to do it?

I was motivated from one of my own lived experiences to find the interrelationships on Food, Nutrition and Diet in Traditional Medicine and Integrative Health. The topics on food, nutrition and diet are very dear to my heart from the moment I can remember working with my mother in our kitchen and preparing our meals, on all feast days and holidays.

We know what traditional medicine is—it is the sum of knowledge, skills, and practices based on theories, beliefs and experiences indigenous to various cultures. Traditional medicine is used to maintain health, as well as to prevent, diagnose, improve, and treat physical and mental conditions. Some traditional systems are backed by massive amounts of literature and others are passed down verbally from generation to generation. In the last few decades and presently, traditional medicine is still used by the majority of the globe population. But what about integrative health? Integrative health is a holistic approach to healthcare that combines conventional medicine with complementary and alternative therapies to promote optimal health and well-being.

Would the partnership between traditional medicine and integrative health be complete as it is? Would we be missing something, if we ignore any gaps or miss any link to complete the equation?

My theory is to combine food, nutrition, and diet with a precise, personalized, participatory, accessible, sustainable and diverse traditional medicine and integrative health. with a full comprehensive package for a cost effective, health care delivery for people of all ages, regardless of gender, income, educational, religious, and political affiliations, Through metaphors, storytelling, lived experiences with questions and answers, participants will experience hands-on examples in this presentation, Redefining traditional medicine and integrative health—would this be a perfect union? Blended, cemented, and refined with the integration of food, nutrition, and diet—achieving health for all using these traditional methods in today's healthcare. We possibly label the method “food as/is medicine”.

Biography

Julieta Andico Songco has a Master of Science in Nutrition and a Master of Education (major in Community Nutrition), both from Teachers College, Columbia University, New York, USA. She is a Fellow of the Academy of Nutrition and Dietetics (AND), and a Cum Laude Consultant Dietitian and a Distinguished Member Awardee of AND Dietetics in Health Care Communities Dietetic Practice Group (DHCC-DPG). Julieta has presented three papers at the International Congress of Dietetics (ICD) with one as both paper and poster presentations at the 17th International Congress of Dietetics at CapeTown, South Africa. She has also been an ICD attendee in Sydney, Australia and Montreal, Canada. She was the first Philippines Medical Mission RDN.



Katia Dolle*, Aitor Garcia Galardi,
María Jesús Peña Martín

Fundación Katia Dolle, Spain

Reduction in the severity of Autism Spectrum Disorder (ASD) with the Katia Dolle Method®: A retrospective cross-sectional study

Objective: Evidence on naturopathic interventions in ASD is limited and heterogeneous. This study aims to document improvements in Autism Spectrum Disorder using the Katia Dolle Method®, a multimodal naturopathic intervention.

Materials and Methods: Data were collected from an online program conducted between 2017 and 2024. A total of 183 children aged 1-13 years from 26 countries participated. Ninety-eight cases were excluded due to lack of adherence or missing data. Parent-reported ATEC (Autism Treatment Evaluation Checklist) scores at baseline and at the end of the intervention were compared. Higher scores indicate greater severity. Statistical analyses included paired Student's t-test, ANOVA, and multivariable regression. Significance testing, normality checks, and confidence intervals were applied.

Results: The mean reduction in total ATEC was 39.20 points (95% CI: 36.20-42.20) over 13.9 months, a highly significant difference ($p < 0.001$). Relative reductions for each subscale were calculated based on each subscale's scoring range. The largest reduction was observed in Sensory/Cognitive Awareness (28.23%), followed by Language and Communication (27.01%), Sociability (22.38%), and Health and Behavior (16.69%).

Conclusions: In this analysis, the Katia Dolle Method®, grounded in naturopathic science, is associated with clinically relevant reductions in total ATEC and subscales, particularly among participants who were more severe, younger, and had longer intervention duration. The main limitations are the absence of a control group and parent completion of the ATEC. Prospective controlled studies are needed to confirm these findings.

Keywords: Autism Spectrum Disorder, Retrospective Study, Naturopathy.

Biography

Katia Dolle is a Spanish naturopath and researcher specializing in pediatric neurodevelopment. Over 15 years, she created the Katia Dolle Method[®], an evidence-informed integrative approach grounded in psychoneuroimmunoendocrinology, therapeutic nutrition, and targeted supplementation, paired with structured neurodevelopmental rehabilitation and parent coaching. Her clinical focus is autism (including regressive forms) and ADHD. She founded the Katia Dolle Foundation to advance applied research and social impact. Katia led a retrospective study of 183 children showing significant ATEC improvements, authored several books, and trains families and professionals to translate science into practical routines that improve health, autonomy, and participation, including adapted sport.



Dr. Khan Sanowber

GHER, France

The theory of bioresonant energy transduction: Bridging quantum physics and traditional medicine

Background: Conventional biomedical models, focused primarily on biochemistry and genetics, often struggle to account for certain complex biological phenomena. In parallel, interest in traditional and alternative medical approaches long marginalized within Western scientific medicine has grown, as these systems emphasize the energetic and vibrational dimensions of living systems. Recent advances in quantum physics and biophysics now provide a conceptual framework for revisiting these practices in the light of contemporary science.

Objective: To introduce the theory of Bioresonant Energy Transduction (TEBR), an integrative framework that unites knowledge from traditional medicine with recent discoveries in physics, biology, and neuroscience, with particular emphasis on syntonization, resonance, and biological coherence.

Theoretical Framework: TEBR posits that living organisms are highly organized systems composed of tuned resonators capable of capturing, transforming, and emitting vibrational information signals through various channels (bioelectrical, mechanical, electromagnetic, photonic). These processes operate across all levels of organization, from the subcellular scale to global interactions with the environment.

Key Propositions:

The TEBR model provides a unifying explanatory framework for understanding:

- Bioenergetic and biological regulation via the informational fields of organisms;
- The mechanisms of action of certain vibrational therapies (light, sound, waves, movement);
- Cellular memory, epigenetic mechanisms, and transgenerational transmission;
- Interactions between consciousness, physiology, and the informational environment.

Conclusion: TEBR offers a transdisciplinary theoretical framework to guide research in precision vibrational medicine. It paves the way for a systemic and nuanced understanding of life, placing vibrational information at the core of care, diagnosis, and prevention.

Biography

Dr. Khan Sanowber is a hospital-based general practitioner, graduated from the Faculty of Medicine of Bordeaux. She has clinical experience in infectious diseases, cardiology, internal medicine, and geriatrics. During her medical training, she completed university coursework in psychobiology of behavior and molecular biology and cytogenetics. Dr. Khan holds a University Diploma in meditation and therapeutic relationship and is currently undertaking training in ethnomedicine, with an interest in integrative patient care.



**Kimber R. Olson* MSW, PhD;
Bitahnii Wayne Wilson**

Juniper & Pine Consulting, LLC, USA

Before polyvagal theory, there was ceremony: Why indigenous regulation practices hold the keys to healing trauma, chronic pain, and collective wellness

For millennia, Indigenous peoples have understood what Western neuroscience is only beginning to validate: The body holds wisdom, trauma lives in the tissues, and healing requires integration of mind, body, spirit, and land. This workshop bridges ancient Indigenous healing practices with contemporary understanding of nervous system regulation, offering healthcare practitioners a culturally grounded framework for whole-person healing.

Drawing from over six decades of combined experience working within Indigenous communities across North America, presenters will demonstrate how traditional practices—including ceremonial breathwork, embodied movement, plant medicine, and land-based healing—directly impact nervous system regulation and trauma recovery. Participants will learn the neuroscience underlying these practices while honoring their sacred origins.

The presentation centers the Diné (Navajo) concept of Hózhó (walking in beauty/balance) and the Apache relational healing framework of "pinu'u echicasay...I am all my relations"—demonstrating how Indigenous knowledge systems offer sophisticated understanding of polyvagal theory, interoception, and somatic regulation that predates western scientific "discovery" by thousands of years.

Through experiential exercises, case studies from remote Alaska and throughout Turtle Island (North America), and practical application frameworks, participants will gain:

- Understanding of Indigenous nervous system regulation practices and their neurobiological mechanisms.
- Tools for integrating breathwork, embodied somatics, and land-based healing into clinical practice.
- Cultural humility approaches for working with Indigenous populations.
- Strategies for decolonizing healthcare through Indigenous-informed practices.

This workshop honors traditional knowledge while making it accessible and applicable for healthcare providers globally, advancing the conference theme of aligning traditional healing practices with scientific and clinical advancements.

By the end of this workshop, participants will be able to:

1. Articulate the neurobiological mechanisms underlying traditional Indigenous practices of breathwork, embodied movement, and land-based healing, and their impact on nervous system regulation.
2. Identify at least five specific Indigenous somatic practices and their applications for trauma recovery, chronic pain management, and emotional regulation.
3. Apply the relational healing framework of "*pinu'u echicasay*" (I am all my relations) to understand how Indigenous healing addresses individual, familial, community, and ecological wellness simultaneously.
4. Demonstrate basic techniques in ceremonial breathwork and embodied movement practices that can be ethically integrated into clinical settings.
5. Evaluate their own practice through a decolonizing lens, recognizing how Indigenous knowledge systems inform contemporary understanding of nervous system regulation, polyvagal theory, and somatic healing.
6. Develop culturally humble approaches for working with Indigenous patients and communities, honoring traditional healing while integrating with contemporary healthcare.

Biography

Dr. Kimber Olson (Northern European, Chiricahua Apache, and Cayuga descent) is Founder and CEO of Juniper & Pine Consulting, specializing in Indigenous healing systems and trauma-informed care. With over three decades of experience throughout remote Alaska and Indian Country, she bridges Indigenous knowledge systems with neuroscience, designing culturally grounded trainings in nervous system regulation and trauma-responsive systems. Her PhD dissertation, "Inviting the Sacred Wound into Circle: Re-Storying an Indigenous Mind-Body Medicine Framework for Healing," explores how contemporary healing methods originate from Indigenous knowledge. Dr. Olson's work is grounded in "*pinu'u echicasay*...I am all my relations" and "*yenáda'ilzih*...that's how we are healed," recognizing that healing requires integrating Spirit, cultural wisdom, and Native science. Bitahnii Wayne Wilson is a respected Diné/Navajo ceremonialist and traditional healer from Pine Springs, Arizona. He belongs to the Bitahnii (Folded Arms Clan) and is born of Toh ahee dliinii (Two Waters that Flow Together Clan). A boarding school survivor, Bitahnii dedicates his life to healing historical and intergenerational

trauma through traditional ceremony, herbal medicine knowledge, and sweat lodge practice. He founded K'eh Native Action, providing emergency services to remote Elders, and is NADA-certified in acupuncture detoxification. Specializing in addiction recovery and holistic healing, he describes his practice as "Hozhogo Nintsahakees Doo Hozhoo Bei Nihistis bei iina nihi Azee" (Beautiful Thinking and Beautiful Body Movements Medicine).



Dr. Kimber R. Olson MSW, PhD

Juniper & Pine Consulting, LLC, Breyer State, USA

Inviting the sacred wound into circle: Re-storying an indigenous mind-body medicine framework for healing

This research explored the ways Indigenous worldviews and ceremonial knowledge systems can inform trauma healing and mind-body medicine practices through an Indigenous framework that centers relationality, story, and ceremony. The study, titled *Inviting the sacred wound into circle: Re-storying an Indigenous mind-body medicine framework for healing*, employed an Indigenous research methodology grounded in narrative inquiry, community consultation, and somatic ethnography. Participants included Indigenous healers, helpers, and community members engaged in healing work across diverse Nations.

Findings illuminated how the “sacred wound”—the place where individual and collective trauma intersect—can become a site of profound transformation when approached through cultural practices of storytelling, song, and embodied presence. From these narratives emerged the Healing-Centered Indigenous Regulation Framework®, a culturally rooted model that integrates mind-body regulation, ancestral connection, and land-based practices. The framework emphasizes cyclical processes of remembering, releasing, and returning—mirroring natural and ceremonial rhythms—and demonstrates how trauma healing occurs within relationship to community, Spirit, and land rather than through individual symptom management.

Results suggest that culturally grounded regulation practices can restore coherence to the nervous system, deepen identity connection, and strengthen collective resilience. The study concludes that when Indigenous knowledge systems are positioned not as complementary but as foundational to wellness, both Indigenous and non-Indigenous practitioners gain access to a more relational and spiritually congruent model of care. This re-storyed framework offers a pathway toward healing that is reciprocal, regenerative, and rooted in Indigenous ways of knowing.

Biography

Dr. Kimber Olson (Northern European, Chiricahua Apache, and Cayuga descent) is Founder and CEO of Juniper & Pine Consulting, specializing in Indigenous healing systems and trauma-informed care. With over three decades of experience throughout remote Alaska and Indian Country, she bridges Indigenous knowledge systems with neuroscience, designing culturally grounded trainings in nervous system regulation and trauma-responsive systems. Her PhD dissertation, "Inviting the Sacred Wound into Circle: Re-Storying an Indigenous Mind-Body Medicine Framework for Healing," explores how contemporary healing methods originate from Indigenous knowledge. Dr. Olson's work is grounded in "pinu'u echicasay...I am all my relations" and "yenáda'ilzih...that's how we are healed," recognizing that healing requires integrating Spirit, cultural wisdom, and Native science.



Krashenyuk Albert Ivanovich

Academy of Hirudotherapy, St. Petersburg, Russia

The SARS-CoV-2 virus pandemic has led to the development of a disease that should be called “COVID-19-PostCOVID syndrome”

There is no doubt that SARS-CoV-2 has become the most significant infectious agent of the last century. In terms of overall scale, the pandemic caused by SARS-CoV-2 is comparable to the “Spanish Flu” pandemic caused by the H1N1 influenza virus of 1918-1920. The number of direct victims from SARS-CoV-2 is currently significantly lower than that of the “Spanish Flu”, thanks to the high level of sanitation and medical care achieved over the last century compared to the early 20th century. However, it is still impossible to predict the indirect (or secondary) toll of this pandemic. The author of this message owns a series of publications for 2020-2024, in which this pandemic was called “COVID-19-PostCOVID Syndrome”. The editors of 9 major authoritative and specialized online magazines agreed with this name of the coronavirus pandemic. The author of this paper published a paper in the authoritative journal *J. Virology Research & Reports* (2024, v.5 (4):1-10) titled: “COVID-19-PostCOVID Syndrome”: Hard Lessons. By January 2026, nearly two years after the end of the novel coronavirus pandemic, 432,537 articles on the pandemic had been published and available online. Almost all of the papers were devoted to the pathogenesis of the disease, and only a small portion was related to its treatment. And this is perhaps the main conclusion: The medical community still does not know how to get out of this situation. Today, young people aged 25 to 45 who have experienced this disease die two to three times from stroke and acute myocardial infarction. The aforementioned article outlines the most relevant lessons of the pandemic-10 of them. Those interested can read the materials in this article and find a detailed analysis of all 10 lessons.

Due to space limitations, I will only focus on lesson-“On the Treatment of “PostCOVID Syndrome.” We offer an alternative method-“System Method of Leeching” (SML) (Патент РФ №2787525). The proposed method is based on 30 years of experience in the use of

SML in elderly people with multiple organ pathology and children treated at the Academy of Hirudotherapy in St.-Petersburg. Our experience in the treatment of "PostCOVID Syndrome" in the period 2020-2023 has shown the high effectiveness of SML. In the author's article (Krashenyuk A.I. Pandemic "COVID-19-PostCOVID Syndrome": A System Method of Leeching is a New and Effective Treatment. Journal of Virology Research & Reports, 2023, volume 4(2):1-12.) This problem is being discussed.

And this topic is described in even more detail in the author's recently published book "COVID-19-PostCOVID Syndrome". Ed. "ASTERION". SPb, 220p. (20.09.2023). This book presents treatment technology for the acute phase of ("COVID-19") and the chronic phase of the disease ("PostCOVID Syndrome")-two phases of the same disease!

The author of these theses was in the Republic of Uzbekistan from June 30 to July 8, 2021, providing consulting services to doctors in the "Red Zone" at the 2,000-bed "Zangiota-2" Hospital. The treatment utilized the "System Leech Therapy," which reduced the severity of complications and patient mortality.

The medicinal leech contains a full range of biologically active components in its salivary gland secretions, which suppress all mechanisms of coronavirus pathogenesis, including antiviral and antimicrobial effects. This is especially important when a physician observed a patient with a combination of viral and microbial agents. In this case, the use of synthetic antibiotics, which are known to suppress the immune system, increased viral activity and led to a worsening of the disease. Given that the incidence of illness in children during the pandemic was approximately 10 times lower than in adults, we draw attention to a new, as yet unexplored aspect of immunity, which we call the "Biophysical Aspect of Immunity," related to the structure of the human aquatic system. This is likely different in children and adults.

Biography

Krashenyuk A.I. Graduated from the 1st Pavlov Medical Institute in 1971 in Leningrad, and postgraduate studies in biochemistry at the same institute in 1974 from Professor V.I. Rosengart. In 1974 Krashenyuk received the degree of Candidate of Medical Sciences. From 1974 to 1985 Krashenyuk worked as a senior researcher and head of the laboratory of biophysical methods of research at the Pasteur Institute in Leningrad. Krashenyuk was engaged in the development of vaccines against measles, mumps, influenza, tick-borne encephalitis. From 1985 to 1992 Krashenyuk headed the laboratory of live influenza vaccines and biophysical methods of research. Created the world first purified live influenza vaccine, which was vaccinated 4.5 million people without post-vaccination complications. In 1995 Krashenyuk received the degree of Doctor of Medical Sciences from the Institute of Influenza of the Russian Academy of Medical Sciences (RAS). One of the creators of space biotechnology for the production of highly purified viral proteins in microgravity. In 1996 and to the present time the creator of the world first department and Academy of Hirudotherapy. Honorary Scientist of Europe, Academician of the European Academy of Natural Sciences (Germany), Grand Doctor in Biology and Medicine (Oxford), Full Professor of Oxford. For a series of works in the field of virology in 2023 the author was awarded the diploma "Pasteur-Professor" of the European Academy of Natural Sciences (Germany).



Lyani Powers

Modern Herbal Apothecary, Tampa, Florida, USA

Rooted: Herbs for pregnancy & postpartum

Pregnancy and postpartum are profound, transformative seasons that call for steady, thoughtful care—not only for the body, but for the nervous system, the spirit, and the family as a whole. In this virtual session, Lyani Powers offers a grounded, culturally-informed approach to botanical support during the maternal continuum. Drawing from traditional practices, ethnobotanical wisdom, and modern clinical experience, this class explores the safe and effective use of herbs to support common needs in pregnancy and postpartum, including digestion, sleep, emotional regulation, tissue recovery, lactation, and overall resilience. Participants will learn how to work with gentle, nourishing herbs, understand contraindications, and build simple, adaptable protocols that honor both tradition and individual choice. This session also centers the often-overlooked postpartum period as a critical window for long-term health, emphasizing rest, nourishment, and community care alongside herbal support. With a focus on accessibility and practical application, attendees will leave with tools to confidently integrate herbal care into this life stage—whether for themselves, their families, or their clients.

Biography

Lyani Powers is a clinical herbalist, full-spectrum doula, and educator based in Tampa, Florida. Lyani is the founder of Modern Herbal Apothecary and Modern Herbal Academy, where Lyani teaches community-rooted herbalism with a focus on maternal health, ethnobotany, and accessible care practices. Her work bridges traditional wisdom and modern application, supporting families through pregnancy, postpartum, and beyond.



Dr. Mangala Kotnis Medicine, PhD

Consultant, India

Ayurvedic nutrition: The prescriptive science of food as medicine

In the classical tradition of Ayurveda, diet is not merely a supplementary habit but the foundational pillar of therapeutic intervention, famously termed Ahara is Mahabheshajya (Food is the Great Medicine). While modern nutrition focuses on universal caloric counts and macronutrient ratios, Ayurvedic dietetics is a highly personalized, clinical science regulated in India by the Ministry of Ayush. For a practitioner holding a 5.5-year BAMS (Bachelor of Ayurvedic Medicine and Surgery) or a 3-year MD degree, prescribing a diet is as critical as prescribing pharmacological medicine. This abstract explores why Ayurvedic nutrition is a distinct medical discipline and its role as the ultimate goal of every professional treatment protocol.

Why Ayurvedic Diet is Distinct from General Nutrition

Ayurvedic nutrition differs from homemade or general "healthy" eating through its focus on biological interaction rather than just nutrient density. It is governed by several unique clinical factors:

- **Prakriti-Based Personalization:** A "healthy" food like a raw salad may be healing for a Pitta-type individual, but clinically detrimental to a Vata-type, as it aggravates dryness and bloating.
- **Agni (Digestive Fire) Assessment:** Treatment begins by evaluating the patient's metabolic capacity. A doctor will not prescribe heavy nutrients-however "super" they may be-if the patient's Agni is weak, as undigested food creates Ama (metabolic toxins).

- **Medicinal Inclusivity:** Ayurveda is a pragmatic science. While it often promotes plant-based living, classical texts like the Charaka Samhita include a Mamsa Varga (meat section). It describes the medicinal use of meats for specific conditions, such as goat meat soup for muscle wasting or specific fish for enhancing vitality.

The Crucial Path to Healing and Medicine Withdrawal

The ultimate objective of an Ayurvedic physician is not to keep a patient on herbal supplements indefinitely, but to restore the body's self-regulation. This is where the prescriptive diet becomes crucial for true healing.

In the initial stages of a disease, external medicines (Aushadh) are necessary to break the pathogenesis. However, as the Doshas balance and the Agni stabilizes, the physician strategically transitions the patient from "herb-based medicine" to "food-based medicine." This transition is possible because Ayurveda identifies the exact medicinal properties—such as Virya (potency) and Vipaka (post-digestive effect)—of every grain, vegetable, and meat.

By precisely matching these food properties to the patient's recovering state, the physician enables the body to maintain its equilibrium through daily meals alone. This is the reason Ayurvedic doctors are able to successfully stop formal medicinal treatments. The diet is no longer just "sustenance"; it becomes the daily dose of therapy that prevents the recurrence of disease.

Conclusion: Ayurvedic nutrition is a sophisticated clinical system requiring years of academic study to master. It bridges the gap between domestic cooking and pharmaceutical intervention. For a professional BAMS or MD practitioner, the diet is the final and most powerful tool for healing. It allows for the cessation of external drugs, ensuring that the patient's lifestyle itself becomes the permanent cure, distinguishing this practice from general wellness or other pathies.

Biography

Dr. Mangala Kotnis, Pharmaceutical Physician with over 20 years of leadership in medicine and medico marketing, has worked with global organizations including Abbott and Novartis. Dr. Mangala is an integrative biomedical researcher and academic mentor, specializing in protocol driven frameworks and patient centric program design. Through MK Consultancy, she partners with pharmaceutical and healthcare companies to drive strategic advisory boards, expert consensus meetings, and evidence based educational initiatives. Her focus is on safeguarding intellectual property while delivering actionable insights that bridge science, nutrition, and clinical practice. With global exposure, she enables partners to achieve credibility, accreditation, and impactful patient outcomes.



Dr. Margo Bachman DACM, L. Ac, FABORM

Wild Rose Medicine, United States

Pattern-based Chinese herbal therapeutics in peri-menopause: Clinical applications & evidence-based medicine

Peri-menopause is a complex transitional phase marked by fluctuating hormones, metabolic changes, and shifts in mood, sleep, cognition, and overall vitality. Traditional Chinese herbal medicine offers an individualized and holistic framework for understanding and treating these changes through pattern differentiation, allowing practitioners to address the root imbalances underlying symptoms rather than focusing solely on hormonal decline. This presentation outlines the key TCM patterns involved in peri-menopause, including Kidney Yin and Yang deficiency, Liver Qi stagnation, Heart–Kidney disharmony, and Spleen Qi deficiency, and highlights the classical herbal formulas most effective for each pattern.

In addition to reviewing these diagnostic frameworks, the session will explore how Traditional Chinese medicine conceptualizes peri-menopause as a multidimensional neuroendocrine transition, emphasizing regulation of the HPA axis, modulation of thermoregulation, support of vascular and metabolic stability, and harmonization of emotional and cognitive function. Current evidence-based research on herbal therapies, and acupuncture will be reviewed, along with considerations for safety, herb–drug interactions, and integration with conventional treatments such as hormone therapy.

Clinical cases will illustrate diagnostic reasoning, pattern refinement, treatment planning, and outcome evaluation. Participants will gain practical, evidence-informed strategies for incorporating Traditional Chinese herbal medicine into peri-menopause care, helping improve patient outcomes through a holistic, systems-oriented, and integrative approach.

Biography

Dr. Margo Bachman DACM, L. Ac., FABORM, CFMP has dedicated over twenty-five years to integrative and traditional healing systems. A women's health expert, she blends Traditional Chinese Medicine, Ayurveda, and functional medicine to deliver comprehensive, evidence-informed care through her in-person and virtual practice, Wild Rose Medicine. Dr. Margo is a Doctor of Acupuncture and Chinese Medicine, a Fellow of the American Board of Oriental Reproductive Medicine, and a Certified Functional Medicine Practitioner. She is also the author of *Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth* and teaches programs focused on women's health.



Maria Fiordalisi

Helianthus Holistic Arts, Canada

Holistic approaches to mental wellness: Bridging aromatherapy and Ayurveda

Mental health challenges, including stress, anxiety, and burnout, are increasing worldwide, yet access to effective and affordable care remains uneven. Traditional systems of healing offer valuable, evidence-informed approaches that can complement modern mental health strategies. This presentation explores the integration of aromatherapy and Ayurveda as practical, accessible tools for promoting mental balance and resilience.

Aromatherapy has long been recognized for its ability to influence mood, reduce stress, and enhance clarity through the therapeutic use of essential oils. Ayurveda, with its emphasis on individualized care through the dosha framework (Vata, Pitta, Kapha), provides a structured lens for tailoring interventions to each person's unique constitution. When combined, these approaches offer a personalized, holistic method for supporting mental well-being.

Drawing on both traditional knowledge and emerging scientific research, this session will highlight how specific essential oils and Ayurvedic herbs have been used historically and are now being studied for their effects on stress, mood, and emotional regulation. Practical applications will be shared, including simple daily routines and techniques that participants can integrate into personal practice, clinical settings, or workplace wellness initiatives.

By bridging ancient wisdom with modern science, this talk will demonstrate how aromatherapy and Ayurveda can expand the toolkit available to mental health practitioners, wellness professionals, and individuals. The session will also explore opportunities for further research and collaboration, underscoring the potential of these natural, culturally rooted practices to contribute to global mental health solutions.

Biography

Maria Fiordalisi is a Clinical Aromatherapist, Reflexology Therapist, and Ayurveda Health Educator-in-Training who brings over a decade of experience in holistic health and corporate governance. She is the Founder of Helianthus Holistic Arts and author of *The Scented Thread*, where she explores the intersections of sensory practice, wellness, and reflective living. In addition to her clinical and teaching work, Maria serves as President of the Canadian Federation of Aromatherapists and as a Board Member of the Reflexology Association of Canada (Ontario Division), where she has led initiatives to elevate professional standards, member engagement, and ethical practice. She also holds a Canadian Risk Management (CRM) designation and works in compliance and enterprise risk, uniquely positioning her to bridge structure and creativity in both corporate and wellness environment. Maria's work focuses on integrating aromatherapy and Ayurveda to support mental balance, resilience, and accessible self-care. She is passionate about advancing evidence-informed approaches that honor cultural traditions while engaging with modern research. Through her leadership, writing, and teaching, she models how ancient wisdom and contemporary practice can come together to foster well-being in individuals, workplaces, and communities.



Marian Mulligan

CEO Sphenoid Ireland (not for profit), Ireland

BRCP (British Registrar of Cranial Practitioners), Ireland

Executive South Asian International Yogalimpic Committee,
in collaboration with European Coordinator for Nepal Nature
Cure Association, Ireland

Structural alignment, cellular repair, and electromagnetic interaction in treatment of violence, suicide and homicide prevention

Background: Current health-care systems predominantly manage disease through symptom-based, reactive interventions. Emerging evidence across neuroscience, biophysics, and integrative medicine suggests that violence-related trauma creates measurable disturbances in musculoskeletal, neurological, and electromagnetic regulation. These disturbances can persist across linear and non-linear time, influencing emotional stability, impulse control, and recovery outcomes.

Objective: To outline a novel engineering-informed, natural-medicine-based method of organic structural alignment that engages inherent cellular intelligence and electromagnetic field coherence to support recovery from severe violence-related distortion, including self-harm, suicidal impulse, and violent ideation.

Methods: The approach applies principles of biomechanics, structural alignment, micro-patterning, and electromagnetic regulation to identify and correct distortions within the musculoskeletal and cranial fields associated with violent force. The method operates across linear time using sustained clinical attention, low-force directional vectors, and precise angular correction to restore phase stability.

Expanded Components Include:

- Micro-linearity analysis to detect subtle directional faults embedded in tissue memory.
- Electromagnetic field mapping to identify disruption in coherence and signal integrity.
- Application of low-intensity corrective vectors to re-establish alignment without triggering defensive load.
- Integration of non-linear pattern recognition to account for imprint behavior across multiple time signatures.

The intervention guides the system toward intrinsic repair pathways governed by natural physiological and electromagnetic law.

Scientific Basis: The method incorporates neuro-musculoskeletal coupling, electromagnetic field interaction, cellular intelligence response, and phase coherence restoration. Violence acts faster than cognitive processing, producing structural and electromagnetic distortion as an irritant force. Effective intervention must therefore bypass cognitive content and engage directly with physical-electromagnetic distortion patterns that govern behavioral and physiological output.

Conclusion: Structural alignment as a natural-medicine engineering method offers a replicable mechanism for restoring coherence across the musculoskeletal-neurological-electromagnetic system following violence. This approach aligns with WHO's integrated, preventative health-care frameworks and provides a potential model for scalable community and clinical intervention.

Biography

Marian Mulligan is Short listed foundation of integrated medicine award for multi-disciplinary ICTp in the treatment of violence HM prisons 1998. BRCP UK Best practice for suicide, homicide prevention, and mental health ICTp program 2010. Executive South Asian International Yogalimpic Committee, in collaboration with European Co-ordinator for Nepal Nature Cure Association. Seminar's European Parliament Brussels on "Promoting Health & Well-Being in the young" 2017. Mental health by natural means seminar 2015. Cranial Structural Alignment ICTp training license.



Dr. Maurgan LeBlanc ND

RAND Research Institute, Canada

Clinical outcomes of integrative acupuncture and phototherapy on treatment-resistant vitiligo: A case report

This poster presentation details the clinical outcomes of the combination of an acupuncture protocol based on Traditional Chinese Medicine and photobiomodulation in the form of red light therapy. A 32-year old Caucasian female progressively developed vitiligo after receiving a work-mandated vaccination, and had seen no results from conventional treatments prior to seeking naturopathic care. At the clinic, she received a Traditional Chinese Medicine workup, 6 sessions of acupuncture with a customized protocol, and 20 minutes of red light therapy over the course of 3 months. Symptom improvement in the treated areas versus non-treated areas was clinically significant, showing between 50-75% re-pigmentation compared to baseline. This novel, non-invasive, non-pharmacological treatment proposes substantial potential in the treatment of vitiligo.

Biography

Dr. Maurgan LeBlanc ND, CNP, BA(Hons) is a naturopathic doctor based on the unceded lands of the Mi'kmaq and Wolastoqiyik (Maliseet) Nations, in New Brunswick, Canada. Their private practice is integrative and person-centered, with emphasis on using traditional medicines and current research to achieve holistic symptom management. Maurgan has a special passion for navigating the intersection between post-traumatic stress, immune system activation, and inflammation; addressing these complex concerns through a combination of traditional modalities (i.e. acupuncture, botanical medicine, etc.) and modern technology (i.e. red light therapy, electroacupuncture, etc.).



Mei Hong

China Institute for History of Chinese Medicine and Medical Literature, China Academy of Chinese Medical Sciences, Beijing, China

A Study on the principles and framework for translating traditional medicine terminology

The global dissemination of any traditional medicine system fundamentally depends on the precise and systematic translation of its specialized terminology. This process transcends mere linguistic conversion, serving as the critical conduit for accurate knowledge transfer, authentic cultural representation, and effective international exchange. This paper analyses the structured framework for traditional medicine terminology translation, as informed by international standardization principles. It distils a core set of foundational principles, a strategic classification of term types, and a corresponding methodological toolkit, positioning this work as a multidisciplinary endeavour essential for the global integration and standardization of traditional medical knowledge. The cornerstone of the framework is seven interlocking principles designed to ensure scientific rigor, systematic coherence, and cultural fidelity: Correspondence emphasizes dual semantic and formal alignment, prioritizing accurate conceptual transfer. Systematicness mandates the preservation of the discipline's conceptual architecture and logical hierarchies. Conciseness advocates for practical, economical lexical units suitable for professional discourse. Univocality (Identity) governs consistency, requiring a one-to-one concept-term relationship and consistent translation of term components. Conventionality respects established, widely accepted translations to maintain communicative continuity. Maintaining the characteristics of traditional medicine necessitates a "foreignization" strategy to preserve unique scientific, philosophical, and cultural connotations, often through calque or controlled transliteration. Coordination requires alignment with existing authoritative standards (e.g., WHO, ISO) to minimize confusion and foster interoperability. Building on these principles, the framework proposes a pragmatic term classification dictating primary translation strategies. Terms with direct equivalents (e.g., basic anatomy) typically employ literal translation. Terms without direct equivalents, constituting

most culture-specific terminology, are subdivided: Translatable concepts use calque (literal translation of compounds), while intranslatable or conventionalized concepts use controlled transliteration. Proper Nouns (e.g., names, titles) often require transliteration combined with explanatory elements ("combined translation"). The methodology also accommodates multiple translations for complex terms. In conclusion, traditional medicine terminology translation is a sophisticated, rule-governed activity intersecting linguistics, medicine, and cultural studies. It requires strategic navigation between foreignization and domestication. The principled application of this framework-balancing accurate conceptual correspondence with the preservation of the medical system's unique epistemological identity-is essential for producing standardized, reliable translations. This provides the terminological foundation necessary for the authentic global integration of traditional medical knowledge, ensuring it is shared with both precision and cultural respect.

Biography

Mei Hong is an Associate Researcher and Ph.D. in China Institute for History of Chinese Medicine and Medical Literature, serves as Deputy Secretary-General of the National Committee for Terminology in Traditional Chinese Medicine, CNTERM, and Executive Member of the Translation Committee of World Federation of Chinese Medicine Societies. She specializes in TCM terminology standardization and translation, having led the English translation of multiple national clinical terminology standards.



Moya Xu*, Shulin Chen

Department of Psychology and Behavioral Sciences,
Zhejiang University, China

An exploratory study of Chinese calligraphy handwriting on rumination for female psychosomatic symptoms

Rumination is a key cognitive process implicated in stress-related psychological and somatic symptoms in females. While embodied practices such as Chinese calligraphy have been proposed as potential interventions targeting rumination, the short-term cognitive and physiological mechanisms underlying their effects remain unclear. The present study aimed to explore whether calligraphy writing could modulate experimentally induced rumination and associated autonomic nervous system activity.

Participants were randomly assigned to a calligraphy-writing group or a neutral reading control group following a rumination induction task. State and trait rumination were assessed using self-report measures. Autonomic nervous system activity was recorded via Heart Rate Variability (HRV), including time-domain indices. The intervention consisted of a 30-minute session of either Chinese calligraphy writing or neutral reading.

Results indicated that the rumination induction paradigm was effective, as state rumination increased following induction. After the calligraphy writing session, both state and trait rumination decreased to below baseline levels, suggesting a potential regulatory effect of calligraphy on ruminative processes. HRV analyses revealed that pNN20 showed significant changes across experimental phases. Given prior evidence linking pNN20 to emotional and affective regulatory processes, this finding may suggest that calligraphy-related activity is associated with emotion-related physiological pathways.

Taken together, this exploratory study provides preliminary evidence that Chinese calligraphy writing may reduce both state and trait rumination following experimental induction and highlights pNN20 as a potentially sensitive physiological marker in this context. These findings offer theory-informed guidance for the future design of calligraphy-based interventions.

Biography

Moya XU is a PhD student in the Department of Psychology and Behavioral Sciences at Zhejiang University, China. She obtained her bachelor's degree in psychology from The Chinese University of Hong Kong and completed her master's degree in counselling at the University of Edinburgh in the UK. Moya holds COSCA counselling certification from Scotland, UK. During her PhD studies, she is dedicated to integrating Chinese traditional calligraphy with psychology, focusing on how calligraphy therapy can intervene in female psychosomatic symptoms.



Dr. Narinder Kumar B.A.M.S. pb

Vaid Meehmal Ayurveda Research and Panchkarma Center,
India

Clinical prescription for chronic kidney disease in Ayurveda

Ayurveda is not only the one of the world's oldest system of medicine but also is holistic {whole-body} in nature. The traditional medicine believe that creating this harmony can prevent illness, treat acute & chronic conditions, and contribute to a hale and hearty life. Ayurveda medicine aims to restore health by understanding the underlying causes of disease. It strives to attack the root causes and detoxifying, cleansing, strengthening body tissues {DHATUS} and balancing bodily Doshas, ensuring complete cure.

Introduction: The kidneys remove waste and extra water from the blood (as urine) and help keep chemicals (such as sodium, potassium, and calcium) balanced in the body.

Sign's and Symptoms: It include nausea, vomiting, loss of appetite, fatigue & weakness, sleep problems, changes in urine output, decreased mental sharpness, muscle twitches & cramps, hiccups, swelling of feet & ankles, persistent itching, shortness of breath, high blood pressure (hypertension) etc.

Examination of the Body in Ayurveda: Ayurveda uses the method of "ASTAVIDHA ROGI PAREEKSHA" or eight methods for understanding an individual's, doshas, disease and complete, permanent cure. The methods include:

- NAADI {pulse}.
- MUTRA {urine}.
- MALA {stool}.
- SHABDA {voice}.

- JIVHA {tongue}.
- SPARSHA {skin}.
- DRIK {eyes}.
- AAKRITI {body build}.

Causes of Chronic Kidney Disease:

- Diabetes and high blood pressure are the most common causes of chronic kidney disease. Continually uses of pain killers.
- High steroids, antibiotics and anti-histamine drugs.
- A family history of kidney failure.

Preventing Chronic Kidney Disease: Ayurveda places great importance on one's pathya, or lifestyle which involves one's diet, physical exercise, mental well-being, and other daily routines or dincharyas to improve the overall quality of life. According to this powerful science of permanent healing, following an Ayurveda dinacharya is one of the best things that you can do to maintain body balance, prevent diseases, treat all ailments and stay in complete control.

Ayurveda Has No Side Effects: Unlike western medicine, Ayurveda treatments and medicines are free from any side-effects. Adverse side-effects occurs in western system of medicine due to its chemical overdose or mismatch in your primitive herbs and natural supplements from the nature. The traditional Indian medicine, may be the most ancient but it is also the most effective, safest, cost-effective treatment of all. Ayurveda medicines are reasonable compared to expensive western drugs. Some of the ayurveda medicines can be even made at home from herbs and ingredients in your kitchen making it easy and convenient.

Prescription:

- Punarnavastaka Kwath.
- Punarnava Mandoor.
- Prawal Pisti.
- Giloye Satva.
- Gokshuradi Guggulu.
- Hartaki Churna.
- Bhumiamlaki Churan.
- Kasni Churan.



Narissa Young

Sea of Sound, Nanaimo, British Columbia, Canada

Vibroacoustic therapy: Integrating sound, science, and traditional healing

Background: Vibroacoustic Therapy (VAT) applies low-frequency sound (30-120Hz) through transducers embedded in chairs, tables, or cushions, allowing vibration to be transmitted directly to the body. Originally developed by Olav Skille in Nordic rehabilitation settings, VAT is emerging as a complementary therapy within integrative and traditional medical models.

Objective: To introduce the scientific and clinical foundations of VAT and illustrate how this non-invasive modality supports autonomic regulation, pain management, and relaxation—bridging ancient sound-based healing traditions with modern physiological understanding.

Methods & Mechanisms: Low-frequency sound interacts with the body's tissues and neural pathways to promote parasympathetic activation, improve circulation, and modulate stress responses. Research from Bartel (University of Toronto), Skille, and Wigram demonstrates measurable outcomes in muscle relaxation, anxiety reduction, and sleep improvement. Mechanistic theories include neural entrainment, vibrotactile resonance, and vagal stimulation—correlating with heart rate variability and reduced cortisol response.

Results & Case Insight: Clinical observations, case and pilot studies suggest that specific frequencies can elicit predictable physiological effects. Improved relaxation response, improved mobility, stress reduction, drug free pain reduction, and enhanced emotional regulation following 20-minute sessions.

Discussion: VAT provides a bridge between traditional understandings of sound as medicine and measurable neurophysiological outcomes. As interest in integrative approaches grows, vibroacoustic methods can complement physiotherapy, mental-health care, and chronic-pain management. Ongoing research aims to standardize frequency protocols, validate mechanisms, and refine outcome measures.

Conclusion: Vibroacoustic Therapy represents a holistic, evidence-informed approach to relaxation and pain relief. By uniting traditional healing principles with measurable effects on the nervous system, it offers clinicians and researchers a sound-based pathway toward whole-person wellness.

Biography

Narissa Young is a confident presenter with a creative mind, and passionate about helping others WIN in their life. Experience in the music industry as a professional vocalist and her innate drive for contribution led her to study Sound Healing and get her certification in Vibroacoustic Therapy, making it her specialty. As the lead trainer and new co-owner of VibroacousticTherapy.com, she facilitates group certifications and private training in VAT to multidisciplinary practitioners through online portals. Private sound healing sessions are done in her Nanaimo, BC studio. Narissa also leads an annual wellness retreat in Greece.



Orelia Roller

Maharishi College of Perfect Health International, Netherlands

How natural gemstones create an effect on the physiology, mind, emotions, and consciousness through the technology of Maharishi Light Therapy with Gems

This presentation offers an in-depth exploration of Maharishi Light Therapy with Gems (MLG), examining its principles, development, and applications from a variety of scientific, historical, and traditional perspectives. Our aim is not only to introduce the therapy itself, but also to investigate the broader questions it raises about the interaction between light, matter, consciousness, and human physiology.

We will begin by tracing the evolution of MLG over several decades, exploring the research and innovation that led to its development. This historical overview will provide valuable context for understanding the rationale behind the technology and its unique approach to health and well-being.

A key focus of the presentation will be the remarkable relationship between light and gemstones. We will examine how the physical and chemical properties of gems influence the transmission of light and how these interactions may contribute to the effects reported by clients. Drawing on insights from physics, chemistry, and materials science, we will explore how specific gemstones produce distinct qualities of light and why different gems are associated with different outcomes.

To connect theory with practice, we will look at what an MLG treatment actually involves, what participants can expect during a session, and the experiences commonly reported by clients. We will also view a video featuring personal testimonials and review the findings of a pilot study investigating the effects of the therapy.

In addition, we will turn to the rich knowledge preserved within the Ayurvedic tradition. Classical texts describe gemstones as possessing unique qualities capable of influencing both consciousness and physiology. By examining these sources, we will gain insight into the traditional understanding of why different gems produce different effects and how this ancient knowledge has informed the development of MLG.

By bringing together modern scientific inquiry and ancient wisdom, this presentation seeks to illuminate the principles underlying Maharishi Light Therapy with Gems and to provide a deeper understanding of one of its central questions: what is it about gemstones and light that creates their distinctive influence on human experience? Whether your interest is scientific, therapeutic, or philosophical, the presentation promises a thought-provoking and engaging journey into a fascinating field of exploration.

Biography

Orelia Roller is Head of the Department of Maharishi Light Therapy with Gems at Maharishi College of Perfect Health International, an international educational institution of Transcendental Meditation (TM) specializing in the training and regulation of Maharishi AyurVeda. Organized as a nonprofit foundation, the institution is headquartered at the MERU Campus in Vlodrop, the Netherlands. Roller leads this department together with her parents, who developed this unique technology under the direct guidance of Maharishi Mahesh Yogi. Maharishi Light Therapy with Gems is an integral part of Maharishi AyurVeda and explores the effects of light, in combination with gemstones, on the human body and consciousness. Precious stones were already praised in ancient Ayurvedic texts for their extraordinary effects on our physiology, mind, emotions, and consciousness, and were prescribed and used as a means of promoting and maintaining health. Building on this foundation, MLG focuses precisely on this area and has already helped thousands of people stabilize and restore their health and well-being. The Roller family manufactures the gem beamer sets and balms and trains new practitioners who enable their clients around the world to benefit from Maharishi Light Therapy with Gems.



Polo-Ma-Abiele Hildah

Mfengwana*, Democracy Ratlou

Department of Health Sciences, Central University of
Technology, Free State, Bloemfontein, South Africa

The ethnobotanical path to patients: Translational challenges in biomedical innovation

Traditional medicine occupies a central place in healthcare across sub-Saharan Africa, with medicinal plants forming the foundation of this practice. Over the past two decades, preclinical research has generated considerable evidence for the antimicrobial, anti-inflammatory, and anticancer potential of African plant species. However, the distance between what is reported in the laboratory and what becomes available as a standardized, clinically evaluated product remains very wide. This review examines the available preclinical evidence across the three pharmacological domains and discusses the factors that continue to limit translation.

A comprehensive literature search was conducted using PubMed/MEDLINE, Scopus, Web of Science, Google Scholar, and African Journals Online (AJOL). Search terms were combined systematically and covered peer-reviewed publications from January 2000 to December 2024.

Preclinical evidence supports the antimicrobial potential of species including *Combretum caffrum*, *Warburgia salutaris*, *Moringa oleifera*, *Pelargonium sidoides*, and *Sutherlandia frutescens* against both common and drug-resistant pathogens. Anti-inflammatory effects mediated through cyclooxygenase inhibition, NF- κ B suppression, and cytokine modulation have been demonstrated for several species, most notably *Harpagophytum procumbens*. Cytotoxic and pro-apoptotic activity has been reported across multiple cancer cell lines for compounds from *Combretum caffrum*, *Catharanthus roseus*, and *Moringa oleifera*, among others. The path from these findings to regulated therapeutic products is obstructed by three main problems: A lack of standardization and quality control, regulatory frameworks that were not designed with complex botanical preparations in mind, and a critical shortage of well-designed clinical trials.

African medicinal plants hold genuine therapeutic promise but realizing that promise will require deliberate investment in standardization, fit-for-purpose regulatory pathways, and phytomedicine-specific clinical trial infrastructure. Collaboration between researchers, regulators, industry, and traditional health practitioners is necessary to move these findings from the bench to the patient.

Keywords: African Medicinal Plants, Phytomedicine, Antimicrobial, Anti-Inflammatory, Anticancer, Standardization Ethnopharmacology, Translational Gaps.

Biography

Prof Polo-Ma-Abiele Hildah Mfengwana is a South African health sciences researcher whose work centres on ethnopharmacology, drug discovery, and immunohematology. Mfengwana is an Associate Professor and Head of the Health Sciences Department at the Central University of Technology, and her research focuses strongly on the preclinical development of anticancer agents derived from medicinal plants. Mfengwana's scholarship explores the identification and characterisation of bioactive compounds, their efficacy, and their mechanisms of action, while also linking indigenous knowledge to modern oncology and therapeutic innovation. Mfengwana has also contributed to research on medicinal plants with antibacterial, antioxidant, anti-inflammatory, wound-healing, and related health applications.



Dr. Prashant Sakharam Bhokardankar

Professor and HOD, Rasshastra Bhaishajya Kalpana Dept.,
Datta Meghe Ayurvedic Medical College Hospital and
Research Centre, Nagpur, Maharashtra, India

Ancient wisdom meets modern healing: The fusion of Ayurveda and regenerative medicine

Ayurveda addresses regenerative medicine mainly via Rasayana (rejuvenation therapy), concentrating on restoring and revitalizing tissues (Dhatus) by improving digestion (Agni), eliminating metabolic waste (Ama), and bolstering immunity (Ojas). Ayurveda therapies focused on regeneration and restoration. Essential methods involve distinct herbal blends aimed at enhancing longevity, facilitating wound healing, and supporting tissue regeneration. Rasayana is a thorough, insightful, and significant work on wellness and longevity within Ayurveda. It discusses the rejuvenation and restoration of dhatus or tissues. Ayurvedic drugs repairs is vital for the overall health of humans. Rasayana, as one of the eight branches of Ayurveda, pertains to revitalizing treatment and immune system modulation. Ayurvedic Regenerative Medicine broadly covers health management, aging, diseases, and provides treatment for aging via rejuvenation. Ayurveda focuses on supporting and feeding the body for complete healing. Ayurvedic Regenerative Medicine is a key area of expertise for regeneration. Herbs from Ayurveda function as blockers of various degenerative conditions.

This encompasses Alzheimer's disease, arthritis, and Parkinson's disease. Herbal infusions combined with structured treatment approaches that include Panchakarma therapies and Rasayana aid in healing wounds, treating fractures, addressing anemia, and managing corneal ulcers. They are also beneficial in supporting and facilitating growth, promoting healthy aging, and halting degeneration in broader way.

Keywords: Ayurveda, Rasayana, Regenerative Herbs, Degenerative Disorders.

Biography

Dr. Prashant Bhokardankar is not only a prominent personality in Ayurveda; Dr. Bhokardankar is an innovator transforming the landscape of conventional medicine. Holding an MD in Ayurveda with a focus on Rasshastra from the esteemed Govt. Since 2005, he has devoted his career to enhancing the pharmaceutical elements of Ayurveda at Ayurveda College Nanded, India. As an energetic Professor and Department Head at Datta Meghe ayurvedic medical College hospital and research centre Nagpur Maharashtra India, Dr. Bhokardankar motivates the upcoming generation of Ayurvedic professionals while also engaging in the worldwide conversation on traditional medicine. His notable career encompasses significant positions at prestigious pharmaceutical firms like Dabur and Arya Vaidya Pharmacy, where he refined his skills in the Ayurveda pharmaceutical field. Dr. Bhokardankar is an accomplished researcher, having authored many national and international publications in indexed journals. His dedication to the field goes beyond academia, having arranged numerous seminars and workshops, enthusiastically imparting the knowledge of Ayurvedic medicine. Dr. Bhokardankar, a highly sought-after speaker at international conferences in Spain, France, Italy, and Dubai, continues to connect ancient wisdom with modern science, demonstrating the significance of Ayurveda on a worldwide stage. His role as a principal investigator on several funded research initiatives highlights his commitment to enhancing Ayurvedic pharmaceutical understanding. With his vast expertise and forward-thinking perspective, Dr. Bhokardankar genuinely represents the essence of innovation in the realm of Ayurveda.



**Qilei Chen*, Xiaojie Wang,
Guanhua Huang, Yingyi Liu,
Hubiao Chen**

School of Chinese Medicine, Hong Kong Baptist University,
Hong Kong, China

M2 macrophage-mediated targeted delivery of herbal medicines in Rheumatoid Arthritis (RA)

Rheumatoid Arthritis (RA) is a chronic autoimmune disease characterized by persistent synovial inflammation and progressive joint damage; current first-line drugs provide incomplete control and dose-limiting adverse effects. Potent natural products from Traditional Chinese Medicine (TCM), exemplified by *Saussurea Involucrata* (SI, “snow lotus”) extract and the monomer Triptolide (TP) from *Tripterygium wilfordii* (“thunder god vine”), exert strong anti-inflammatory and immunomodulatory actions, yet their clinical use is constrained by low bioavailability and systemic toxicity. Building on advances in macrophage-based drug delivery and the inflamed-tissue homing of M2-polarized macrophages, we engineered M2 cells as live carriers to enhance targeted delivery and mitigate toxicity in RA.

Lipid Nanoparticles (LNPs) encapsulating SI extract or TP were optimized via uniform design experiments and characterized by transmission electron microscopy and dynamic light scattering, revealing spherical morphology, narrow size distribution, and colloidal stability. THP-1-derived macrophages were polarized to the M2 phenotype, with ELISA confirming an anti-inflammatory cytokine profile consistent with successful induction. Drug-loaded, fluorescent LNPs were co-incubated with M2 cells; confocal microscopy verified robust intracellular uptake, confirming efficient cargo loading. Pharmacological evaluation in inflammatory models demonstrated that M2-delivered SI-or TP-LNPs more potently suppressed pro-inflammatory mediators and better-preserved cell viability than compared with free drugs and non-loaded controls, with notably reduced cytotoxicity.

These results validate M2 macrophages as live, inflammation-homing carriers for precise delivery of SI and TP in RA. By concentrating payloads within inflamed synovium, this approach enhances efficacy while reducing off-target toxicity, thereby elevating the therapeutic index of botanical extracts and monomers. The modular platform supports safer translation of SI, TP and other potent herbal medicines, offering a broadly applicable live-cell strategy for targeted therapy in RA and other inflammatory diseases.

Biography

Dr. Qilei Chen is a Research Assistant Professor at School of Chinese Medicine, Hong Kong Baptist University. Her research focuses on Traditional Chinese Medicine pharmacognosy for immune-related diseases and functional nanomaterials. Qilei Chen serves on editorial/reviewer boards of SCI-indexed journals, including Chinese Herbal Medicines, Biomedicines, Frontiers in Molecular Biosciences, and Nutrients. She has authored over 20 papers, holds three invention patents, and has secured competitive fundings from the Hong Kong General Research Fund (GRF) and Innovation and Technology Fund (ITF), National Natural Science Foundation of China (NSFC), and Guangdong Natural Science Foundation.



Raphael Aparecido Geraldin Pedroso*,
Prof. Me. Eduardo Fusatto D.O

Colégio Brasileiro de Osteopatia (CBO), Piracicaba, Brazil

Effect of upper cervical, diaphragm, pelvis and foot manipulative techniques in the treatment of nonspecific low back pain: A pilot study

Introduction: Low back pain is one of the leading causes of disability worldwide. Osteopathy, created by Dr. Andrew Taylor Still, focuses on restoring balance and homeostasis through manual techniques.

Objective: To evaluate whether individual or combined osteopathic manipulative techniques (upper Cervical diaphragm, pelvis, and talus/foot) improve pain and lumbar mobility immediately after application in individuals with nonspecific low back pain.

Methods: Thirty volunteers (80% female, mean age 38.6) with nonspecific low back pain were randomly assigned to six groups: Cervical(A), Pelvis (B), Diaphragm (C), Talus (D), Placebo (E), and Combined techniques (F). Pain and function were assessed pre-and post-intervention using a Visual Analogue Scale (VAS), algometry, the Wells sit-and-reach test, the Schober test, and the Roland-Morris Disability Questionnaire.

Results: Group F (combined techniques) demonstrated the greatest improvement across all measures: VAS pain reduction of 57.6%, increased pain pressure thresholds by 76.3%, and significant gains in mobility compared with all other groups ($p < 0.05$). Groups A, B, C, and D showed modest improvements, while the placebo group showed no change.

Conclusion: The combined application of upper cervical, diaphragm, pelvis, and talus manipulative techniques produced superior results in pain relief and mobility compared to isolated techniques in patients with nonspecific low back pain.

Keywords: Osteopathy, Low Back Pain, Manual Therapy, Manipulative Techniques.

Biography

Raphael Aparecido Geraldin Pedroso is a physiotherapist and Diplomate in Osteopathy (D.O.) from Colégio Brasileiro de Osteopatia, Brazil. His clinical and academic focus is on the application of osteopathic techniques for musculoskeletal pain, with special interest in integrating different manipulative approaches.



Dr. Reshma Shettigar^{1*}, Dr. Divya Lakshmanan², Dr. Manisha Rao³

¹Associate Professor, Yenepoya Ayurveda Medical College & Hospital, India

²Associate Professor, Yenepoya Research Centre, India

³Project Research Scientist, Yenepoya Ayurveda Medical College & Hospital, India

Comparative impact of classical shodhana procedures on the phytochemical profile and anticancer potential of *Semecarpus anacardium* against MCF-7 breast cancer cells

Background: Traditional medicine systems have long harnessed potent toxic botanicals, employing classical processing techniques to render them safe and therapeutically effective. *Semecarpus anacardium* (SA) exemplifies this duality within the Ayurvedic tradition—a plant of considerable therapeutic relevance whose inherent toxicity in its raw form restricts clinical application. Ayurvedic practitioners have historically employed Shodhana, a classical detoxification process, to overcome this limitation; however, the scientific community has yet to rigorously characterize how different Shodhana protocols differentially modulate the phytochemical and biological profile of SA.

Objective: This study aimed to evaluate the differential impact of three classical shodhana methods—coconut water, milk, and cow urine + milk processing—on the phytochemical composition and in vitro anticancer activity of *S. anacardium* relative to its raw, unprocessed form.

Methodology: Authenticated SA nuts underwent three distinct Shodhana protocols followed by standardized Soxhlet ethanol extraction. LC-MS/MS profiling characterized the phytochemical changes each processing method induced. In vitro anticancer efficacy and safety assessment employed MTT-based cytotoxicity and AO/EB dual staining for morphological apoptosis analysis on MCF-7 breast cancer and L929 normal fibroblast cell lines. DCFDA fluorescence imaging further probed the mechanism of cell death by quantifying intracellular Reactive Oxygen Species (ROS) generation.

Results: LC-MS/MS profiling revealed distinct phytochemical fingerprints across all four preparations. The raw extract carried a single dominant compound constituting 79% of the total chromatographic area, while each shodhana method uniquely diversified this profile—milk shodhana produced the most balanced redistribution across multiple co-dominant peaks, whereas cow urine + milk processing shifted the elution profile toward more lipophilic compounds, indicating structural transformation of the primary constituent. In vitro evaluation on MCF-7 cells demonstrated that both raw and cow urine + milk-processed extracts induced dose-dependent apoptotic cell death confirmed by AO/EB staining, and significantly elevated intracellular ROS levels detected by DCFDA fluorescence, pointing to an oxidative stress-mediated anticancer mechanism.

Biography

Dr. Reshma Shettigar is an Associate Professor at Yenepoya Ayurveda Medical College & Hospital, India, specializing in developmental research in Ayurvedic Medicine. She serves as the Principal Investigator for several research initiatives, including an ICMR Extra Mural Grant and two Intra Mural Grants. In addition to her academic and research responsibilities, she has guided a SPARK project and manages interdisciplinary collaborations within the Yenepoya network. Dr. Shettigar is dedicated to advancing Ayurvedic sciences through rigorous study and is open to exploring new research collaborations.



Rubén Sánchez

Center for Consciousness-Based Sports, Maharishi International University, USA

The wellbeing–performance paradox: Lessons from sport for integrative health

Sport is often viewed as a domain of health, vitality, and human potential. Yet one of the most surprising observations from working with athletes is that many suffer inside the activity they love most. Despite years of physical training and technical preparation, athletes frequently experience stress, anxiety, burnout, emotional dysregulation, loss of confidence, and diminished enjoyment of sport.

The conventional assumption is that excellence comes at a cost—that athletes must choose between wellbeing and performance. Higher achievement is often associated with greater sacrifice, pressure, and strain. However, our experience working with athletes, coaches, and teams across multiple levels of sport suggests a different possibility: wellbeing and performance are not competing priorities, but deeply interconnected dimensions of human functioning.

This presentation explores what sport can teach us about health and human development aligning most advanced technologies of consciousness such as Transcendental Meditation with a complete approach to performance founded in Maharishi Ayurveda. Because the demands of sport are high and the feedback is immediate, athletes provide a unique window into how physical, mental, emotional, and deeper levels of human functioning interact under pressure.

Challenges that emerge in sport often reveal broader principles relevant to health, resilience, learning, recovery, and quality of life.

Drawing on the Consciousness-Based Sports framework and practical experience supporting Olympic and elite-level athletes and coaches, this presentation introduces an integrative model of performance that recognizes the interaction between physical, mental, emotional, and foundational levels of functioning. Particular attention will be given to consciousness as a trainable variable and to the role of meditation-based approaches, including Transcendental Meditation and supported by Maharishi Ayurveda in supporting recovery, resilience, wellbeing, enjoyment of sport, and consistent performance under pressure.

Rather than viewing health and excellence as opposing goals, participants will be invited to consider a more integrated perspective in which human flourishing and peak performance develop together. The session is intended for healthcare professionals, researchers, educators, coaches, and practitioners interested in integrative approaches to wellbeing, human development, and performance.

Biography

Rubén Sánchez is Director of the Global Center for Consciousness-Based Sport, Athletic Director at Maharishi International University (MIU), USA, and a UEFA Pro licensed football coach. Rubén holds both a Master's degrees in Maharishi Vedic Science, specializing in Consciousness-Based Sport, graduating with top academic honors. For more than a decade, Rubén has been on a mission to demonstrate that there is no need to suffer to perform at the highest level consistently. Rubén developed the Consciousness-Based Sport methodology—a scientifically grounded approach that enables consistent athletic peak experiences without stress, pain, or suffering. Rubén's work spans elite athletes, Olympic teams, coaches, and sports organizations across disciplines including football, artistic swimming, athletics, rowing, judo, and triathlon, with collaborations across five continents. A certified Teacher of Transcendental Meditation, Rubén's work centers on the development of human potential through the integration of consciousness, health, and performance—exploring how ancient Vedic science can enhance well-being, decision-making, creativity, resilience, and sustainable excellence, or what he calls athletic invincibility.



Dr. Selvan Senthil Kumar

Dr. Selvan's Homeopathy, India

Unexceptional results in homeopathy with evidence-based case presentation

This paper presents select clinical cases demonstrating rapid and significant improvement in patients suffering from autoimmune disorders and chronic non-healing wounds, showcasing the therapeutic potential of evidence-based homeopathic interventions.

Case 1: Autoimmune Disorder (Rheumatoid Arthritis with ANTI CCP and ANTI ANA Positivity)

A middle-aged female patient diagnosed with rheumatoid arthritis, positive for ANTI CCP and ANTI ANA antibodies, presented with severe joint pain, swelling, and stiffness. The condition had progressed to the extent that she was unable to stand up from a bench without assistance. She had been on continuous corticosteroid therapy for three months prior to homeopathic consultation, with limited benefit. Within 20 days of individualized homeopathic treatment, the patient reported a marked reduction in pain, restoration of joint movement, and significant improvement in daily activity levels, with laboratory indicators showing a favorable decline in inflammatory markers.

Case 2: Non-Healing Felon in Uncontrolled Diabetes Mellitus

A diabetic patient presented with a chronic, non-healing felon of the fingertip and poorly controlled blood sugar levels. Before seeking homeopathic treatment, a multispecialty hospital had advised surgical amputation due to the risk of infection spread and poor healing prospects. Under homeopathic management, steady recovery was observed over three months, with complete healing of the wound and improved glycemic control. The case underscores the regenerative and systemic balancing effects of homeopathic remedies in complex diabetic infections.

Additional Cases:

- **Autoimmune Disorder:** A case of Systemic Lupus Erythematosus (SLE) exhibited substantial improvement in fatigue, skin eruptions, and joint symptoms under homeopathic care.
- **Gangrene Foot:** A diabetic patient with early gangrene of the foot demonstrated tissue recovery, reduced necrosis, and preservation of the limb with prolonged homeopathic therapy.
- **Chronic Psoriasis:** Noticeable clearance of long-standing psoriatic lesions and improved psychological wellbeing were achieved following individualized homeopathic treatment.

These cases collectively emphasize the potential effectiveness of homeopathy as a supportive and evidence-based approach in managing autoimmune, inflammatory, and chronic non-healing conditions, warranting further systematic clinical evaluation.

Biography

Dr. Selvan S is a practitioner, researcher, Author and International Speaker in the field of Homeopathic medicine. He holds a BHMS degree also obtained a PG-Hom (London) and certification from the National Examination Board in Occupational Safety and Health (NEBOSH) followed by MD in Homeopathy. Currently, Dr. Selvan also works as a DG Approved Medical Examiner for Seafarers. Has presented many papers and works as an Assistant Professor at Sharad Chandra Pawar Homeopathic Medical College. He is the first person in the world to make a Bike Campaign for the awareness of Homeopathy which was appreciated by all.



Dr. Shaweta Vasudeva

ShayTheCoach Acupuncture, United States

Therapeutic benefits of auricular acupuncture for substance use disorders

Acupuncture is increasingly utilized as a complementary intervention in substance use disorder recovery to support physiological and psychological stabilization. Research indicates that acupuncture may reduce cravings and withdrawal symptoms, lower stress and anxiety, improve sleep quality, and promote nervous system regulation. The National Acupuncture Detoxification Association (NADA) Protocol, a standardized auricular acupuncture approach, is utilized to support detoxification and emotional regulation. By activating parasympathetic responses and modulating neurotransmitter activity, acupuncture may contribute to relapse prevention and improved treatment engagement. When integrated into a comprehensive recovery plan, acupuncture supports overall well-being and recovery outcomes.

Biography

Dr. Shaweta “Shay” Vasudeva, DAC., LAc., Dipl.Ac is an Acupuncturist, Professor, Author, & Coach. Her passion is to help people become the best version of themselves by using an interdisciplinary and holistic approach, bringing 10+ years of experience in Psychology, Personal Fitness Training, Corrective Exercise, Nutritional Coaching, Cranial Sacral Work, and teaching Karate & Tai Chi classes to her business. Acupuncture is an addition to her existing practice, called ShayTheCoachAcupuncture. Background and training in acupuncture: Dr. Shay earned her Doctorate in Acupuncture from the Phoenix Institute of Herbal Medicine and Acupuncture. With more than 3,000 combined clinical and didactic training hours, she brings extensive experience to healing, delivered with genuine care. Areas of practice: Back, Neck, and Joint Pain; Headaches; Stress; Chronic Fatigue and Insomnia; Digestive Issues; The Unique Needs of People in Long-Term Recovery from Drug and Alcohol Addiction.



Sherry Steine

RYT 500 Yoga Therapist, Certified Aromatherapist (NC),
Aligned Expressions, Aligned Apothecary, USA

Sacred synergy: Integrating therapeutic yoga and aromatherapy in traditional healing

This presentation explores the sacred partnership between therapeutic yoga and aromatherapy as complementary pathways within traditional healing systems. Rooted in the wisdom of Ayurveda, Traditional Chinese Medicine (TCM), and the subtle energetics of breath and prana, these two modalities work synergistically to regulate the nervous system, clear emotional stagnation, and restore harmony within the body's energetic pathways. The talk highlights how breath-centered Yin and Restorative practices open the nadis and meridians, creating a receptive landscape for the healing intelligence of essential oils. Aromatherapy—particularly when applied through AromaPoint Therapy or subtle inhalation—acts as both a botanical remedy and a vibrational messenger that awakens emotional clarity, grounding, and spaciousness.

Drawing from clinical experience integrating yoga therapy and aromatherapy, this session demonstrates how plant essences such as vetiver, frankincense, neroli, and lavender support energetic regulation and deepen somatic rest. Participants will discover how specific oils correspond to elemental energies, doshic constitutions, and emotional patterns, and how pairing them with targeted postures enhances therapeutic outcomes. Techniques for creating sacred healing rituals—including space clearing, color-infused aromatic sprays, intentional breathwork, and guided stillness—will also be explored.

This talk positions yoga and aromatherapy not simply as wellness practices, but as living traditions of plant medicine, breath, and subtle-body restoration. Attendees will gain practical integrated protocols that support emotional balance, grounded presence, and deep restorative rest for themselves or their clients.

Biography

Sherry Steine is a Certified Aromatherapist, Yoga Therapist, and founder of Aligned Expressions and Aligned Apothecary. Blending aromatherapy, Yin Yoga, Ayurveda, TCM energetics, and subtle-body practices, she creates holistic healing experiences that support emotional balance, nervous-system repair, and mind-body-spirit integration. Sherry specializes in restorative practices for trauma, chronic stress, and cancer recovery, offering workshops, classes, and therapeutic programs grounded in traditional healing wisdom. She is also a wellness educator, retreat facilitator, and podcast host. Her work centers on helping individuals reconnect with inner harmony through breath, scent, movement, and compassionate presence.



Dr. Shubham S. Shete*, Dr. Shivraj B. Kale, Dr. Adesh B. Karkud

Director & Chief Ayurvedic Consultant, Svatol Ayurveda Healthcare and Research Foundation, India

An integrative approach in achieving physical, mental and spiritual wellness; through the eyes of traditional Indian system of medicine-Ayurveda, yoga, meditation and Indian vedic science

As global health systems face rising rates of chronic lifestyle disorders and mental health challenges, there is a growing demand and need for integrative approaches that enhance holistic wellness and supportive comprehensive care. The World Health Organization (WHO) recognizes traditional systems of medicine including Ayurveda as vital components of universal health coverage and has emphasized their role in achieving the Sustainable Development Goals (SDGs).

In the evolving landscape of global healthcare, there is a growing recognition of the need for integrative approaches that address not only physical health, but also mental and spiritual well-being. Traditional Ayurvedic Medicine, Yoga, Meditation and Indian Vedic science offer a time-tested, evidence-informed framework for holistic wellness, aligning closely with the principles of preventive and personalized medicine.

This lecture explores how Ayurveda and Indian Vedic science including four vedas, Ramayana, Mahabharata, Bhagvadgeeta, Puranas offer a multidimensional approach to health, encompassing the physical (Sharira), mental (Manas), and spiritual (Atma) dimensions of human well-being. Central principles such as Dosha balance, Agni (digestive/metabolic function), Prakriti-based personalization, and Ojas (immunity and vitality) will be discussed in relation to current medical concerns.

Particular focus will be given to the clinical relevance of these systems in the management of Non-Communicable Diseases (NCDs) such as Cancer, Cardiovascular Diseases, hypertension, diabetes, obesity, neurodegenerative diseases like Parkinson's, Alzheimer's etc as well as stress, anxiety, and depression, which are increasingly affecting healthcare providers and patients alike. For a matter of fact 70%+ global deaths account to NCDs.

Evidence-informed practices including yoga, Ayurvedic nutrition, daily and seasonal routines (Dinacharya and Ritucharya), meditation, and Vedic lifestyle interventions (e.g., mantra chanting, mindfulness) will be examined for their therapeutic potential and applicability in modern clinical settings.

The session aims to empower healthcare professionals with integrative tools from India's traditional knowledge systems to enhance patient care, foster resilience, and promote sustainable wellness. By integrating these traditional Indian systems with contemporary health paradigms, the lecture aims to equip healthcare professionals with practical tools and philosophical insights for promoting sustainable wellness in their patients and communities.

Biography

Dr. Shubham Shete studied Indian System of Medicine i.e. Ayurveda from India's prestigious health science university "Maharashtra University of Health Sciences, Nashik" and completed his Graduation Degree B.A.M.S (Bachelor of Ayurvedic Medicine and Surgery) from renowned RSM's Tilak Ayurveda Medical College, Pune in 2021. Later on with the vision of transforming healthcare through timeless wisdom of Ayurveda, Yoga and Meditation focusing on delivering authentic, affordable and effective solutions that enhance well being, he established SVATOL Ayurveda Healthcare and Research Foundation. Presently, Dr. Shubham is Director, Chief Ayurvedic Consultant and International Holistic Wellness Expert at SVATOL Ayurveda. Under his leadership, SVATOL Ayurveda conducts multiple free medical camps for paediatric, adult and geriatric population which includes Ayurvedic Golden Drops Camps, Instantaneous Pain Management Camps and provide other healthcare services through their working centres in different cities. His team of doctors offer various seminars, workshops guiding general public regarding Physical, Mental and Spiritual Wellness. Dr. Shubham is also Director and Chief Advisor of Prabhuram Gurukul, Nashik which is a Pre-School where ancient Indian Vedic science wisdom meets modern education to cultivate, well rounded, value driven individuals.



Sonia Zadro*,

Professor Peta Stapleton

Bond University, Gold Coast, Queensland, Australia

Is reiki more effective than placebo?

Background: Reiki is an energy healing technique (biofield therapy) in which an attuned therapist places their hands on or near the client's body and sends energy to the client to activate the body's ability to heal itself and restore balance. It was developed in Japan end of the 19th century by Mikao Usui of Kyoto. Inexpensive, safe evidenced based treatments would be welcomed given the enormous international socio-economic burden of health and research suggests Reiki is safe, inexpensive and may assist in treating a wide variety of illnesses over placebo. Given Reiki is a biofield therapy which is not yet accepted by the dominant biomedical paradigm, and its growing use, it is important to establish Reiki's effectiveness over placebo.

Method: A systematic review of Randomised Placebo Controlled (RPCT) Trials examining hands on Reiki's effectiveness in adults was conducted through a systematic search of 8 databases. Twenty-six RPCT met inclusion criteria and were assessed for Risk of Bias (ROB) using Cochrane's Revised ROB 2 assessment tool. This was followed by a GRADE assessment assessing a further 5 domains to arrive at a low, moderate or high level of evidence for each area examined.

Results: A high level of evidence was found for Reiki over placebo in reducing clinically relevant anxiety, stress, depression, and elevated to high blood pressure. A moderate to high level of evidence was found for Reiki over placebo in reducing and acute pain. A moderate level of evidence was found for Reiki over placebo in reducing heart rate/ heart-rate variability, and normal range diastolic blood pressure. A low to moderate level of evidence was found for Reiki over placebo in reducing burnout, chronic pain, normal levels of stress, and wellbeing and comfort in chronic conditions.

Conclusions: The results suggest that Reiki may be effective in treating a variety of areas over placebo. In most areas there are a small number of studies so findings are inconclusive and more RCT controlling for placebo in Reiki research are needed.

Biography

Sonia Zadro is a clinical psychologist from Sydney, Australia with 30 years of experience in treating PTSD and other anxiety disorders, depression and couples. She is presently undertaking a PhD at Bond University, Australia on Reiki in a Materialist Scientific Biomedical Paradigm: Efficacy, Attitudes, and the Way Forward. This is due for completion next April, 2026. Sonia has presented at several international conferences and published the mental health findings from this paper in 2022 in Frontiers International Journal.



Sweta Vikram

CEO-Founder NimmiLife, LLC, United States

Burnout decoded: Ayurveda on stress, sleep, and emotional wellbeing

We are living through a sleep crisis, and no amount of melatonin or sleep tracking is solving it. Ayurveda offers something far more fundamental: A complete philosophy of sleep as the body's most powerful medicine, along with a practical roadmap for restoring it.

In Ayurvedic thought, *nidra* (sleep) is one of the three pillars of health. It is the nightly process through which the nervous system repairs, *ojas* (vital essence) is replenished, and the mind returns to stillness. When sleep is disrupted, the effects cascade into anxiety, exhaustion, inflammation, and emotional disconnection. These are not separate conditions, but expressions of a nervous system that never fully rests.

In this talk, Ayurvedic doctor and grief coach Sweta Vikram decodes burnout through four applied lenses: *Dinacharya* (daily rhythm) as the foundation of circadian health; nervine and adaptogenic herbs to support a depleted nervous system; diet and seasonal living as doshic regulators; and yoga, pranayama, and marma practices as direct pathways into parasympathetic regulation.

Beyond symptom management, this session reframes burnout, not as a failure of resilience, but as a signal of misaligned rhythms between body, mind, and environment. Participants will learn to identify early markers of depletion, understand their unique stress and sleep patterns through a doshic lens, and apply simple, evidence-informed practices that create measurable shifts in energy, clarity, and emotional steadiness.

Bridging ancient wisdom with contemporary neuroscience, this presentation is both intellectually grounded and immediately actionable—offering a sustainable path back to rest, regulation, and meaningful engagement in work and life.

Biography

Sweta Vikram is an award-winning entrepreneur, Ayurvedic Doctor, certified grief coach, trauma-informed yoga teacher, adjunct professor, and international speaker based in New York City. A bestselling author of 15 books and Founder of NimmiLife, her work bridges traditional wisdom with modern wellbeing, focusing on resilience, burnout, grief, nervous system regulation, and sustainable leadership. Sweta has facilitated workshops and talks for global audiences, integrating Ayurveda, mindfulness, and evidence-informed wellness practices into practical, accessible strategies for everyday life. Sweta's work has been featured in major media outlets including The New York Times, NPR, and NBC.



Sy Wind

Sy Wind of Inner Galactic Energy, Concordia University,
United States

Sound and frequency changing reality

This presentation explores sound and frequency as living technologies through which reality is shaped, perceived, and transformed. Sound is not only something we hear—it is vibration encoded with intelligence, moving through matter, fields, and consciousness. Sound and light operate as subtle yet precise technologies that organize form, transmit information, and awaken coherence across biological, energetic, and cosmic systems. We explore the human body as a resonant instrument—an intricate field of cells, tissues, fluids, and neural networks continually responding to vibration. Every system within the body listens. Through harmonics, rhythm, and resonance, sound and light can entrain brainwave states, influence the nervous system, and shift emotional, physiological, and perceptual realities. Cymatics, bioacoustics, and emerging frequency sciences reveal how vibration shapes structure, transforming decoherence into pattern and coherence. At the molecular and cellular level, sound and light act as carriers of living instruction. Water, the primary medium of the body, receives frequency and translates it into form, holding memory and responding to intention. DNA emerges not only as a chemical sequence but as a resonant architecture—responsive, communicative, and capable of interacting with acoustic, photonic, and electromagnetic information. Through harmonic alignment, sound and light can influence cellular regeneration, gene expression, and the subtle reorganization of biological systems. Central to this work is the role of consciousness. Sound becomes a transformative technology when infused with direct, precise intention and conscious direction. Intention shapes harmonic pathways, and harmonics shape reality. When sound and light are generated with coherence and awareness, they can alter density, reorganize matter, and open thresholds of perception—shifting how we inhabit our bodies, experience time, and interface with possibility.

Sound and Frequency: Changing Reality is an invitation to remember sound as a sacred and practical technology of creation. By working intentionally with vibration, we step into our role as conscious participants in the living architecture of reality—awakening new potentials for healing, evolution, and the embodiment of a more coherent and luminous world.

Biography

Sy Wind weaves galactic and celestial frequencies, crystalline tones, geometrics, and light to cellularly upgrade, restore, and activate DNA—clearing, opening, unifying, and remembering our true nature as divine cosmic beings of light. Through her quantum frequency sessions, events, group sound activations, and services, Sy uses her voice and vessel as a precisely tuned instrument—a bridge, anchor, transmuter, receiver, and transmitter of off-planet, high-frequency advanced technologies: Weaving, building, bridging, and anchoring multidimensionality through light, sound, and frequency. She also collaborates with Gaia and the grid, working with new geometrics, holographics, and light structures that hold evolutionary patterns and codes for awakening consciousness and building our new Earth and beyond.



Tse Wing Sze Dorothy

Department of Musicology and Ethnomusicology, Boston University, United States

Reflections on current perceptions of the five-element musical-affective philosophy: A call to re-evaluate the essence of the human body and colonialism in research methodology

The objective of this paper is to critically engage with current scholarship and advocacy surrounding the Chinese music-medical philosophy of five element music, focusing on the musical-affective perspective of the five modes derived from the five tones, each of which elicits a specific emotion. By performing and listening to music in different modes, emotions can be regulated, and bodily harmony can be achieved through the therapeutic use of music.

This Paper uses Two Methodologies: First, archival research on current scholarship on five element music; second, digital ethnography of practitioners' advocacy through online articles and musical tracks. It is found that there is a surge since the early 2000s in experimental studies using five element music for therapeutic interventions targeting negative emotions. Online articles and tracks also suggest that advocates see these effects as extending beyond Chinese cultures.

Based on the observational findings, it is criticized that both academic scholarship and practitioners' advocacy have overlooked the essence of the human body by treating it as naturalistic. It is argued that there is no transcultural or transhistorical body. Recent scholarship in psychology and neuroscience proposes the concept of "culture embrained" to describe the dynamic relationship between culture and the brain, rejecting the persistent dichotomy between nature and nurture. The brain can be structurally shaped, building on its natural and innate capacities, through repetitive cultural practices that produce plastic changes in neural pathways. Musical experience is culturally shaped, so the same piece can evoke different

emotions across listeners. However, the five-element musical-affective philosophy cannot be denied as a potentially natural pattern of affective experience in response to music in different modes. In addition, the theory of gene-culture coevolution shows that genetic and cultural systems influence and shape each other over evolutionary time. Therefore, it is argued that there is no transcultural nor transhistorical body, and that this traditional philosophy needs to be re-evaluated.

The colonial research methodology applied to five-element music-affective philosophy is also criticized. The studies often adopt the lens of Western musical universals, which detaches different musical modes from their cultural and relational contexts by treating music as an isolated stimulus for experiments and neuroimaging. It needs to be acknowledged that music-affective philosophy is only one perspective within the broader Five Tone Music philosophy, which reflects a complex worldview in which the universe and material bodies are composed of gold, wood, water, fire, and earth. These five elements correspond to five seasons, five organs, five musical tones, and five emotions. Therefore, ethnographic research is needed to illustrate the music-affective relationship in its cultural context, alongside natural scientific experimental methods that consider Chinese traditional anatomical theories, such as meridians, which have been validated by medical researchers.

It is concluded that a re-evaluation of current scholarship and practice of Chinese music-medical philosophy is compulsory, treating the field not only as a natural science but also as a social science and a humanities discipline.

Keywords: Chinese Music Therapy, Musical Affect, Cultural Embodied, Colonialism in Research Method.

Biography

Tse, Wing Sze Dorothy is a Hong Kong-raised ethnomusicologist and graduate student in the Department of Musicology and Ethnomusicology at Boston University. Dorothy's research interests include medical and cognitive ethnomusicology. She explores connections between music and health, with an emphasis on musical affect and personalized and culturalized thanatology. She uses an interdisciplinary approach that combines ethnomusicology with music cognition theories and methods. Tse's two current research projects focus on developing a research framework for studying the traditional Chinese music-medical Five Tone Music philosophy, and evaluating the benefits and concerns of AI recreation of a deceased voice for grief recovery purposes.



Mrs. Ushakiran Sisodia

R.D M.Sc (Foods & Nutrition) C.D.E: PGDBM NMIMS, A.N
Radha Award Winner (Best Practising Dietitian), Practising
Lifestyle Clinician Since >27 Years & NLP Coach, Heads
Diet & Nutrition: Jaslok Hospital Research Centre, India

Use of traditional medicine and lifestyle modifications versus not counting calories for weight loss gets 100% results

Use of Tradition Food has medicinal value. Each patient is different, you cannot apply one method to another patient to lose weight, to resolve chronic issue of obesity now. There is a hope, a remarkable weight loss journey by changing mind sets an live example more than 50 patient I am handling, would like to share my way of helping them reducing their blood sugar level, cholesterol level & weight. To be innovative in approach, as each patient is unique, educate lifestyle modification & by using NLP effectively, helping them improve their energy level. counselling play an important role in changing mind set. I am not counting calorie, balanced high fibre meal plan weekly, and getting result of reducing their clinical issue. human nature is very unpredictable, you have to understand each patient clinically we cannot put them in one frame this study is going on, I am getting good results, sample size age range is of 18year to 75year old.

Biography

Ushakiran Sisodia is consultant, currently the Head of Food and Dietetics department. She is also an advisor to Nutraceutical and Pharma companies helping them develop clinical products. Ushakiran loves observing human eating habits and their impact on health. Treating lifestyle related diseases with lifestyle medicine. Academically, she is a Registered Dietician, holding Masters in Food Science (Gold Medalist). Also holds a Business Management post graduate diploma from NMIMS. She is also educated in Neuro Linguistic Programming of the mind. She has been a co guide to nutrition students since two decades. Pioneer in starting obesity clinics in Nanavati Hospital. Worked as a corona warrior and been a research associate in ICMR. Has presented multiple papers nationally and internationally; a few to name are lectures on Medical therapy for Guillian Barre syndrome (audio visual online in France Paris),

Live paper presentations in Dubai 2016, Yokohama Japan 2008 and EFAD Geneva Switzerland 2005. awarded Best practicing Dietician A.N. Radha award in 2005, Kusum Memorial trust scholarship recipient.



Veronica Pereira

CEO & Founder of Rising with V, Mesa, AZ, USA

The missing link to unlock the body's innate intelligence to heal

In a time where chronic stress, nervous system dysregulation, and disconnection from self are leading contributors to physical and emotional illness, there is an urgent need to return to holistic methods that treat the body, mind, and spirit as a unified system.

This presentation offers an in-depth exploration of sound healing as a transformative tool for nervous system regulation, emotional processing, and behavioral health. Attendees will gain both hands-on experience and a scientific understanding of how vibrational frequencies influence mental and emotional well-being.

The Session begins with Experiencing the Power of Sound Healing: A Live Demonstration, where participants will engage in a guided sound healing session. This immersive experience allows attendees to observe firsthand how sound vibrations affect the body, helping to reduce stress, enhance relaxation, and bring clarity to the mind. Participants will reflect on their emotional and physical sensations before and after the session and analyze how different sounds impact their state of being.

Following the Demonstration, The Power of Sound Healing: A Transformative Tool in Behavioral Health will delve into the science behind sound healing. Through the lens of vibrational medicine and neuroscience, we will discuss how sound frequencies influence the brain, regulate the autonomic nervous system, and support emotional healing.

Research findings and case studies will highlight the effectiveness of sound therapy in treating anxiety, PTSD, addiction, and other behavioral health conditions.

Lastly, the Science of Sound: How Frequency and Vibration Influence Mental Health will bridge the gap between neuroscience and vibrational healing. Attendees will explore the effects of sound on brainwave activity, heart rate, and stress hormone regulation. The role of binaural beats, harmonic resonance, and rhythmic entrainment in supporting relaxation and cognitive focus will be examined. This session also provides practical applications for integrating sound healing into clinical settings, offering new tools for therapists and behavioral health practitioners to support clients struggling with emotional and psychological challenges.

By the end of this presentation, attendees will have a well-rounded understanding of the physiological and neurological effects of sound healing and how to integrate these techniques into behavioral health programs for enhanced therapeutic outcomes.

Biography

Veronica Pereira is an ISTA Certified Sound Therapist and Reiki Master, specializing in holistic healing through vibrational therapy, energy work, and integrative wellness. With certifications in Sound Therapy, AO Quantum Living, Integrative Nutrition Health Coaching (IIN), Sunrise & Kundalini Yoga, she brings a multidimensional approach to mind-body & spirit healing. Veronica has studied with leading health and wellness experts in the industry allowing her to create a personalized, cutting edge approach to healing. Her mission is to empower individuals with transformative tools for emotional balance, nervous system regulation, and deep healing through sound and energy modalities.



Victoria Fernández

Zenù Town-Colombia, MTZ, Spain

Ancestral medicine in modern times: The living wisdom of the Zenù people and its physical-spiritual healing system

Ethnomedicine: Understanding illness as an imbalance between body, lineage, spirit, and territory, applying the diagnostic frameworks and healing principles of the Zenù tradition.

Ethnopharmacology: Studying the physical and spiritual properties of plants, their elemental correspondences, and their ceremonial uses.

Ethnobotany: Preserving traditional plant knowledge and its relationship to cosmology, solar and lunar cycles, and elemental forces. Traditional Zenù medicine and Cetería (the spiritual science reserved for women) form the core of the Sinuano female shamanic path. Their ceremonial, territorial, and cosmological principles sustain the Zenù process of healing.

Her work and research show how this ancestral knowledge can be ethically applied and adapted in any territory of Spain or Europe, honoring local ecosystems while maintaining the integrity of Zenù spiritual and medicinal science.

Biography

Victoria Fernández is a Traditional Medicine Woman of the Zenù People, bearer of an ancestral lineage where Indigenous wisdom and Lebanese heritage meet. Called since childhood to the Female Shamanic Path, Victoria was initiated by the elder women of her territory, learning to listen to plants, read the invisible layers of the land, and guide healing through Zenù cosmology. For over two decades in Europe, Victoria has accompanied profound processes of spiritual restoration and feminine awakening. An ethnobotanist and specialist in Zenù ethnomedicine, Victoria founded the MTZ Association in Spain. Her mission: to awaken remembrance so that healing can return. Research Interest: Victoria's work focuses on the physical and spiritual foundations of Zenù ancestral healing.



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Damjeok syndrome: A novel gastrointestinal disease based on Traditional Korean Medicine (TKM)

Dyspepsia is a common gastrointestinal complaint, affecting approximately 21% of the global population. Most cases are classified as Functional Dyspepsia (FD), a representative upper Functional Gastrointestinal Disorder (FGID) characterized by chronic upper abdominal discomfort not explained by structural abnormalities. Although conventional therapies, such as acid suppressants, prokinetic agents, and neuromodulators, provide temporary symptom relief, many patients experience frequent relapse or remain refractory to treatment, leading to a markedly reduced quality of life and increased healthcare expenditures. These challenges highlight the limitations of current diagnostic and therapeutic approaches in addressing refractory dyspepsia.

Meanwhile, Traditional Korean Medicine (TKM) has long recognized a distinct subgroup of patients with chronic dyspepsia who exhibit a palpable hardness in the upper abdomen, often accompanied by systemic symptoms such as fatigue, headache, chest tightness, and neck stiffness. This pattern is identified as Damjeok syndrome (DJS, 痰積症候群), which is rooted in the TKM concept of phlegm accumulation (Damjeok, 痰積) resulting from impaired digestive function and disturbed fluid metabolism.

DJS is characterized by three standardized diagnostic features: (1) Unexplained epigastric symptoms (fullness, pain, or burning) that interfere with daily life; (2) A palpable lump-like hardness in the upper abdomen, typically around CV12 (Zhongwan), graded through a standardized palpation scale; and (3) One or more extra-gastrointestinal symptoms aggravated by dyspepsia, such as headache, chest discomfort, neck and shoulder stiffness, fatigue, or anxiety/depression.

Recent case-control studies have identified physiological correlates of DJS, including reduced parasympathetic activity on Heart Rate Variability (HRV) analysis and elevated plasma 5-Hydroxyindoleacetic Acid (5-HIAA) levels, suggesting autonomic imbalance and altered serotonin metabolism. These findings imply that DJS may represent a distinct subtype within the spectrum of FGIDs.

Therapeutically, the treatment for DJS focuses on resolving phlegm accumulation through herbal medicine and alleviating abdominal hardness through physical interventions. A multimodal approach—including acupuncture, pharmaco-acupuncture, moxibustion, and targeted upper abdominal stimulation—is employed to relax the hardened abdominal tissue, enhance local circulation, and promote digestive restoration.

By integrating palpation-based diagnosis, biomarker assessment, and physiological analysis, DJS offers a new lens for understanding refractory dyspepsia—bridging traditional Korean medical wisdom with modern gastroenterological science and paving the way for evidence-based, patient-centered innovation in integrative medicine.

Biography

Yun-Seo Lim, K.M.D., is a clinician and researcher specializing in traditional Korean medicine diagnostics and integrative approaches to functional gastrointestinal disorders. After earning her national license as a Korean medicine doctor, she began pursuing a Ph.D. in Herbology at Kyung Hee University. At Weedahm Korean Medicine Hospital and the Wooje Research Institute for Integrative Medicine, Dr. Lim focuses on translating classical concepts of Korean medicine into biomedical frameworks and establishing their clinical and physiological evidence. Her current research centers on Damjeok syndrome, refractory dyspepsia, and the gut–brain axis to advance holistic and mechanism-based care in integrative medicine.

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POSTER PRESENTATIONS





Adam Lacey C. Psychol*,
Dr. Anita Vestal, Greg Berg,
Jessica Lewis

T'ai Chi Chih Research Group, International T'ai Chi Chih
Foundation, United Kingdom

Associations between mindfulness and T'ai Chi Chih: Results of mixed methods observational study

Overview: This study seeks to understand the association between T'ai Chi Chih practice and mindfulness. In phase 1, an observational study was designed using the Mindful Attention Awareness Scale (MAAS) with older adult T'ai Chi Chih students and teachers across America and Europe (n=387). Demographics: 79% Female, 90% White, mean age 72.19% from UK/Europe.

Methods Phase 1: A self-report survey was made available to T'ai Chi Chih teachers & students between May and August 2025 collecting demographics and (MAAS) scores. A novel Intensity of Practice Score was developed incorporating duration, frequency, and years of practice. SPSS tests done include Pearson correlations between intensity and MAAS scores, and multi-regression analyses for combined and regional datasets.

In Phase 2, currently in process as of the proposal submission deadline, we are gathering qualitative data using the Interpretive Phenomenological Analysis (IPA) method as a guide, seeking deeper understanding of how Intention, Attitude and Attention shape meditative movement practice.

Results Phase 1: Data analysis was done with SPSS and MAPlab. Among four predictor variables, three--Years of Practice, Frequency of Practice, and Age--are significantly correlated with MAAS. Correlation of YOP with MAAS is $r=+.21$, $p<.001$; Correlation of FOP with MAAS is $r=+.16$, $p<.01$; Correlation of Age with MAAS is $r=+.19$, $p<.001$.

Phase 2: We expect to share preliminary results of qualitative analysis at the conference in June.

Conclusions/Recommendations: There is sufficient evidence that improved psychological well-being is correlated with mindfulness. Quantitative results show association between T'ai Chi Chih practice frequency and mindfulness. This outcome gives teachers specific guidance for their students to improve mindfulness: The more often we practice, the more mindful we become.

A secondary, nevertheless important, outcome of this study is to encourage “research to practice” since the study can be easily and inexpensively replicated by the novice researcher (or teacher) interested in exploring and understanding mind-body integration in T'ai Chi Chih, T'ai Chi and Qigong practitioners.

Biography

Adam Lacey is a Chartered Counselling Psychologist and Accredited CBT therapist and trained with the Oxford Mindfulness Centre in Oxford UK. Since being accredited to teach Tai Chi Chih and its advanced form, Seijaku, Adam has taught moving meditation practice to children in primary school to community college students to older adults, and he currently teaches around 250 people in various settings: Refugees, carers, people with mental and physical health challenges, substance use recovery and housing crisis settings. Adam believes that life must ever be a giver unto life.



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Antimicrobial potential of extracts of five medicinal plants of central Mexico

Medicinal plants used in traditional medicine are an important resource as a primary care resource for health maintenance in developing countries; however, scientific evidence on their biological activity and phytochemical characterization is still scarce. Currently, the resistance of microorganisms that cause infectious diseases and the lack of effective antibiotics for their control are driving research into the antimicrobial potential of medicinal plants. Therefore, this study analyzed the antibacterial activity against *Escherichia coli* and *Salmonella enterica* of five species used medicinally to treat gastrointestinal infections in different locations in Mexico: *Neltuma laevigata* (Humb. et Bonpl. ex Willd) M.C. Johnst. (mesquite), *Acacia farnesiana* (L.) Willd. (huizache), *Tagetes lucida* Cav. (pericón), *Lepidium virginicum* L. (lentejilla), and *Tecoma stans* (L.) Juss. ex Kunth (tronadora). Extracts were obtained from the aerial parts of the plants through maceration with organic solvents (hexane, ethyl acetate, and methanol) assisted by ultrasound. Antibacterial activity was evaluated using the agar dilution method in 9cm diameter Petri dishes, with EMB medium for *E. coli* and SS medium for *S. enterica*. The concentrations of the extracts were evaluated at 8µgmL⁻¹, 16µgmL⁻¹, 32µgmL⁻¹, and 64µgmL⁻¹, and the bacterial inoculum concentration was 1x10⁸ CFU. All species showed antibacterial activity, except for *L. virginicum*, which did not show antibacterial activity against *E. coli*. The lowest MIC (16µgm⁻¹) obtained against *E. coli* was for the extracts of *A. farnesiana* and *T. lucida*, while for *S. enterica* the lowest MIC (8µgmL⁻¹) corresponded to the extracts of *A. farnesiana*, *T. lucida*, and *L. virginicum*.

Biography

Lucero del Mar Ruiz Posadas is a trained biologist who earned her Ph.D. from Lancaster University and joined Colegio de Postgraduados in 1996. As a member of the Graduate Program in Botany, she has contributed to multiple research groups and scientific associations. Her work focuses on validating traditional uses of aromatic and medicinal plants. Concerned about rising resistance to commercial antimicrobials in plant and human pathogens, she explores natural, accessible alternatives. Lucero del Mar Ruiz Posadas also investigates plant-derived products as complementary approaches for conditions such as cancer and metabolic syndrome, while collaborating with local producers to promote sustainable, value-added plant-based innovations.



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Plant species with potential inhibitory activity against snake venom toxins

Snakebite envenoming is a major yet neglected public health problem that disproportionately affects rural and agricultural communities. The World Health Organization classifies it as a neglected tropical disease due to its high incidence, associated morbidity, mortality, and significant socioeconomic burden in vulnerable populations. In the Americas, Mexico stands out for harboring the highest diversity of venomous snake species, which increases the epidemiological relevance of snakebite envenomation in the country. Despite this, access to effective treatment—primarily antivenom—remains limited in many rural regions because of high costs, insufficient supply, and long distances to healthcare facilities.

Under these circumstances, traditional medicine often constitutes the first line of response. The use of medicinal plants, prepared as ethanolic extracts, infusions, or poultices, is deeply rooted in local knowledge systems. However, although these remedies are widely employed, most lack rigorous scientific validation regarding their safety and efficacy against snake venom toxins. In Mexico, ethnobotanical records identify several plant species traditionally used to counteract snakebite effects. Among them, fruits of species within the genus *Randia*, commonly known as “cruetillo,” are frequently cited as antivenom remedies. Similarly, *Pentalinon andrieuxii* has been traditionally used to treat that, suggesting the presence of bioactive compounds with potential inhibitory activity against venom components.

From a pharmacological perspective, snake venoms are complex mixtures of biologically active molecules, including Phospholipases A₂ (PLA₂), Snake Venom Metalloproteinases (SVMPs), and Serine Proteinases (SVSPs). These toxins are responsible for local tissue damage, hemorrhage, coagulopathy, necrosis, and systemic toxicity. Identifying plant-derived compounds capable of inhibiting these enzymatic and toxic activities represents a promising complementary strategy to improve snakebite management, particularly in settings where access to antivenom is delayed or limited.

The present study aimed to evaluate the inhibitory potential of ethanolic extracts from *Randia* spp. and *Pentalinon andrieuxii* against key toxic components of *Bothrops asper* venom, while also characterizing their phytochemical profiles. Plant material was collected in Hidalgo, San Luis Potosí, and Veracruz. Ethanolic extracts were prepared by maceration from roots, stems, and leaves of *P. andrieuxii*, and from fruits of *Randia* spp. The median Lethal Dose (LD₅₀) of pool of *B. asper* venom, obtained from 39 adult specimens, was determined. Neutralizing activity was evaluated in CD-1 mice injected intraperitoneally with mixtures containing three LD₅₀ of venom and varying extract doses. Control groups received extracts alone or venom alone. Phytochemical screening was conducted using thin-layer chromatography to detect phenols, flavonoids, tannins, saponins, and terpenes.

Results showed that the ethanolic fruit extract of *Randia* spp. achieved survival rates of 66% at certain doses, whereas extracts from *P. andrieuxii* did not neutralize venom lethality. Variations in inhibitory capacity may be linked to differences in secondary metabolite composition, particularly terpenes and saponins. Although traditional use suggests therapeutic value, efficacy and safety remain unconfirmed. Further studies are needed to isolate bioactive compounds and conduct rigorous evaluations, supporting the potential development of plant-derived complementary therapies for snakebite envenomation.

Biography

Ivonne Pérez Bautista is an Agronomist Engineer specializing in Animal Science and holds a Master of Science degree in Plant Physiology. Since her professional training, she has developed an interest in the study of medicinal plants and their biological activity. During her master's studies, she conducted research on the antivenom activity of medicinal plant species against *Bothrops asper* venom. Her work focuses on the appreciation of traditional knowledge and the scientific validation of the therapeutic properties of medicinal plants, integrating ethnobotanical, phytochemical, and pharmacological approaches.

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WORKSHOPS





Alexis Brink

Transactional Analysis Practitioner (TAP) of USATAA, LMT,
Director of Jin Shin Institute, Alexis Brink, New York City, USA

The core – Principles and practical applications in the art of Jin Shin

The Core workshop provides an introduction to the basic principles and practice of the Art of Jin Shin. It is meant to be used in tandem with The Core textbook. The course is designed to present the practice of the Art of Jin Shin in a systematic way, enabling students to apply Jin Shin to themselves and others by giving them a firm understanding of both the principles and methods of application.

Biography

Alexis Brink, LMT, a native of the Netherlands, came to New York at a young age to be a Broadway dancer. After a knee injury left her unable to perform, she was guided to the Art of Jin Shin, which not only healed her, but put her on a new life's journey. Alexis Brink is the author of 'The Art of Jin Shin' and 'Healing at Your Fingertips', as well as two textbooks. Ever since, she has studied and shared this healing art with others. Today, she is the Director of Jin Shin Institute, and has held a private practice in NYC since 1991. Alexis is the author of "The Art of Jin Shin" and "Healing at Your Fingertips," published by Simon & Schuster and translated into 6 languages. She has taught Jin Shin in hospitals to medical professionals, in the New York Public School system, and for wellness organizations & different communities around the world. Alexis has written two Textbooks; the Core and the Depth, on how to become a practitioner in the Art of Jin Shin. Jin Shin Institute, under Alexis's guidance, is offering a comprehensive curriculum to a new generation of practitioners and teachers. She is also a Transactional Analysis Practitioner (TAP) of USATAA and has been an honorary AMTA Member for over 35 years. Alexis shines most when she is speaking in front of an audience-whether it is during her weekly social media lives, on a wellness panel, teaching a workshop, or giving a presentation on the Art of Jin Shin. Alexis has taught Jin Shin in hospitals to medical professionals, in the New York Public

School system, and for wellness organizations & different communities around the world. The Practitioner Certificate Program (PCP) Singapore 2023 that included the Core-Principles and Practical Applications in the Art of Jin Shin workshop took place from May 27 to 29 and June 2 to 4, 2023. It was facilitated by Alexis Brink at The Living Well Workshop Co. Participants learned about the building of the body from Source Energy to the physical body. The program provided practical applications for giving complete sessions to clients. Through hands-on training, participants gained a solid understanding of the practical applications of the Art of Jin Shin, including its Sequences, Organ Flows, and Adjustments. The PCP equipped participants with the knowledge and practical skills needed to become certified practitioners by the Jin Shin Institute.



Elsa Ramos Elias

Healing Spirit-Mind-Body S.L., Spain

Marma therapy: Reviving the subtle science of Ayurvedic vital points for modern healing

Marma therapy represents one of the most profound yet underexplored dimensions of Ayurveda. Defined in the classical texts as junctions of muscles, veins, ligaments, bones, and vital energy (prana), marmas are both anatomical and energetic centers that influence the body-mind-spirit continuum. The *Sushruta Samhita* enumerates 107 primary marmas, each serving as a gateway through which prana flows, integrating the functions of doshas, tissues, and channels. Injury to a marma may disturb life itself, but gentle stimulation can restore balance and vitality.

This workshop introduces marma therapy as a bridge between traditional Ayurvedic knowledge and modern integrative health practices. Participants will first gain a theoretical framework of marma classification, including divisions by location, size, dominant dosha, and physiological function. Beyond the classical taxonomy, the workshop emphasizes the subtle dimensions of marma as reservoirs of consciousness and psycho-emotional energy. We will examine their role in regulating prana flow, balancing the nervous system, and addressing psychosomatic disorders.

The practical component will focus on simple, safe techniques for activating selected marmas through touch, massage, and mindful awareness. Emphasis will be given to applications for common health challenges in contemporary society, such as stress and anxiety, sleep disturbances, digestive irregularities, and women's reproductive health. Case studies and experiential exercises will illustrate how marma therapy can complement Panchakarma, yoga, meditation, and conventional modalities to enhance integrative care.

This one-hour session is designed to be interactive and experiential. Participants will learn to locate and apply pressure to key points, explore the immediate impact on relaxation and energy flow, and understand contraindications and safety principles. The workshop will also contextualize marma therapy within the broader movement of energy-based healing traditions worldwide, highlighting its relevance for integrative and preventive medicine in the 21st century.

Marma therapy is not only a therapeutic intervention but also an invitation to reconnect with the body as a sacred vessel of consciousness. In reviving this subtle science, Ayurveda offers a timeless tool for healing that is simple, accessible, and profoundly transformative.

Biography

Elsa Ramos Elías is an Ayurveda Health Consultant trained in Siddha Veda, with practical training in Panchakarma (advanced detox) at Ayurvedguru Hospital, Karnal (India). She is recognized as a Doctor of Traditional Medicine by the Zenú Indigenous Council of Colombia. In addition, Elsa has studied Western herbalism, traditional alchemy, and is a certified Usui Reiki Master. Her integrative approach bridges classical Ayurvedic protocols with ancestral and energetic healing. With a focus on the emotional and spiritual roots of disease, Elsa guides her clients through personalized detox and rejuvenation therapies that awaken the body and restore connection to the soul.



Elsa Ramos Elias

Healing Spirit-Mind-Body S.L., Spain

Rebuilding after heartbreak: A structured Ayurvedic approach

Emotional shock following relational rupture produces measurable dysregulation across the nervous, endocrine, and digestive systems. In clinical practice, heartbreak frequently presents not only as psychological distress but as insomnia, impaired digestion, hormonal disruption, and loss of vitality. A key aggravating factor is sustained cognitive and behavioral re-engagement with the stressor, which prolongs activation of physiological stress responses and delays recovery.

This workshop presents a structured approach to post-breakup recovery grounded in Ayurvedic principles and informed by contemporary models of nervous system regulation. The framework identifies specific patterns of imbalance—primarily Vata aggravation and depletion of Ojas—and translates them into targeted, phase-based interventions.

Biography

Elsa Ramos Elías is an Ayurveda Health Consultant trained in Siddha Veda, with practical training in Panchakarma (advanced detox) at Ayurvedguru Hospital, Karnal (India). She is recognized as a Doctor of Traditional Medicine by the Zenú Indigenous Council of Colombia. In addition, Elsa has studied Western herbalism, traditional alchemy, and is a certified Usui Reiki Master. Her integrative approach bridges classical Ayurvedic protocols with ancestral and energetic healing. With a focus on the emotional and spiritual roots of disease, Elsa guides her clients through personalized detox and rejuvenation therapies that awaken the body and restore connection to the soul.



Sweta Vikram

CEO-Founder NimmiLife, LLC, United States

From overwhelm to regulation: Ayurvedic strategies for anxiety relief

Anxiety isn't just in your mind-it's in your rhythms.

In today's always-on world, anxiety shows up as racing thoughts, poor sleep, constant overwhelm, and a nervous system that never fully settles. Most approaches focus on managing symptoms. Ayurveda offers something deeper: A way to understand why anxiety is happening and how to restore balance at its root.

In this interactive workshop, Sweta Vikram-Ayurvedic doctor, grief coach, and international speaker-guides you through a powerful, integrative approach to anxiety rooted in 5,000-year-old wisdom and supported by modern science.

Through the lens of Vata imbalance, you'll learn how disruptions in daily rhythm, digestion, and nervous system regulation drive anxiety and what to do about it.

This is not just theory. You'll walk away with practical, immediately usable tools to calm the body, steady the mind, and build lasting resilience.

Designed for wellness professionals, leaders, and high-performing individuals, this session blends ancient Ayurvedic insight with modern understanding of stress, vagal tone, and burnout.

By reframing anxiety as a signal of dysregulation rather than a condition to suppress, this workshop offers a sustainable pathway from overwhelm to grounded, embodied calm. Because anxiety isn't a personal failure; it's a signal.

When you learn to listen differently, you can move from overwhelm to regulation, from reactivity to clarity, and from survival mode to a more grounded, sustainable way of living and working.

Biography

Sweta Vikram is an award-winning entrepreneur, Ayurvedic Doctor, certified grief coach, trauma-informed yoga teacher, adjunct professor, and international speaker based in New York City. A bestselling author of 15 books and Founder of NimmiLife, her work bridges traditional wisdom with modern wellbeing, focusing on resilience, burnout, grief, nervous system regulation, and sustainable leadership. Sweta has facilitated workshops and talks for global audiences, integrating Ayurveda, mindfulness, and evidence-informed wellness practices into practical, accessible strategies for everyday life. Sweta's work has been featured in major media outlets including The New York Times, NPR, and NBC.



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Impact of wet cupping therapy (Al-Hijamah) on hyperuricemia in hypertension patients

Background: One of the most effective complementary treatments is wet cupping therapy (Al-hijamah) as it is simple and cheap method of treatment.

Objectives: This research was designed to detect the result of wet cupping therapy (Al-hijamah) on serum uric acid and blood pressure, Prior to, throughout, and four weeks following wet cupping therapy (Al-hijamah), all subjects had their blood pressure and blood samples taken.

Patients and Methods: Forty males with hypertension, ranging in age from 40 to 60, and with body mass indexes between 25 and 35kg/m² were included during the research. The subjects were split into two primary groups, A and B, at random. Regarding the first Controlled Group, (A) Took hypertension and high serum uric acid medication for four weeks. Group B, on the other hand, received medicine for hypertension as well as high serum uric acid levels and also engaged in wet cupping therapy once a month. A four-week interval between pre-and post-study measures of arterial blood pressure and serum uric acid allowed for comparisons and evaluations.

Results: Both groups showed significant reduction for serum uric acid $P < 0.05$ in favor to the study group (B) was 14.66% while reduction on the controlled group (A) was 5.16%. The study group (B) revealed a statistically substantial decline in blood pressure $P < 0.05$ it was 6.57% for systolic blood pressure and was 5.42% for diastolic blood pressure while controlled group (A) showed non-significant reduction.

Conclusion: Application of wet cupping therapy (Al-hijamah) had a substantial impact on reduction serum uric acid as well as both systolic, diastolic blood pressure.

Keywords: Al-Hijamah, Wet Cupping Therapy, Blood Pressure, Serum Uric Acid.

Biography

Ass. prof. Tarek Hanfy Mahmoud is Assistant professor of physical therapy for Internal Medicine, chest, and Cardiology Faculty of Physical Therapy, Lotus University, Minia, Egypt. Experience in practical hands-on Cupping Therapy and Acupuncture. nearly 20 years.

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